

College of Agriculture and Life Sciences Extension Publications

The Extension Publications collections in the UA Campus Repository are comprised of both current and historical agricultural extension documents from the College of Agriculture and Life Sciences at the University of Arizona.

This item is archived to preserve the historical record. This item may contain outdated information and is not intended to be used as current best practice.

Current extension publications can be found in both the UA Campus Repository, and on the CALS Publications website, <http://cals.arizona.edu/pubs/>

If you have questions about any materials from the College of Agriculture and Life Sciences collections, please contact CALS Publications by sending an email to: pubs@cals.arizona.edu

Requirements
For
Arizona 4-H Club Work



Circular 204

Please Note

This circular shows the requirements of 4-H club work in Arizona. It is for use by club members and club leaders in carrying out 4-H club project work in all communities and all counties of Arizona.

If you have further questions about 4-H requirements, or other 4-H activities, be sure to get in touch with your local County Agricultural Agent or Home Demonstration Agent.

University of Arizona
College of Agriculture, Agricultural Extension Service
Chas. U. Pickrell, Director

Cooperative extension work in agriculture and home economics, the University of Arizona College of Agriculture and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

5M-Revised May 1953—Circular 204

Requirements For Arizona 4-H Club Work

Compiled by **Kenneth L. McKee**
State Leader of 4-H Club Work

Conditions Under Which 4-H Clubs Should Be Organized

Arizona boys and girls, 10 to 21 years old, may enroll in 4-H clubs, and continue their club work on a voluntary basis.

Club leaders function on an entirely voluntary basis. Parents, homemakers, farmers, and teachers are encouraged to volunteer as 4-H leaders.

Project work of club members is done at home. The club meeting is the place for leaders, club members, and others to show and tell what is to be done at home with the project.

Whenever possible, enough time should be allowed for each meeting so that a well rounded club program can be held. When meeting time is limited, it is advisable to plan for only one or two phases of the 4-H program in a particular meeting. By holding a larger number of meetings, members can carry out a more balanced program.

Work done and articles made to meet 4-H project requirements must be distinct from work and project in school and vocational homemaking and agriculture.

When club enrollments exceed 15, the club leader will need help from adult and junior leaders. If there is a variety of projects, the club leader will need help even with 15 club members.

Club work should be centered in the home and community so that

the training and project work of club members has a direct influence on the home and community. Also, this will help parents and the community to understand the objectives of club work and give the club program their cooperation and support.

Club Requirements

Here are the requirements for a 4-H club:

1. Each club must have at least six regular business meetings. Project and recreation meetings will be in addition to the business meetings if held separately.

2. Each club must hold meetings over a period of at least five months. Where possible a year-round program is recommended.

3. A club must enroll at least five members.

4. Club enrollments must be in the County Agricultural Agent's office by the date he fixes, and in no case later than May 1.

5. Club completions must be in the County Agricultural Agent's office at the date fixed by him, and in no case later than October 1.

Individual Club-Member Requirements

Individual club-member requirements are:

1. Each club member must attend at least six meetings. If more than eight meetings are held, a club member must attend three-fourths of the meetings held.

2. A club member must be ten years old by January 1 of the club year in which he or she enrolls.

3. A club member must not have passed his 21st birthday on January 1 of the club year enrolled.

4. A club member must be enrolled five months previous to completion date.

5. Each club member must meet the minimum requirements for his or her chosen project as outlined in the project circular or in this circular.

6. A club member must keep a project record (in the 4-H record book) which is satisfactory to the County Extension Agent.

7. The club member should exhibit his project work at a 4-H achievement day, County 4-H Fair, or 4-H or junior section of a County Fair.

8. Each club member should take

part in all club activities, especially in demonstrations and judging.

9. A club member must thoroughly study his or her project manual and follow the practices stated therein.

Junior Leadership Requirements

1. Any Arizona 4-H member who is from 14 to 21 years old, and who has had at least two years of project work, may ask to be a **Junior 4-H leader**.

2. Junior leaders are usually selected by the County Extension Agent and by a county 4-H junior-leadership committee, after having been approved by the local adult 4-H leader.

3. Junior leaders must carry a regular 4-H club project along with their junior leadership project.

4. The project requirements for junior leadership are:

a. Enroll three or more first or second year members, or help three or more members already enrolled. Help the members whose projects are those in which you have had the most experience.

You can help these members by:
(1) Getting them properly enrolled and seeing that they get their manuals and record books. (2) Visiting their homes and talking to their parents about projects and 4-H activities. (3) Getting them to keep

accurate up-to-date records of their club work. (4) Urging them to attend meetings and take part in all the activities of the 4-H club. (5) Seeing that they complete their project work.

b. Help the club plan the program for the year, as follows: (1) With the local leader and the program committee, plan the program step-by-step for the club for the year. Develop a written program of all phases of club work on the local 4-H program blank. (2) Help your leader see that club members are prepared for their parts in the program. (3) Help plan and carry out special programs for your club, such as for National 4-H Club Week and Rural Life Sunday, etc.

c. Choose to do at least one of the following activities. Select the ones you will enjoy most and in which you have had the most experience.

(1) Help members with demonstration work. (2) Teach club members how to judge 4-H products. (3) Recreation. (4) Health and safety. (5) Community Service. (6) County 4-H events.

Agricultural Project Requirements

General

The club member must:

1. Own the project or have a business agreement with the owner.
2. Feed, manage, and be responsible for his projects.
3. Keep accurate records of his projects and turn in completed rec-

ords to the County Extension office at the close of the projects.

4. Be able to show registration papers in his own name on registered animals exhibited at 4-H events.

5. Follow good feeding, management and cultural practices as outlined in the 4-H manuals for his projects.

Beef

Fat Beef Project

With this project a member must have from 1 to 3 fat beef animals. These must be owned and pen fed by the 4-H member for at least 150 days. No nurse cows will be allowed the last 150 days of the feed period.

Feeding Project

The member must pen feed at least four beef animals for a period of not less than 120 days. It is recommended that the feeder raise most of his feeds or be able to buy them at field prices.

Breeding Project

The member must start with one or more registered beef animals with his eventual aim being the building of a registered breeding herd.

Range Beef Project

The member must be located on a cattle ranch and must start with at least two beef heifers. He must do the work necessary in raising and marketing his beef animals.

Bees

Club members must own and care for at least three hives of bees.

Colt Training

Member must own and train colt to ride, lead and rein. Project will not be accepted if colt is already trained at the beginning of the club year.

Crops

Requires at least one acre of a locally adapted crop such as hay, small grains, flax or cotton. The crop must be owned and cared for by the member. A partnership agreement should be worked out with the owner of the land.

A minimum of one-half of the labor should be done by the club member and he should assist in all the processes of growing the crop.

Dairy

No exhibit will be accepted at 4-H Fairs under 4 months old and which the member has owned less than 30 days.

Cow or Heifer Project

Requires at least one registered dairy female or high grade female showing characteristics of a recognized dairy breed. The member must own and care for his project. He must keep accurate milking records of his cows in production.

Registered Dairy Bull

Requires one or more registered bulls owned and cared for by club members.

Garden

First Year Garden

1. The garden must cover at least 200 square feet.
2. Five different vegetables must be raised (root, leafy, and any other.)
3. The garden should supply much of the family needs and should be cared for by the club member.

Second Year Garden

1. The garden must cover at least 300 square feet.
2. Eight different vegetables must be raised. (At least two root, two leafy and any others).
3. The garden should supply much of the family needs and should be cared for by the club member.

Third & Advanced Years Garden

1. The garden must cover at least 300 square feet.
2. Ten different vegetables must be raised. (At least three root, three leafy, one bulb, one potato or cole crop, and any others).
3. The club member must use transplants for one crop.

4. The garden should supply much of the family needs and should be cared for by the club member.

Goats

At least one milk goat of a recognized breed. Project must be owned and cared for by the member.

Accurate milking records of goats in production must be kept by the member.

Handicraft

Members must make articles useful for the farm and home. Members must meet requirements as outlined in the 4-H handicraft manuals.

Handicraft must be carried out in conjunction with another agricultural or homemaking project. The articles that are constructed must be used in the other project work.

Home Grounds Beautification

(Requirements for this project are being written at date of printing. Consult your County Extension Agent).

Insects

1. Collect and mount 20 insects. (Included must be six (6) orders of insects, 2 beneficial insects and mounted specimens of a butterfly and a moth).

2. Keep a record of each of the mounted insects on the record sheet.

3. Make a bug net, if possible. However, you may purchase one.

4. Make a mounting board for preparing moths and butterflies.

5. Prepare an insect box, for specimens, out of a cigar box or similar material.

6. Have all insects labelled with common name of insect and date of collection.

7. Know the difference between a stomach poison and a contact poison. Name one of each.

Best collections are made by using insect pins.

Chickens

Broiler-Fryer Project

1. Start between September 1 and October 30 for fall broilers, and January 1 to March 31 for spring broilers. The project should be completed in three or four months.

2. Raise 100 or more broilers or fryers.

3. Use only heavy breeds such as New Hampshires, Rhode Island Reds, Barred Rocks and White Rocks.

4. Market 2½ pound broilers 9 to 10 weeks of age, and 3 pound fryers by 12 weeks of age.

Better Pullets Project

1. The pullet project lasts about 6 months and should begin not later than April 15.

2. Start chicks during January through April.

3. Start 3 straight - run baby chicks for each mature pullet to be housed in the fall. One hundred chicks should give you 25-30 good pullets for the laying flock.

4. House pullets in a clean building by September 1.

5. Vaccinate pullets for chicken-pox in May or June.

6. Sell or eat all cockerels by the time they are 15 weeks old.

Laying Flock Project

1. Develop an all-pullet flock of 25 to 30 birds by September 1 for a family flock, 300 to 500 birds for a farm flock, or 2,000 and up birds for a commercial flock.

2. Sell all old hens in August.

Turkeys, Ducks, Geese & Pheasants

Have 25 newly hatched or at least 5 adult birds at the start of the project. The birds used must be of a recognized breed of poultry.

Pigeons

1. The member must have 5 mature pairs which are confined.

2. Pigeons should be raised for homing use or for squab production.

3. The birds used must be of a recognized breed of pigeons.

4. No crosses will be accepted.

Rabbits

Meat Production

1. Have at least four does of recognized meat producing breed.

2. Member must have separate rabbit hutches for their project.

3. He must own, care for, and sell or use the produce of the project.

Breeding Production

1. Must own and care for at least 4 registered does.

2. Members must have separate rabbit hutches.

3. He must own, care for and sell the produce of the project.

Sheep

Fat Lamb

1. One or more fat wethers or ewes are required.

2. The object is to produce as heavy animals as possible with the least cost.

3. These animals must be owned and pen fed by the 4-H member for at least 90 days.

Breeding Project

1. Requires one or more registered ewes or bucks.

2. Accurate records and papers must be kept on all registered sheep.

Soil, Water & Sunshine

First Year

The member should be at least 12 years old. During the first year the club member will study the following:

1. Basic soil formation and soils as related to crop production.

2. How plants live and grow.

3. Water in the soil.

4. The science of irrigation.

5. Legal descriptions of farmland.

6. The farm map.

Field trips will be made to study soils and water penetration. Records will be kept of all phases of this project and a farm map will be drawn.

Second Year

The first year topics will be expanded and studied in more detail. In addition study will be made of the following:

1. The use of commercial fertilizers.

2. Use of the farm level.

3. Irrigation practices and structures.

Third Year

1. The member should have his own or a friend's field on which to work.

2. The 4-H member applies what he has learned the first two years to a field on his home farm.

3. He should keep records and write his own recommendations for improving the farming practices.

Swine

All projects require separate pens.

Feeding Project

One or more fat hogs—either cross or purebred. The object is to raise the heaviest hog for the least money. These animals must be owned and pen fed by the 4-H member for at least 90 days.

Breeding Project

One or more registered gilts, sows, boars, or sows and litters. Accurate records and papers must be kept on all registered swine.

Tractor Maintenance

First Year

Demonstrations, discussions and work on farm tractors involving tractor safety, use of operators manual, air cleaner service, cooling system service, spark plugs, wiring and battery service, fuel intake and carburetion, engine lubrication and general lubrication.

Second Year

Cleaning and inspecting the tractor; valve service; servicing the tractor electrical system; servicing the thermostat, water pump and

cooling system; periodic servicing of the air cleaning equipment; fuel conservation practices; lubrication of transmission and final drive; servicing and adjusting steering gear and front wheel bearings; and care of rubber tires.

Third Year

Assignments in the third year cover serving as a junior leader, tractor service and cost records, trouble shooting and when to call in a competent service man, belt power application, drawbar power application, storage and handling of fuels and lubricants.

Home Economics Project Requirements

For advanced clothing, food preparation and food preservation,

select one unit for each project.

Clothing

Learning to Sew (First Year)

1. Select or make and equip a simple sewing box.
2. Make a pincushion or needle case.
3. Make by machine a pot holder for picnics (mitt type).
4. Make a stuffed toy for a child.
5. Make an apron for yourself.
6. Hang up your clothing.
7. Take care of your shoes.

Making Your First Dress (Second Year)

1. Add seam gauge and hem gauge to your sewing equipment.
2. Make a garment protector.

3. Make skirt hanger or hangers.
4. Learn to sew on buttons and darn your own hose.
5. Learn to buy cotton fabrics and to read labels.
6. Learn to buy socks.
7. Make a simple skirt or jumper that may be worn with blouses or worn as a sun dress.
8. Make a blouse without set-in sleeves.
9. Learn to care for hands and finger-nails.

Third Year

Make: 1. Dressy cotton best dress (one piece, sewed together at waistline, set-in sleeve). 2. Pajamas, or shorts and sport shirt (convertible collar).

Care: Inset patch used on cotton. Put on garment for self or family. Removal of stains on cottons.

Buymanship: 1. Buying cotton fabrics. 2. Buying knitted undergarments.

Grooming: 1. How to walk and sit. 2. Posture.

Equipment: 1. Learn to adjust tensions and oil sewing machine. 2. Cording foot on machine. 3. Add tailor's chalk, tracing paper and wheel to your kit of sewing.

Fourth Year

Make: 1. Make semi-tailored dress of Rayon, Acetate, Orlon, Nylon, Wool, Linen, or combinations of synthetic fibers. (If you intend to make a lined suit or coat in your 5th year, a wool dress should be made this year.) 2. Select one other garment—weskit, child's self-help dress, or suit for a boy. 3. Take personal measurements and record.

Care: 1. Learn to mend wool. (Reweaving or darned-in patch). 2. Press wool.

Buymanship: 1. Reading labels on Rayon, Acetate, and Wool. 2. Buying shoes. 3. Buying foundation garments.

Grooming: Care of hair.

Equipment: (Select or make two of the following): 1. Wool press cloth. 2. Pressing cushion. 3. Hem marker.

Advanced Clothing

(Make a wardrobe plan each year. Select clothes that fit into your plan and needs).

Make: 1. Sport outfit (choose one). (a) Slacks and shirt. (b) Frontier pants and shirt.

2. Party outfit, including slip and one accessory. 3. Tailored wool suit. 4. Tailored coat and dress.

5. Knitting. (a) Knit 1 or 2 piece dress, or (b) Sweater and accessory.

6. Remodeled garments. (a) Recutting and making of old garment for self or child. (b) Restyling 2 old dresses. 7. Sewing for profit. (Make at least 4 different garments for others).

Care: 1. Do family mending for 3 months. 2. Mend by sewing machine.

Buymanship: Buying Ready-to-Wear: (a) slips. (b) dresses, (c) sweaters.

Grooming: Repeat grooming and posture material, actually working on one particular thing.

Equipment: Provide equipment for tailoring wool if that is your project.

Food Preparation

Foods for First Year 4-H

1. Prepare and serve the following foods at least three times at home. Compare your foods with the standard product described in the foods circular.

Grapefruit halves and grapefruit or orange sections.

Cooked fresh or dried fruit.

Cooked cereal.

Baking powder biscuits.

Soft or hard-cooked eggs.

Poached or scrambled eggs.

Baked or soft custard.

Cocoa.

2. Keep a record of the food you eat for at least one week. Check to see whether your meals have included all of the Basic 7 Food Groups shown on Page 19 of the foods circular. Write in your record book the food group or groups which were not included in each

day's meals and tell what foods you should have included in order to make a perfect score.

3. Plan, prepare and serve breakfast by yourself twice.

4. Help plan, prepare and serve one lunch or supper and one dinner for your family. Learn to set table correctly. Set the table for and help with the service of one meal a day for seven days. Learn to wash and dry dishes correctly. Wash and dry the dishes for one meal a day for seven days.

5. Give one demonstration or assist with one at a club meeting.

Foods for Second Year 4-H

1. Prepare and serve at home at least 12 foods of your own choice, two from each group:

Muffins.
Cookies.
Soups.
Meat.
Raw Vegetables.
Potatoes.

2. Keep a record of the foods you eat for at least one week. Check to see whether your meals have included all of the Basic 7 groups. Keep this record on pages 3 and 4 of your 4-H Food Record Book.

3. Plan and prepare and serve for your family at least three meals—one breakfast, one dinner and one supper.

4. Plan, prepare, and pack your own school lunch for one week. Or plan, prepare and pack the lunch for other family members for five days. Or, if a lunch is not carried, keep a record for one week (five school days) of lunch eaten at school or at home.

Score each lunch for: Milk; Vegetable or fruit; Whole-grain or enriched bread; Meat, fish, eggs, cheese, dried beans or dried peas or soybeans; Butter or enriched margarine.

5. Learn to set the table correctly, set the table for, and help with the service of one meal a day for seven days.

6. Wash and dry dishes for one meal a day for seven days.

7. Give one demonstration or assist with one at a club meeting.

Arizona Meals the 4-H Way Third Year

1. Score the food you eat for one day at the beginning and one day at the end of the project on the Daily Food Guide.

2. Plan, prepare and serve at least twelve different foods at home, three from each group: Meats, Vegetables, Cakes, Yeast rolls.

3. Plan, prepare and serve the meals for the family for at least two days (six meals). Record in your record book.

4. Give one demonstration or assist with one at a club or community meeting.

5. Make at least two cakes by the new speedy method.

6. Make a comparison of the costs, the amount of time required to make and the quality of ready-mix cakes and homemade cakes by the speedy methods.

Fourth Year

1. Prepare poultry or rabbit by moist heat (stewing, fricasseeing) at least twice and by dry heat (frying, roasting) at least twice. This

should include the dressing and drawing of the bird or rabbit as well as the cooking.

2. Make a two crust fruit pie at least twice and make at least two single crust pies with meringue topping.

3. Make at least two angel food cakes, or two sponge cakes, or two chiffon cakes.

4. a. Plan and prepare at least 4 breakfasts, 4 dinners, and 4 suppers. Each of these meals is to be planned in relation to the other two meals of the day.

b. Set the table and serve the meals you have planned and prepared, using at least 3 different styles of table service. For example: At one meal you might plan to have the plates served from the kitchen; at another, you might plan to have the food served at the table by your father or mother; and at another, you might plan to use buffet style service.

5. Calculate the cost of each meal you have planned and prepared. Tell how you might have lowered the cost of each meal and how you prevented food waste in preparing the meal.

6. Keep a record of the food you eat for two weeks. Check each day to see if your meals have included all of the Basic 7. Write in your record book the food group or groups which were not included and be sure to make the score perfect on the next day and every day from then on.

7. Extras: In addition to the requirements you may wish to do some of the following: a. Learn how to cook fresh fish. b. Learn how to

cook wild game. c. Make a comparison of the costs, amount of time required to make, and the quality of ready-mix pies and homemade pies.

Advanced 4-H Foods

Unit I

Take complete charge of the family cooking for two weeks.

1. Plan, prepare, set tables and serve 3 well-balanced meals each day.

2. Plan the market order and assist with the buying for these two weeks. Calculate the cost for each meal you have planned and prepared.

3. Keep a record of the food you eat for two weeks. Check each day to see if your meals have included all of the Basic 7. Write in your record book the food group or groups which were not included and be sure to make your score perfect on the next day and every day from then on.

Unit II

Take complete charge of the family cooking for one week.

1. Plan, prepare, set table and serve three well-balanced meals each day.

2. Plan the market order and assist with the buying for this one week. Calculate the cost for each meal you have planned and prepared.

3. Keep a record of the food you eat for two weeks. Check each day to see if your meals have included all of the Basic 7. Write in your record book the food group or groups which were not included and be sure to make your score perfect on

the next day and every day from then on.

In outdoor cookery, do the following:

1. Prepare 4 main dishes that could be cooked or partially cooked outdoors.

2. Prepare 6 desserts that might be used for a picnic.

3. Plan and give an outdoor party including food and games.

Unit III

A. Take complete charge of the family cooking for one week.

1. Plan, prepare, set table and serve 3 well-balanced meals each day.

2. Plan the market order and assist with the buying for this one week. Calculate the cost for each meal you have planned and prepared.

3. Keep a record of the food you eat for two weeks. Check each day to see if your meals have included all of the Basic 7. Write in your record book the food group or groups which were not included and be sure to make your score perfect on the next day and every day from then on.

B. Entertain at home.

1. Prepare 3 party beverages.

2. Prepare 3 party desserts.

3. Prepare 3 varieties of party sandwiches.

4. Plan and give a party (buffet meal, company refreshments, company meal).

Unit IV

A. Take complete charge of the family cooking for one week.

1. Plan, prepare, set tables, and serve 3 well-balanced meals each day.

2. Plan the market order and assist with the buying for this one week. Calculate the cost for each meal you have planned and prepared.

3. Keep a record of the food you eat for two weeks. Check each day to see if your meals have included all of the Basic 7. Write in your record book the food group or groups which were not included and be sure to make your score perfect on the next day and every day from then on.

B. Feeding the young child. (Take the responsibility for the food for a young child (2 to 5 years) for one week).

1. Plan the meals to include as many of the same foods which will be served to the family as is possible.

2. Prepare something especially for the child each day which he can help you make, e. g., he could help cut out gingerbread men and put in the raisins for the face, or he could help wash the vegetables for you to make carrot sticks, etc.

3. Prepare at least two foods (not on the same day) for the whole family which the child has never eaten before and which you think are valuable ones for him to know. Plan the serving of the foods carefully if you think he may not accept them, e. g., prepare the food well; serve only a small amount; serve with other foods which are the child's favorites. Have every other member of the family accept their portion without comment, etc.

4. Keep a record of the foods eaten by the child for the week. Score the meals using the Basic 7 chart.

Unit V

A. Take complete charge of the family cooking for one week.

1. Plan, prepare, set table and serve 3 well-balanced meals for each day.

2. Plan the market order and assist with the buying for this one week. Calculate the cost for each meal you have planned and prepared.

3. Keep a record of the food you eat for two weeks. Check each day to see if your meals have included all of the Basic 7. Write in your record book the food group or groups which were not included and be sure to make your score perfect on the next day and every day from then on.

B. Food for the Sick. (Prepare trays for an ill person for 3 days).

1. Plan the meals to include as many of the same foods which will be served to the family as is possible.

2. Plan a "surprise" for each tray.

3. Prepare 3 foods for a liquid diet.

4. Prepare 3 foods for a soft diet.

Food Preservation

You must be 12 years of age or over before you can enroll in this project. A unit requiring the use of a pressure canner should not be taken unless your mother or leader can help you with the operation of the pressure canner.

Unit I

(Can fruit using the hot water bath).

1. Can at least 12 quarts or pints of any food for which processing in a **hot water bath** is recommended.

If possible, this should include 3 jars of any three varieties of fruit and 3 jars of tomatoes.

2. a. Can 3 quarts or pints of fruit juice or, b. Can 3 quarts or pints of tomato juice.

3. Label and judge all canned products before storing. Use the score card provided in your kit for this unit. Put aside the highest scoring jars of each food canned. You will want to exhibit these at your county or state fair.

Unit II

(Can vegetables using the pressure canner; and make pickles).

1. Can at least 12 quarts or pints of any vegetables for which processing in a **pressure canner** is recommended. If possible, this should include 3 jars each of any four varieties of vegetables.

2. a. Make 3 quarts or pints of pickles or relishes, any variety, or, b. Make 3 quarts of sauerkraut.

3. Label and judge all canned products before storing. Use the score card provided in your kit for this unit. Put aside the highest scoring jars of each food canned. You will want to exhibit these at your county or state fair.

Unit III

(Can meat using the pressure canner; and make jellies).

1. Can a minimum of 12 quarts or pints of meat, poultry, or fish.

2. a. Make 6 glasses or jars of jelly, preserves, jams or marmalade. or b. Prepare 3 quarts or 3 pints of an Arizona speciality. Below are listed some suggestions:

Cure dates.

Cure olives.

Can pecans.

Can pimentos.
Make cantaloup preserves.
Make cactus fruit jelly.
Make honey preserves.
Can chili peppers.

3. Label and judge all canned products before storing. Use score cards provided in your kit for this unit. Put aside the highest scoring jars of each food canned. You will want to exhibit these at your county or state fair.

Unit IV

(Freeze fruits, vegetables, poultry or meat).

1. Prepare at least 12 quart or pint containers of any fruit or vegetable for freezing. If possible, include three packages each of four different foods. This is important as it will give you more experience and will supply more varied family meals.

2. a. Prepare 3 fryers or 3 roasters for freezing storage. or, b. Prepare 10 pounds of meat, game, or fish for freezing storage. (If you do not have any meat, fish or fowl to prepare for freezing, ask your Home Demonstration Agent to suggest some other food to prepare for requirement).

3. Remove the frozen food you prepared from storage at intervals during the year and prepare and serve it for family or guest meals. Be sure to write in your record book telling what you think of the quality of the product and your suggestions for improvement.

Unit V

(Advanced work for girls who have completed at least two other units.)

1. Make a food preservation plan for your family.

2. Make a list of the foods which your family uses but which you haven't preserved yet in any way.

3. Make a list of the methods of food preservation which you haven't yet learned to do, or are not doing as well as you would like to be able to do.

4. Plan your project with your parents and your 4-H Club leader using as a guide the family food preservation plan and the lists which you have made.

5. Preserve the amount of food which your plan shows would be required for one person for a year or a minimum of 50 quarts or its equivalent of food. Preserve at least two foods which you have never preserved before and preserve foods in at least two ways which you have not used before.

Include three or more of the following groups:

- a. Can fruits, fruit juices and tomatoes.
- b. Can vegetables.
- c. Can meat, poultry and fish.
- d. Freeze fruits and vegetables.
- e. Freeze poultry, game and fish.
- f. Make sauerkraut.
- g. Make pickles.
- h. Make jelly, jam and preserves.
- i. Preserve an Arizona specialty.
- j. Dry fruits.

6. Label and judge the foods you have preserved and tell about the quality in your record book. Score cards are in your kit. Put aside the jars and packages which you think are your best and exhibit them at your club meeting or at the county or state fair.

Home Furnishing

4-H Club Girl's Room (First Year Project)

1. Make a scarf or set of scarves for your dresser or dressing table.
2. Choose a picture for your room, or frame or make one.
3. Make or buy a box for your ribbons and jewelry, or make a storage item for your dresser drawer.
4. Hang up your clothes and put away your shoes.
5. Dust your room twice each week with the dusting mitten or cloth you make.
6. Make your bed or help make it each day.
7. Give a demonstration at one of your club meetings.

Second Year Project

1. Plan the arrangement of furniture and draw a room diagram.
2. Make a color plan.
3. Choose one item to "make" for your room; one to "make or select," and one to "select."

Make Bedding Protector, Furniture Polish.

Make or Select: Pillow Slip, Unlined Draperies or Curtains, Pillow Protector.

Select: Bed Pad, Bed Covering, Rug.

4. Review and improve bed-making and make your bed daily.
5. Give your room daily and weekly cleaning at least 4 times during the project.

6. Assemble small cleaning tools in a basket or box.

7. Give a demonstration at one of your club meetings.

Advanced Project

1. Select the space in which you wish to work in this year's 4-H Home Furnishing project. Draw the floor plan of this space at the start of your project, indicating additions or changes your space needs. Draw the re-arranged floor plan at the end of your project.

2. Re-valuate your color scheme or select new one.

3. Study good home lighting and apply to your space, improve the lighting in that space. Make or buy any lighting equipment needed. Make any repair of electrical fixtures needed for safety.

4. Study a storage area in your space and plan and carry out improvement. Include before and after pictures or drawings in your record.

5. Do one or more of the following that applies to your space:

- a. Plan attractive wall treatment.
- b. Select floor covering.
- c. Slipcover simple chair.
- d. Improve wood or cement floors.
- e. Improve window treatment by buying or making articles such as glass curtains, draperies, blinds, valances, cornices, decorative painting on walls or windows.

For Your Reference

	PAGE
Conditions Under Which 4-H Clubs Should Be Organized	3
Club Requirements	4
Individual Club-Member Requirements	4
Junior Leadership Requirements	5
Agricultural Project Requirements	6
Beef	6
Bees	6
Colt Training	6
Crops	6
Dairy	6
Garden	7
Goats	7
Handicraft	7
Home Grounds Beautification	7
Insects	7
Poultry	8
Rabbits	8
Sheep	9
Soil, Water & Sunshine	9
Swine	9
Tractor Maintenance	10
Home Economics Project Requirements	10
Clothing	10
Food Preparation	11
Food Preservation	15
Home Furnishing	16