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# University of Arizona

COLLEGE OF AGRICULTURE  
AGRICULTURAL EXTENSION SERVICE

## ARIZONA MEALS THE 4-H WAY FIRST YEAR

From the Office of  
The Extension Nutritionist



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Chas. U. Pickrell, Director

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# ARIZONA MEALS THE 4-H WAY

## FIRST YEAR

BY LOLA T DUDGEON

### THE 4-H's

One Leaf is for Head, And one is for Hand, And one is for Health, You know; And God put another One in for Heart. If you search, you Will find Where they grow.	But you must have hope, And you must have faith; You must love and Be strong; and so, If you work, if you wait, You will find the place Where the Four-Leaf Clovers grow.
---	--

"Arizona Meals the 4-H Way—First Year" has been planned for 4-H members around the ages of ten, eleven, and twelve years. This first-year meal-planning project is open to both boys and girls. In carrying out this work you will be emphasizing each 4-H:

- Head You will be planning meals that are good to eat, attractive to look at, and that do not cost too much.
- Heart Planning the work with your mothers and the other members of your family will include the Heart "H."
- Hand You can all be good cooks. There are many things for the hands to do. Much of the food you will prepare may have been grown in your own 4-H garden.
- Health This important "H" you will want to think about. Choosing the right food to eat will help you to have good health.

We all want to be attractive and well liked. We want to make friends and keep our friends. Good health is often the foundation of our attractiveness. Some of the signs of good health are a good disposition, a straight body, clear

\*Extension Nutritionist, September, 1941, to October, 1943

skin, good color, sparkling eyes, sound teeth, and shining hair. You are probably asking, "What foods shall I choose so that I can be healthy and attractive?"

### FIRST-YEAR REQUIREMENTS

1. Score food habits on the Daily Food Guide for at least one day at the beginning and one day at the end of the project.
2. Plan, prepare, and serve at least eight different foods at home.
3. Plan, help prepare, and serve at least three meals to include at least one breakfast, one dinner, and one lunch or supper.
4. Learn to set a table correctly. Set the table for one meal a day for seven days.
5. Exhibit on Achievement Day one of the following:
  - a. A good breakfast or school lunch for a 4-H Club boy or girl. This may be exhibited as a poster, by food models, or by fresh food. Do not use foods which cannot be eaten afterwards; or
  - b. A place set at a table for one for breakfast or lunch, with a copy of the menu for the meal; or
  - c. Any exhibit of foods that is acceptable to your leader and the home demonstration agent.
6. Give one demonstration or assist with one at a club, community, or county meeting.
7. Keep in your 4-H Home Economics Record Book a record of the things you do. Return it to the County Extension Office.

### ADDITIONAL PROBLEMS THAT COULD INCREASE THE SIZE OF THE PROJECT

1. Have a physical examination.
2. Have a dental examination.
3. Join the "clean-plate brigade." Plan ways of cutting down food waste.
4. Make or obtain a recipe file and collect good recipes.
5. Collect illustrations on correct table setting and attractive ways to serve foods. It is suggested that these be mounted in a scrapbook.

## RECORD SHEET NO. 1

## The Basic Seven Food Groups As a

## DAILY FOOD GUIDE

For health eat some foods from each group every day. After eating the basic seven, eat any other food you want.

Basic seven food groups	My score	
	At the beginning	At the end
	Yes or No*	Yes or No
1. Leafy, yellow or green vegetables, two or more servings, one raw .....		
2. Tomatoes, oranges, grapefruit, or cantaloupe, one or more servings. ....		
3. Potatoes and other vegetables or fruits, two or more servings.....		
4. Milk, children 1 quart, adults 1 pint or more, expectant or nursing mothers 1 quart or more. One tall can of undiluted evaporated milk or $\frac{1}{3}$ pound of American cheese are similar in food value to a quart of milk.....		
5. Eggs, one, or at least four per week; meat, poultry, fish, cheese, or dried beans, one serving.....		
6. Cereals, one or more servings of whole-grain cereals and "enriched" or whole-wheat bread at every meal.....		
7. Butter and fortified margarine.....		
My score		

What I should eat to make my score 100. ....

\*"Yes" in each group equals a total score of 100. Deduct 15 points for each "No."

6. Learn how to prepare and use in the diet some new food, such as soybeans, broccoli, or okra.
7. Help your sisters and brothers to form good food habits.
8. Plant a garden or help with the care of one.
9. Plan, prepare, and serve a mother-daughter meal.

## CHOOSING YOUR FOOD

You will see that there are seven groups of foods to which we shall refer as the *Basic Seven*. These are listed on Record Sheet No. 1, page 5.

Each group supplies important foodstuffs or nutrients which the body needs each day. This food does three definite things for you:

1. It *builds* and *repairs* your body as it wears out.
2. It supplies *energy* so you can work, play, and keep warm.
3. It *regulates* and *protects* your body. An example of this is the continuing of the regular beating of the heart.

When you eat some food from each group every day your bodies will have all the necessary things to keep them working well. It is just as important for them to have foods that will make them grow and supply energy and regulating material as it is for the engine in your automobile to have water, oil, and gasoline. The engine of the car will not run if any one of those three things is lacking. Just so with your body machine—it does not behave properly when some of the things it needs are lacking.

On Record Sheet No. 1—Daily Food Guide—you will find columns for checking the foods you eat each day for two different days. Can you score 100? If you score less than 100, what do you need to do to make it reach that goal?

The food we need each day, as you have noted on the Daily Food Guide, can be nicely divided into three good meals: breakfast, dinner, and supper or lunch.

### Assignment:

*Keep a record of the food you eat for at least one day at the beginning and at the end of the club year. Enter this on Record Sheet No. 2, page 9.*

## BREAKFAST

Since our bodies have been without food for at least twelve hours, *breakfast* must supply us with some of all three kinds of food—building material, energy material, and regulating material. For boys and girls who are not very active in the morning, a *light* breakfast may be enough. If there are morning chores to do at home and a ball game after you arrive at school, you may need a *medium* or *heavy* breakfast.

Light	Medium	Heavy
Fruit	Fruit	Fruit
Whole-grain cereal	Whole-grain cereal	Whole-grain cereal
Enriched or whole-wheat bread	Enriched or whole-wheat bread	Enriched or whole-wheat bread
Milk	Egg or bacon	Egg or bacon
	Milk	Another hot dish
		Milk

*Fruits* that you may prepare for breakfast may be oranges or grapefruit from the trees around your home. In the summertime those luscious Arizona cantaloupes are just right. Some other fruits that you may like for breakfast are prunes, bananas, peaches, or figs; or tomato juice may take the place of fruit.

*Whole-grain cereals*, such as rolled oats or cracked wheat, are good during the cooler months. In very hot weather you may like to eat some of the ready-prepared whole-grain cereals. The *bread* you eat should be made from either enriched or whole-wheat flour.

*Eggs and bacon*. Can you think of anything better for breakfast than bacon and eggs with plenty of golden-brown toast? You may like to include some ham on your breakfast menu.

*Other foods*. For teen-age 4-H Club boys and girls who are working hard, pancakes or waffles and sausage or potatoes may be served.

## DINNER

Dinner is the main meal of the day. In some families it is served at noon; in others in the evening. The following

pattern for dinner is one that 4-H Club members could easily prepare.

Meat or meat substitute (eggs, cheese, or dried beans)  
 Potatoes  
 Vegetable, raw or cooked  
 Bread  
 Dessert  
 Milk or hot chocolate

*Meat* once each day is enough.

*Potatoes*, white or sweet, are good for supplying energy and regulating materials.

*Bread* may be either enriched or whole-wheat bread, muffins, or biscuits.

*Vegetable*, raw or cooked, supplies regulating material. If served raw a salad made of celery, lettuce, cabbage, and raw carrots or tomatoes is attractive, colorful, and tasty.

*Dessert*. Fresh or stewed fruit or simple pudding may be served.

*Milk or hot chocolate* is suitable for 4-H Club boys and girls; young children not yet in school should drink only milk.

#### SUPPER OR LUNCH

After you have planned the other two meals for the day, look over the food list carefully. Have the Basic Seven Foods in the Daily Food Guide been included? If not, they may be included at this meal. The following is a suggested lunch or supper pattern.

An egg or cheese dish  
 Bread      Butter  
 Green or yellow vegetable  
 Salad or dessert  
 Milk

Now, if your father and brother feel they need more to eat than is suggested here, add potatoes. The dessert can be a hearty one, and a generous serving of it, too!

## RECORD SHEET NO. 2

Record of All Food Eaten on One Day

by.....

Date..... Date.....

Beginning of club year

End of club year

## Breakfast

--	--

## Dinner

--	--

## Supper or lunch

--	--

## Between meals

--	--

My score taken from page 5.

## PREPARING FOOD

## GOOD MANNERS IN THE KITCHEN

Did you expect to think about your manners in the kitchen? They are very important because you are preparing food not only for yourself but for other members of the family and your friends. "Be clean" is the kitchen motto. Here are the rules:

1. Wear a clean wash dress or cover your dress with an apron.
2. Before handling any food, comb your hair neatly and comfortably so you won't have to touch it.
3. Wash your hands thoroughly with soap and water, scrubbing well around and under your fingernails with a brush. Clean your nails.
4. Avoid sneezing or coughing over food. If you use your handkerchief, return it to your pocket and re-wash your hands.
5. Have clean dish towels, dishcloths, and pot holders on hand. Keep a hand towel or paper towel near for drying your hands; never use the dish towel or your apron.
6. Use a tasting spoon, not the stirring spoon, for tasting food before it is served.

## PLANNING YOUR WORK

You do not want to spend all your time in the kitchen, and a good manager saves not only time but fuel, food, and energy, and has the satisfaction of turning out good-quality food. Here are the rules:

1. Keep a recipe file of good recipes.
2. Read carefully the recipe you are going to prepare, and plan each step.
3. Collect all the ingredients for the recipe.
4. Collect all the utensils to be used.
5. A shallow pan or sheet of paper to hold soiled spoons, knives, cups, egg beater, and spatula helps to keep the working space neat and clean.
6. Wash the used utensils as you work or put them to soak.

7. Have the oven at the correct temperature when food is ready for baking. Have water boiling when needed and fat hot for fried foods.
8. Save food by carefully scraping all mixing bowls and pans. Prepare the right amount of food.
9. Be careful not to burn or scorch the food.

#### TOOLS FOR THE COOK

Your cooking will be easier and more accurate if you can have measuring cups, measuring spoons, a wooden mixing spoon, and a recipe file in which to start a collection of good recipes. Of course, you will need other kitchen utensils, too. Some of those listed below your mother will have in her cupboards.

Paring knife  
Double boiler  
Flour sifter  
Cookie tins or  
Shallow pans

Spatula  
Mixing bowl  
Egg beater  
Saucepans  
Pie tins



Plate I.—Some equipment needed frequently in meal preparation.

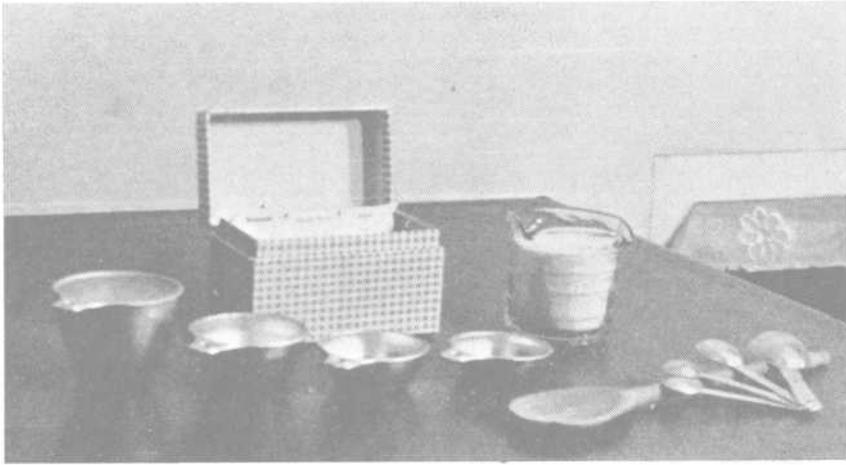


Plate II.—Equipment every girl in meal preparation work should own: 1. Set of measuring cups. 2. Glass measuring cup for liquids. 3. Set of measuring spoons. 4. Wooden mixing spoon. 5. Recipe file.

### HOW TO MEASURE

A good cook is an accurate cook. Here are the rules:

1. All measurements are level unless the recipe states differently.
2. For measuring baking powder or salt, a set of measuring spoons is useful. However, a teaspoon may be used, as shown in Figure 1.
3. To measure sugar, fill the cup with a spoon or scoop and level off with a knife or spatula. To measure brown sugar, pack it firmly into the cup and level off with knife or spatula.
4. To measure liquid, place the measuring cup on a level table and pour liquid into it.
5. To measure fat, pack it firmly into a measuring cup and level off with back of knife or spatula. If you do not have a set of measuring cups, a part of a cup of fat may be measured by using a regular measuring cup. To measure  $\frac{1}{2}$  cup of fat, fill the cup half full of

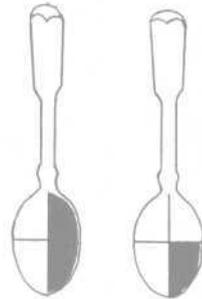


Figure 1.—Measuring a half or quarter teaspoon.

cold water, then add enough fat to fill the cup. For  $\frac{1}{4}$  cup of fat, fill the cup three fourths full of cold water; for  $\frac{2}{3}$  cup of fat fill the cup one third full of cold water. Before adding the fat to the ingredients, pour off the water.

6. To measure flour, see Plates III, IV, and V.

For successful results follow carefully the directions in the recipe, measure accurately, and waste nothing.

## FRUITS

The Daily Food Guide includes at least two servings of fruit each day. One serving should be tomatoes or citrus fruits, such as oranges or grapefruit; the second may be any fruit, such as bananas, peaches, cherries, figs, pears, or apples. You may serve fresh or cooked fruit for breakfast, lunch, or dinner as a cocktail, a salad, a dessert, or the juice as a beverage.

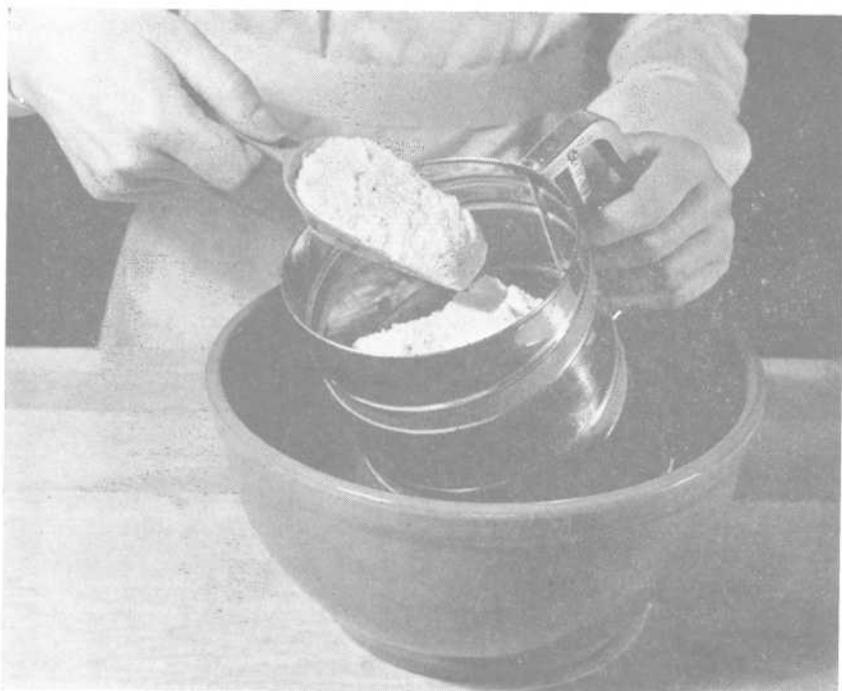


Plate III.—Sift once.

Courtesy Wheat Flour Institute



Courtesy Wheat Flour Institute

Plate IV.—Pile lightly into measuring cup.

Some of our reasons for including fruit in our meals are listed as follows:

1. Fruit supplies sugar for energy.
2. Fruit supplies minerals and vitamins to build and repair our bodies and to regulate them.
3. Fruits in all their gay colors make our meals attractive.

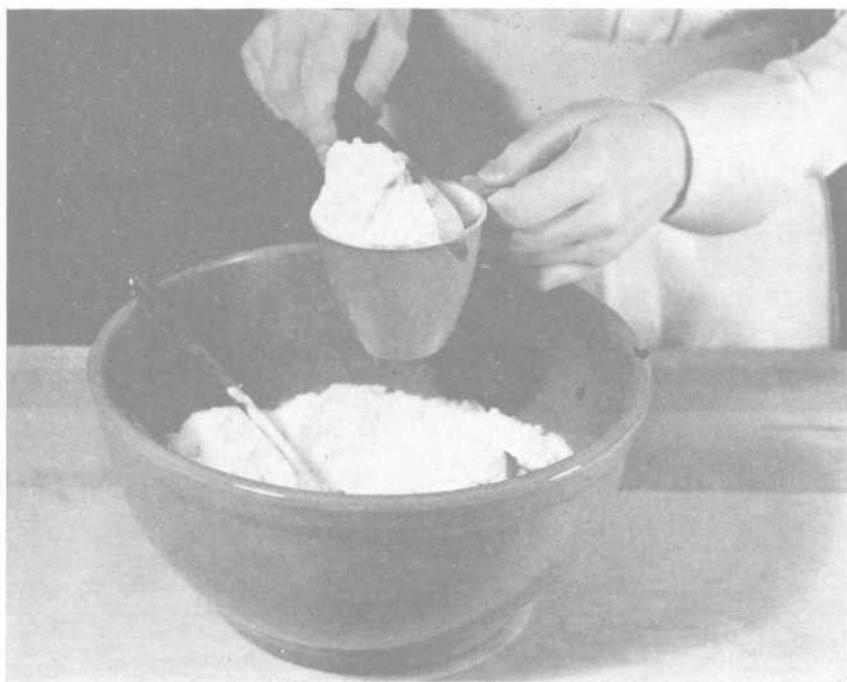
#### SERVING FRESH FRUITS

*Oranges.* Wash, peel, and slice or divide into sections or squeeze out the juice.

*Grapefruit.* Wash, cut in half, then cut with a sharp knife between sections and around the fruit; or squeeze out the juice.

*Figs.* Wash, peel, and slice. Figs may be served with or without sugar and milk.

*Peaches.* Wash, peel, and slice. Serve with sugar and top milk. Powdered sugar sprinkled over the peaches is attractive and tasty.



Courtesy Wheat Flour Institute

Plate V.—Level top with edge of spatula.

These and other fruits may be served in their natural state after washing.

### COOKING FRESH FRUIT

Some fruits need to be cooked before they are eaten. Prepare them as follows:

1. Wash the fruit well, then remove spoiled parts, stems, seeds, and with some, the skins.
2. Cook the fruit in a covered pan with a small amount of water.
3. Cook the fruit until it is nearly done before you add the sugar. However, if you wish to have the fruit retain its shape, cook it in a sugar syrup. One cup of water with  $\frac{3}{4}$  cup of sugar makes a syrup suitable for most cooked fruits. Sour plums may need a little more sugar.

## COOKING DRIED FRUITS

You can make your dried fruits more attractive and tasty if you wash them first in warm water, then soak them in hot water for about thirty minutes. You will save flavor and food value if you cook them in the water in which they were soaked. Some of the dried fruits are so sweet that sugar is not needed, while other fruits may need a small amount. For variations in flavor you may like to add a pinch of salt or a slice of lemon or orange.

When you prepare fruit at home or for exhibit at your club meeting, check your dish of fruit with the score card below:

## SCORE CARD FOR JUDGING A SERVING OF FRUIT

Name of dish	Yes or No	Yes or No	Yes or No	Yes or No
Appearance: Does the fruit have a natural color?..... Is the serving of fruit neat? ..... Is the amount of the serving in keeping with the size of the dish? .....				
Texture: Is the fruit tender?..... Has the fruit kept its shape? .....				
Flavor: Is the fruit too sweet?.... Is the fruit too sour?....				

If the fruit is not as it should have been, tell what you will do the next time to make it better. \_\_\_\_\_

**Assignment:**

*Prepare fresh or cooked fruit at least twice for your family. Make a record of it in your Home Economics Record Book.*

## SETTING THE TABLE

Your meals will be more attractive if served on a table with clean table covers and an orderly arrangement of the dishes and silver. Whether you use a tablecloth, luncheon cloth, place mats, or oilcloth is a matter of your own choice. Whichever you choose, be sure it is clean and well pressed. See that the dishes are clean and the silver polished. It will be fun to see how well you can set the table with Mother's everyday dishes and silver, following these rules:

1. Place tablecloth, place mats, or runners on the table smooth and straight.
2. The silver is laid with the handles about 1 inch from the edge of the table. The knife, with cutting edge toward the plate, is placed at the right of it; a spoon, with bowl up, is placed at the right of the knife; the fork, with tines up, is placed at the left of the plate.
3. Place the plate 1 inch from the edge of the table; allow 2 feet of space between places.
4. The water glass is placed at the tip of the knife; the milk is placed to the right of, and slightly below, the water glass.

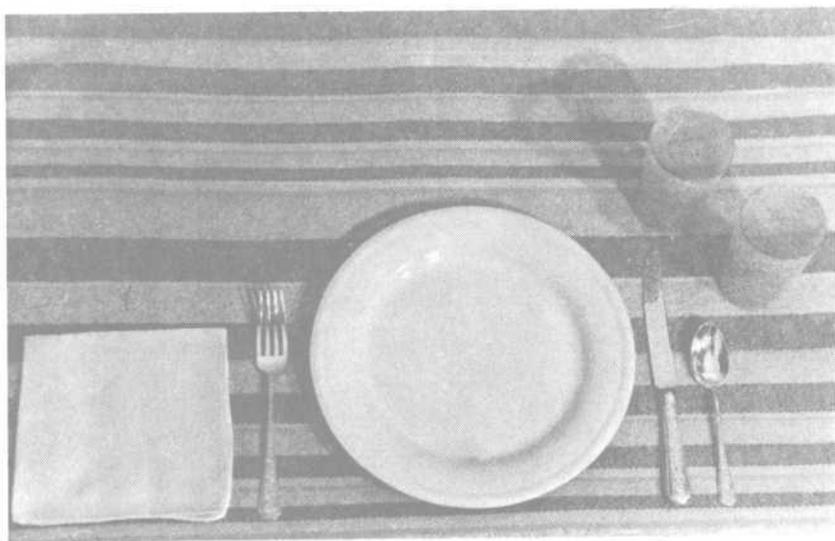


Plate VI.—Setting the table.

5. The bread-and-butter plate, if used, is placed at the tip of the fork and a little to the left.
6. The napkin is placed at the left of the fork, with the hems toward the plate and the edge of the table.
7. A low table decoration of flowers, fruit, gourds, or a plant placed in the center of the table is attractive and cheerful.

**Assignment:**

*Set the table correctly at home at least once a day for seven days. Record in your Home Economics Record Book.*

### SERVING THE FOOD ATTRACTIVELY

1. Water and milk glasses should be filled about three fourths full just before the meal.
2. Fill serving dishes only full enough to look well.
3. Wipe off any smears of food on the serving dishes.
4. Hot food should be served *hot* and cold food *cold*.
5. A sprig of parsley, lettuce, or celery makes meats more attractive. A dash of paprika adds color to colorless foods like cottage cheese, creamed cauliflower, or mashed potatoes.

### CEREAL FOODS

Cereal foods are some form of cereal grains, the most common of which are wheat, oats, corn, rice, rye, and barley.

This is the group of foods supplying much of our energy. When we eat whole-grain cereals like cracked wheat, rolled oats, or enriched cereals, body-regulating materials are supplied. They supply a great deal of energy, too.

In most of our homes cereal in some form is served at every meal. These foods may be grouped as follows:

1. Breakfast cereals—cooked or ready-to-eat.
2. Bread, plain or toasted; also plain rolls or sweet rolls.
3. Hot breads, such as biscuits, muffins, popovers, pancakes, waffles, and spoon bread.
4. Flour and flour products, such as macaroni and spaghetti.

## BREAKFAST CEREALS

*Ready-to-eat cereals.* The ready-to-eat cereals are more expensive than the cereals that can be cooked. However, they may add variety to your meals. You may like ready-to-eat cereal better if you crisp it before serving it by putting it in a shallow pan in a medium oven for a few minutes. But don't forget it!

*Cooked cereals.* Whole-grain cereals purchased in bulk supply us with some of the least expensive but most nutritious and tasty breakfast foods. To cook the cereal:

1. Measure water into upper part of double boiler; heat until water is actively boiling.
2. Stir gently with a wooden spoon, slowly adding the measured cereal and salt; cook it directly over the flame until the cereal thickens.
3. Place this upper part of the double boiler containing the thickened cereal over actively boiling water in the lower part.
4. Cook cereal until there is no raw-starch taste. Longer cooking will develop more flavor.

The following table gives you the correct proportions to use in preparing cereals and the time for cooking them.

TIMETABLE FOR COOKING CEREALS

Kind	Amt. of cereal	Water or milk	Salt	Time of cooking
Oatmeal	1 cup	2½ cups	1 tsp.	1 hour or less
Quick oats	1 cup	2½ cups	1 tsp.	20 min. or less
Steel-cut oats	1 cup	3 to 4 cups	1 tsp.	2 to 3 hours
Cornmeal	1 cup	4 cups	1 tsp.	1 hour or less
Coarse hominy	1 cup	5 cups	1 tsp.	2 to 3 hours
Cream of wheat and other granular cereals	1 cup	5 cups	1 tsp.	20 min. or less
Cracked wheat*	1 cup	3 to 4 cups	1 tsp.	2 to 3 hours
Rice, white	1 cup	6 to 8 cups	1 tsp.	20 to 25 minutes
Rice, brown	1 cup	6 to 8 cups	1 tsp.	25 to 30 minutes

\*Whole wheat grains will cook in three to five hours if soaked for several hours or overnight.

## TOAST

Besides enriched bread or whole-wheat bread served plain, they are very good toasted for breakfast, or toasted for sandwiches for either lunch or supper.

**Plain Toast**

1. Put slices of enriched bread or whole-wheat bread on the broiler tray or in a toaster. Toast them until brown on one side, then turn the slices to brown on the other side.
2. For a soft toast, brown the bread quickly. For a dry, crunchy toast, turn the flame low and brown slowly.

**Milk Toast***Ingredients*

2 to 3 cups of hot milk  
 $\frac{1}{2}$  teaspoon salt  
 6 to 8 slices of hot toast

*Utensils*

Measuring cup  
 Measuring spoon  
 Butter knife  
 Deep dish

1. Butter the toast and place it in a deep dish.
2. Salt the milk and pour it over the toast.

**Cinnamon Toast***Ingredients*

Butter  
 1 teaspoon cinnamon  
 $\frac{1}{2}$  cup granulated or brown  
 sugar

*Utensils*

Measuring spoon  
 Measuring cup  
 Butter knife

1. Butter the bread as soon as it is toasted and sprinkle it with a mixture of cinnamon and granulated or brown sugar.
2. Heat the toast in the oven or broiler one or two minutes and serve immediately.

## BISCUITS

Biscuits are the quickest and easiest of the quick breads to make. Your family will be delighted to have you serve them some flaky ones at any meal. If you follow directions carefully, you will acquire the knack of turning out delicious, tender, flaky biscuits.

### Baking Powder Biscuits (18 biscuits)

#### *Ingredients*

2 cups enriched flour  
2 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons lard or other  
shortening  
 $\frac{2}{3}$  cup milk

#### *Utensils*

1 bowl for sifted flour  
1 mixing bowl  
Measuring cup  
Measuring spoons  
Flour sifter  
Spatula or knife  
Pastry blender or two  
knives  
Wooden mixing spoon  
Dough board  
Biscuit cutter  
Cooky tin or shallow pan

1. Assemble ingredients and utensils.
2. Sift the flour, then measure it.
3. Measure the salt and baking powder into the flour; then mix and sift the dry ingredients.
4. Blend the fat and the dry ingredients with two knives, a pastry blender, or the finger tips until the mixture is like very coarse meal.
5. Add the milk gradually, mixing the dough into a soft ball.
6. Turn the dough onto a slightly floured board and knead gently twenty strokes.
7. Roll or pat the dough until it is  $\frac{1}{2}$  to  $\frac{3}{4}$  inch in thickness; cut out the biscuits and place them on the ungreased baking tin.
8. Bake in a hot oven, 450° F. for twelve to fifteen minutes.
9. Serve piping hot.

#### **Biscuit variations:**

*Whole-wheat biscuits.* Whole-wheat biscuits are made by substituting 1 cup of whole-wheat flour for 1 cup of enriched flour.

*Cheese biscuits.* Cheese biscuits are delicious for lunch with a salad. They are made by adding  $\frac{2}{3}$  cup of grated cheese to the biscuit mixture just before the liquid is added.

**Raisin and Spice Biscuits**  
(18 biscuits)

*Ingredients*

2 cups enriched flour  
 2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 2 tablespoons lard or other shortening  
 $\frac{1}{2}$  teaspoon cinnamon  
 2 tablespoons sugar  
 $\frac{1}{4}$  teaspoon allspice  
 $\frac{1}{3}$  cup milk  
 1 egg  
 $\frac{1}{2}$  cup currants or seedless raisins

*Utensils*

Same as for baking powder biscuits

1. Sift the flour, then measure it.
2. Measure the baking powder, salt, sugar, and spices into the flour; mix and sift the dry ingredients.
3. Blend fat and dry ingredients as you did for plain biscuits; add the currants or raisins to this mixture.
4. Beat the egg lightly and add the milk.
5. Add the egg and the milk gradually to the dry ingredients, mixing the dough into a soft ball.
6. Proceed as with plain baking powder biscuits.

When you prepare baking powder biscuits at home or for exhibit at your club meeting, check your biscuits with the score card on page 23.

**Assignment:**

*Prepare cereals at least twice for your family and make a record of it in your Home Economics Book.*

## EGGS

Eggs supply building material as well as energy and regulating material for the body processes. Since eggs are so valuable as food it is well for us to have an egg every day.

Preparing eggs for the family is much fun. There are many different egg dishes—some for breakfast, some for dinner, some for supper or lunch. They may be soft-cooked

## SCORE CARD FOR BAKING POWDER BISCUITS

Kind of biscuits	Yes or No	Yes or No	Yes or No	Yes or No
Appearance:				
Golden brown.....				
Uniform in shape.....				
Smooth, level tops.....				
Creamy white (white flour used).....				
Texture:				
Flaky ("sheeting" test)				
Medium fine grain.....				
Tender .....				
Flavor:				
Characteristic of flour used .....				
Bitter .....				
Flat .....				

If the biscuits were not so good as they could have been, what will you do the next time to make them better? \_\_\_\_\_

or hard-cooked in the shells, poached, scrambled, or made into omelets. They may be the main dish of the meal or the dessert. However you serve eggs, you will want to know the secret of cooking them successfully. It is *low temperature*.

## EGGS COOKED IN THE SHELL

There may be occasions when you will want eggs soft-cooked and other times when you will want them hard-cooked. You may cook them one of three ways.

Method 1. Put the desired number of eggs in the upper part of a double boiler and pour boiling water over them. Then place the covered upper part over the lower part of the double boiler, which contains boiling water. The

eggs will be soft-cooked in five minutes and hard-cooked in thirty minutes.

Method 2. Put the eggs in a pan and cover them with boiling water, allowing 2 cups of water for the first egg and 1 cup for each additional one. Cover the pan and set it where the water will be kept just below boiling. Eggs are soft-cooked in five minutes and hard-cooked in thirty minutes.

Method 3. Put the eggs in a pan and cover them with cold water. Heat slowly to nearly the boiling point. Keep the water at this temperature until the eggs are done. Eggs are soft-cooked in about five minutes and hard-cooked in thirty minutes.

#### Eggs Scrambled with Bacon

<i>Ingredients</i>	<i>Utensils</i>
3 slices of bacon cut in inch lengths	Sharp knife
5 eggs	Measuring cup
$\frac{1}{2}$ teaspoon salt	Measuring spoons
$\frac{1}{2}$ cup milk	Frying pan or double boiler
$\frac{1}{8}$ teaspoon pepper	

1. Fry bits of bacon until crisp. Pour off the fat, leaving about 2 tablespoons in the frying pan.
2. Beat the eggs, milk, salt, and pepper until the yolks are broken and the mixture is blended.
3. Pour into a frying pan or double boiler with bits of crisp bacon and cook slowly.
4. Stir from the bottom of the pan as the mixture thickens.
5. When the mixture is set, remove it from the fire and serve with toast or other bread.

Note: Plain scrambled eggs are prepared by omitting the bacon. It is easier to have a nice product if the eggs are cooked in a double boiler.

### Creamed Eggs (6 servings)

<i>Ingredients</i>	<i>Utensils</i>
6 hard-cooked eggs	Double boiler
2 cups medium white sauce	Paring knife
Enriched or whole-wheat toast	Toaster

1. Chop the eggs into small pieces.
2. Add hot white sauce and mix.
3. Serve on toast.

### White Sauce

<i>Ingredients</i>	<i>Utensils</i>
1 cup milk	Measuring cup
2 tablespoons fat	Measuring spoons
2 tablespoons flour	Small saucepan
¼ teaspoon salt	Wooden mixing spoon

1. Melt the fat in a small saucepan or in the top of a double boiler.
2. Mix in the flour and salt.
3. Add cold milk slowly while stirring.
4. Stirring constantly, heat the mixture to the boiling point, or until the sauce is thickened.

### CUSTARDS

Custards are desserts you will like to make with eggs and milk. There are two ways of preparing custards which make the finished products very different. A custard baked in the oven in a pan of hot water is called a *baked custard*. It should be tender, with a jellylike consistency. If it "weeps"—that is, if liquid oozes out of it—you have baked it too long or the oven temperature has been too high.

A custard cooked on the top of the stove in a double boiler and stirred during the cooking process is called a *soft custard*. If a soft custard curdles, it has been cooked too long. Should you have the misfortune of a curdled custard, beat it with a rotary egg beater to make the mixture fairly smooth. A soft custard should have the consistency of cream. It is served in saucedishes or it may be poured over plain or sponge cake, fruit, or gelatin.

**Baked Custard**

(6 servings)

*Ingredients*

- 3 cups milk
- 3 or 4 eggs
- 6 tablespoons sugar
- $\frac{1}{8}$  teaspoon salt
- 1 teaspoon vanilla or
- $\frac{1}{8}$  teaspoon nutmeg

*Utensils*

- Double boiler
- Measuring cup
- Measuring spoons
- Mixing bowl
- Wooden mixing spoon
- Custard cups or a baking dish
- Shallow pan

1. Heat the milk in the upper part of a double boiler until hot.
2. Mix well the sugar, eggs, salt, and flavoring in a mixing bowl.
3. Pour scalded milk slowly into the egg mixture, stirring all the time.
4. Pour this mixture into custard cups or a baking dish; place in a pan of hot water and bake in a slow oven 325° F. about thirty minutes.
5. The hot water should be as high on the outside of the dish as the custard is on the inside.
6. Tests for doneness: Custard should be firm, and a silver knife inserted in it should come out clean.

Note: When custards are baked in custard cups, very attractive desserts can be made from them by unmolding them in dessert dishes and covering each with fresh fruit, such as berries, bananas, or peaches; cooked, canned, or frozen fruit also can be used. If no fruit is available, coconut or chopped nuts add variety.

**Soft Custard***Ingredients*

- (Same as for baked custard, but the method is very different.)

*Utensils*

- Double boiler
- Mixing bowl
- Measuring cup
- Measuring spoon
- Wooden mixing spoon

1. Scald the milk in the upper part of a double boiler.
2. Mix well in a mixing bowl the sugar, eggs, salt, and flavoring.

3. Pour scalded milk slowly into the egg mixture, stirring all the time.
4. Pour the mixture into the upper part of the double boiler and place it over water just below the boiling point in the lower part of the utensil.
5. Cook the mixture, stirring all the time. The custard is done when it is as thick as cream and coats a silver spoon.
6. Pour the custard immediately into a cold dish or put the upper part of the double boiler into a pan of cold water. The custard will have a better texture if it is quickly chilled.

## PUDDINGS

### Bread Pudding (8 servings)

#### *Ingredients*

- 4 cups milk
- 3 cups soft bread crumbs or  
1½ cups dry bread crumbs
- 2 tablespoons butter
- 2 eggs
- ½ cup sugar
- ½ teaspoon salt
- ¼ teaspoon nutmeg or
- 1 teaspoon vanilla

#### *Utensils*

- Measuring cup
- Measuring spoon
- Double boiler
- Mixing bowl
- Wooden mixing spoon
- Custard cups or baking  
dish
- Shallow pan

1. Scald the milk in the upper part of a double boiler.
2. Add bread and butter to the scalded milk and let stand twenty minutes.
3. Mix well the eggs, sugar, salt, and flavoring. Add the milk and bread.
4. Pour the mixture into a buttered baking dish, set into a pan of hot water, and bake in a slow oven at 325° F. about one hour.

#### **Variations of bread pudding:**

*Raisin bread pudding.* Add 1 cup of raisins just before you pour the mixture into the baking dish.

*Chocolate bread pudding.* Melt one square of chocolate and add it to the sugar and egg mixture. Omit the nutmeg.

When you prepare custards and pudding at home or for exhibit at your club meetings, check these desserts with the score card below.

#### SCORE CARD FOR JUDGING CUSTARDS AND PUDDINGS

Name of dessert	Yes or No	Yes or No	Yes or No	Yes or No
Appearance: Was it attractively served? .....				
Was it watery?.....				
Texture: Was it smooth, without curdled lumps?.....				
Flavor: Was the flavor pleasing, delicate? .....				
Was it too highly flavored, flat, or had it an egg taste?.....				

If the puddings were not so good as they could have been, what will you do the next time to have better puddings? \_\_\_\_\_

#### Assignment:

*Prepare eggs or dishes containing eggs for at least two meals for your family. Record in your Home Economics Record Book.*

#### DISHWASHING THAT IS FUN

By watching the time, try to beat your dishwashing record of the previous day. You may find that the following order is time saving.

1. Scrape the dishes well; stack them according to size at the right of your dish pan.
2. Soak in cold water dishes that contain uncooked egg, flour, or milk; soak in hot water dishes that contain sugar or grease.

3. Wash the dishes in the following order: glassware, silverware, cups, saucers, plates, bowls, platters, and cooking utensils. Use hot, soapy water.
4. Scald the dishes with boiling water.
5. Drain and dry glasses and silver with a clean dish towel. Dishes may be allowed to dry without wiping.
6. Clean work space and stove. This should be done with a cloth kept for that purpose. Do not use the same cloth for stove and dishes.
7. Wash and rinse dish towels and dishcloths.
8. Sweep kitchen.

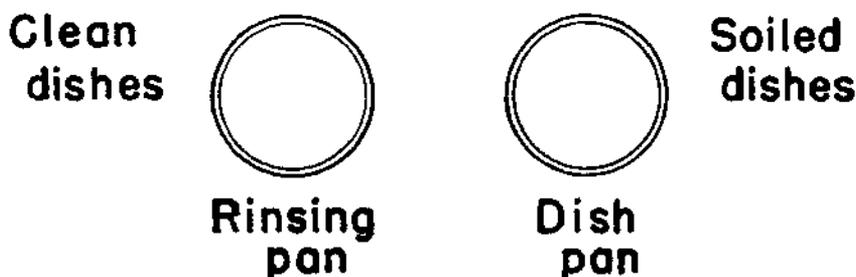


Figure 2.—Dishwashing diagram.

## BEVERAGES

Good cold, clean milk is one of the blessings 4-H Club members in Arizona enjoy. It is one of the simplest and best beverages. Besides being so delicious, it is one of our most important foods because:

1. Milk is a good muscle builder as well as a builder of good bones and teeth.
2. Milk supplies generous amounts of material to regulate and protect our bodies.
3. Milk also gives us some energy material.

### MILK

1. Milk may be served hot or cold as you prefer.
2. Buttermilk should be served occasionally for variety.
3. Thick, freshly soured milk beaten with a rotary egg beater also makes a good beverage.
4. Skimmed milk is a popular beverage with girls on some college campuses.

**Milk combinations:****Cocoa***Ingredients*

3½ cups milk  
 ½ cup hot water  
 ¼ teaspoon salt  
 4 teaspoons cocoa  
 4 teaspoons sugar

*Utensils*

Measuring cup  
 Measuring spoons  
 Double boiler  
 Wooden mixing spoon

1. Mix sugar, cocoa, and salt with a little hot water in the upper part of a double boiler.
2. Add remaining water and cook over boiling water until the mixture is slightly thickened.
3. Add milk and heat until hot enough to serve, or chill and serve cold.
4. For special occasions you may like to serve the cocoa with whipped cream or a marshmallow.

**Hot Chocolate***Ingredients*

1 square of chocolate  
 4 teaspoons sugar  
 1½ cups boiling water  
 3 cups milk  
 ¼ teaspoon salt

*Utensils*

Measuring cup  
 Measuring spoons  
 Paring knife  
 Double boiler

1. Melt the chocolate in the upper part of a double boiler.
2. Add sugar, salt, and water and cook until the mixture is slightly thickened.
3. Add the milk and heat until the mixture is hot enough to serve.

**Peach Buttermilk**  
(6 servings)*Ingredients*

½ cup cream  
 1 quart buttermilk  
 1 or 2 teaspoons powdered sugar  
 6 peach halves, canned or freshly cooked  
 1⅓ cups peach juice  
 ¼ teaspoon almond extract

*Utensils*

Measuring cup  
 Measuring spoons  
 Mixing bowl  
 Sieve  
 Wooden mixing spoon

1. Mix the cream and the buttermilk; add the sugar.
2. Force the peaches through a sieve; add the flavoring.
3. Add the peaches to the buttermilk.
4. Serve very cold in tall glasses.

**Egg Peptail**  
(2 or 3 servings)

*Ingredients*

- 2 eggs or 4 yolks  
1 cup orange juice  
1 cup milk  
1 or 2 tablespoons honey, molasses, or sugar  
 $\frac{1}{8}$  teaspoon salt

*Utensils*

- Measuring cup  
Measuring spoons  
Mixing bowl  
Egg beater

1. Place all ingredients in a deep bowl and beat thoroughly.
2. Chill and serve in chilled glasses.
3. Top with grated nutmeg if desired.

FRUIT AND VEGETABLE JUICES

You may squeeze the juice from raw fruits, such as oranges, grapefruit, or apples, for a beverage. Also, the juices cooked out of fruits or vegetables make delicious drinks. Some of the more commonly used ones are grapes, prunes, pineapples, cranberries, and tomatoes.

**Citrus Punch**  
(8 or 9 servings)

*Ingredients*

- 2 cups orange juice  
3 cups grapefruit juice  
1 cup grapefruit sections  
 $\frac{1}{4}$  cup lemon juice  
1 cup sugar or honey  
 $\frac{1}{2}$  cup water  
Mint leaves

*Utensils*

- Measuring cup  
Reamer  
Paring knife  
Small saucepan  
Bowl or pitcher

1. Combine fruit juices and fruit sections.
2. Heat sugar and water until sugar is dissolved; add to fruit juice.
3. Serve in tall glasses; garnish with sprigs of mint.

## SCORE CARD FOR JUDGING BEVERAGES

Name of beverage	Yes or No	Yes or No	Yes or No	Yes or No
Appearance: Neat and attractive?.....				
Flavor: Refreshing and tasty?....				
Temperature: If hot drink, was it served hot?.....				
If cold drink, was it served cold?.....				

If the beverages were not so good as they could have been, what will you do the next time to have better products?.....

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### Grape Punch (6 servings)

#### *Ingredients*

- 2 cups grape juice
- 2 cups water
- ¼ cup lemon juice
- ½ cup orange juice
- ½ cup sugar

#### *Utensils*

- Measuring cup
- Reamer
- Paring knife
- Small saucepan
- Bowl or pitcher

1. Mix the fruit juices and 1½ cups of water.
2. Heat the sugar in ½ cup of water until it is dissolved.
3. Serve very cold.

### Spiced Fruit Juice (6 servings)

#### *Ingredients*

- 2 tablespoons grated orange rind
- ¼ cup lemon juice
- 2 tablespoons sugar
- 2 1-inch pieces of stick cinnamon
- 1 cup boiling water

#### *Utensils*

- Measuring cup
- Measuring spoons
- Reamer
- Paring knife
- Small saucepan
- Bowl or pitcher

4 cups fruit juice, grape, or  
apple  
6 cloves

1. Add boiling water to orange rind and sugar. Let stand fifteen minutes.
2. Add apple or grape juice, cinnamon, and cloves. Heat to the boiling point, then simmer fifteen minutes.

When you prepare beverages at home or at your club meeting, check them with the score card on page 32.

**Assignment:**

*Prepare the beverage for at least two meals for your family. Each time you prepare it make a record in your Home Economics Record Book.*

### FAMILY MEALS PLANNED WITH MOTHER

By now you will have some skill in preparing fruits, cereals, eggs and egg dishes, and beverages. You should be able to set a table correctly for breakfast, lunch, or supper, and wash dishes easily and quickly so that they shine.

Can you plan, prepare, and serve an entire meal with some help from your mother?

**Assignment:**

*Plan, help prepare, and serve at least three meals for your family, to include at least one breakfast, one dinner, and one lunch or supper and record the menus on Record Sheet No. 3 provided on page 34.*

*It is time for the second check on the foods you are eating. Keep a record of all the food you eat on one day. List the foods on Record Sheet No. 2 on page 9. Score it against the Basic Seven Food Groups listed on Record Sheet No. 1, page 5.*

RECORD SHEET NO. 3—FAMILY MEALS PLANNED WITH MOTHER  
(Include at least one breakfast, one dinner, one supper or lunch)

Example	Food Group	I	Food Group	II	Food Group	III	Food Group	IV	Food Group
Breakfast:									
Fruit (orange).....	2								
Cereal (oatmeal).....	6								
Bread (w.w. toast).....	6								
Milk (cocoa).....	4								
Dinner:									
Meat or substitute	5								
Potatoes.....	3								
Leafy green or yellow vegetable.....	1								
Raw vegetable or salad (tomatoes).....	2								
Butter.....	7								
Bread (w.w.).....	6								
Dessert (apple).....	3								
Milk.....	4								
Supper or lunch:									
Main dish									
(creamed eggs).....	4 & 5								
Vegetable (peas).....	1								
Dessert (cake).....	..								
Milk or milk drink.	4								

See the Basic Seven Food Groups as a Daily Food Guide, page 5.

## JUST FOR FUN

"All work and no play makes Jack a dull boy." Following your regular meetings, you will have planned a social hour. Sometimes you may want to have a party at which you can play some of these games. The suggestions included here may add to the fun at your meetings and parties.

**Popcorn Balls**

(2 dozen 2½-inch balls)

*Ingredients*

- 1 cup granulated sugar
- ⅓ cup water
- ½ teaspoonful salt
- 2 tablespoons light corn syrup
- 1 tablespoon butter
- 2 quarts popped corn

*Utensils*

- Measuring cup
- Measuring spoons
- Saucepan
- Large bowl for corn
- Mixing spoon

1. Put the sugar, syrup, salt, and water in a pan. Stir until they are dissolved.
2. Wash down crystals and cook, without stirring, to 242° F.—the firm, soft-ball stage.
3. Add the butter. Have the corn in a large bowl and pour the syrup over it. Mix well and form into balls, using as little pressure as possible.

**Variations:**

*Pink popcorn balls.* On removing the syrup from the fire, add a few drops of pink coloring and proceed as above.

*Molasses popcorn balls.* Use ¾ cup of molasses, ½ cup of sugar (instead of 1 cup), and 2 tablespoonfuls of corn syrup in the above recipe.

## GAMES

**Chinese Spelling**

Players are divided into two lines and the game is conducted like an old-fashioned spelling bee. Only well-known words are given, and they must be spelled backwards. For example, club—b, u, l, c.

### Teakettle

One player leaves the room. The group selects a word which has two or more meanings and different spellings, such as rain (rein, reign). The player returns and members in the group make remarks, using the word in one of its meanings but saying "teakettle" instead of the right word. For instance, one might say, "We had a heavy 'teakettle' yesterday"; another, "Did the horse's 'teakettle' break?" or "Do you know what happened in the 'teakettle' of Henry VIII?" The person who makes the remark which gives the clue to the selected word must be the guesser the next time.

### Tin Can Relay

The players, divided into equal sides, stand in two lines about 20 feet from the goals, which may be trees or chairs. The head player in each line, the captain, is given an empty coffee can. At a signal, each starts rolling the can with his foot. It must be rolled thus around the goal and back to the next player in line, who likewise rolls the can around the goal, while the captain goes to the back of the line. Each player in turn rolls the can as described. The captain of the side finishing last must hop and roll the can around the goal.

### Flying Dutchman

All the players except two join hands in a circle. The two who remain outside join hands, walk around the outside of the circle, and tag the joined hands of any two players. These players immediately chase the taggers around the circle, trying to catch them before they get into the space once occupied by the couple tagged. Persons who are tagged must keep their hands clasped while running. This game is like Slap Jack except that two players instead of one are tagged. There are no partners, because a player may have to run with either of his neighbors.

## DREAMING

My home must have a high tree above its open gate;  
My home must have a garden where little dreamings wait;  
My home must have a wide view of field and meadow fair,  
Of distant hill, of open sky, with sunlight everywhere.

My home must have a friendship with every happy thing;  
My home must offer comfort for any sorrowing;  
And every heart that enters shall hear its music there  
And find some simple beauty that every life may share.

My home must have its mother—may I grow sweet and  
wise;  
My home must have its father, with honor in his eyes;  
My home must have its children—God grant the parents  
grace  
To keep our home through all the years a kindly, happy  
place.

## ARIZONA SMILES

(Tune: "Smiles")

There are smiles from Indiana,  
There are smiles from Idaho,  
There are smiles from Maine to California,  
There are smiles from north to Mexico,  
There are smiles all over this great nation,  
In whatever state your footsteps fall;  
But the smiles that come from Arizona  
Are the smiles that are best of all.

## PARTING SONG

(Tune: "Till We Meet Again")

Four-H Club Folks that we love so well,  
You're the folks that in our memories dwell;  
When we part from our friends here,  
We'll boost club work all the year;  
And the friends we've met so merrily,  
One and all we'll hold in memory;  
So farewell, Four-H Friends, we say,  
Till we meet again.

## STACK UP YOUR DISHES

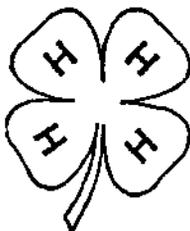
(Tune: "Pack Up Your Troubles")

Stack up your dishes in the old dish pan  
And wash, wash, wash.  
While there are soap and water near at hand,  
Scrub, girls, use the brush.  
What's the use of leaving them?  
To grumble is all bosh.  
So stack up your dishes in the old dish pan  
And wash, wash, wash.

4-H CLUB MOTTO—"To Make the Best Better"

---

4-H CLUB



EMBLEM

---

4-H CLUB COLORS—Green and White

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#### 4-H CLUB 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."

---

"I pledge allegiance to the Flag of the United States  
of America and to the Republic for which it stands,  
one Nation, indivisible, with liberty and justice for all."

Name.....

Name of Club.....