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Safety in the Home--The Home Safety project will help members to discover and correct some of the unsafe conditions in their homes. It has been developed to fit particularly well as an extra project along with any of the other 4-H Club projects.

1. Complete a survey of the home and yard. (Use the check lists in the manual.
2. Remove or correct at least ten of the hazards which you have checked in the "no" column of your survey.
3. Tell in your own words what you have done and learned in this project that will promote safety for you and your family at home.

Birds

Birds--First Year--Identify 30 birds by sight, 10 by call, and 6 nests the first year. Attend at least 4 bird hikes, of which one or more are in the early morning. Build a bird house. Make a bird lunch counter or build feeding quarters for game birds. Make a bird bath or plant trees and shrubs to make a cover for birds. It is suggested that clubs start in late fall or winter.

Birds--Second Year--All of the requirements of First Year, and in addition identify another 20 birds by sight, five by call, and four nests.

Junior Leadership

Junior Leadership--4-H members are eligible to enroll if they have completed 2 years as a 4-H member and are 14 or older as of January 1, of the current year. They must also carry one other project. Those who enroll will complete at least 5 leadership jobs. Those who enroll will really help with the know-how, show-how, and tell-how. A Club member cannot be a leader or an assistant leader in the club in which he is serving as a Junior Leader.

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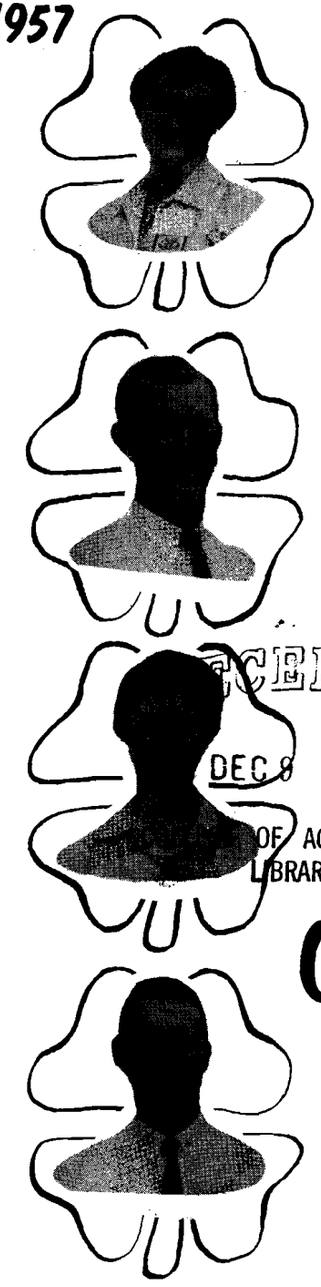

4-H CLUB ORGANIZATION

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UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE
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COOPERATING
W. V. LAMBERT, DIRECTOR

THE COVER PAGE

The four 1956 Washington Camp winners are:

Cara Hutchinson of Lancaster County; Jack Nitz of Saunders County; Nadine Calvin of Buffalo County and Pat Wright of Morrill County. These four young people represented the Nebraska 4-H members at the National 4-H Club Camp in 1956.

THE NATIONAL 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.

THE NATIONAL 4-H CITIZENSHIP PLEDGE

We, individually and collectively, pledge our efforts from day to day to fight for the ideals of this Nation.

We will never allow tyranny and injustice to become enthroned in this, our country, through indifference to our duties as citizens.

We will strive for intellectual honesty and exercise it through our power of franchise. We will obey the laws of our land and endeavor increasingly to quicken the sense of public duty among our fellow men.

We will strive for individual perfection and for social betterment. We will devote our talents to the improvement of our homes and our communities in their recreational, social, and spiritual needs.

We will endeavor to transmit this Nation to posterity not merely as we found it, but freer, happier, and more beautiful than when it was transmitted to us.

THE 4-H CLUB MOTTO

TO MAKE THE BEST BETTER -- should be the aim of every club member and should be used as his guide in daily living.

THE 4-H CLUB EMBLEM AND COLORS

The national 4-H Club emblem is the four-leaf clover with the letter "H" on each leaf. The national 4-H Club colors are green and white. The white background of the 4-H flag symbolizes purity; The green of the 4-H emblem represents nature's most common color in the great out-of-doors and also is emblematic of youth, life and growth.

OBJECTIVES OF CLUB WORK

The main objectives of 4-H club work are well summarized in the Ten National Guide Posts.

It has been said that to help prepare tomorrow's citizen physiclaly, mentally, and spiritually, 4-H Club work provides opportunities for volunteer participation in programs, built on needs and interests, through these ten 4-H Guide Posts:

I. Developing Talents for Greater Usefulness.
II. Joining with Friends for Work, Fun, and Fellowship
III. Learning to Live in a Changing World.
IV. Choosing a Way to Earn a Living.
V. Producing Food and Fiber for Home and Market.
VI. Creating Better Homes for Better Living.
VII. Conserving Nature's Resources for Security and Happiness.
VIII. Building Health for a Strong America
IX. Sharing Responsibilities for Community Improvement.
X. Serving as Citizens in Maintaining World Peace.

Individual members are encouraged to do something definite on some of the guideposts each year. Over a period of years, members who have been conscientious will have contributed in some way to all of the ten guideposts.

SPECIFIC PURPOSES OF 4-H CLUB WORK

The main purpose of 4-H club work is the development of the boy and the girl. This is done through club projects in which boys and girls and their parents and leaders work together. They develop their own talents as they acquire fine work and play habits, at the critical formation stage. They learn more about the skills in their project work, and practice parliamentary procedure at their meetings. They apply newly learned subject matter through demonstration, and learn to recognize and produce quality through judging. At the same time they are associating with each other and learning the true meaning of cooperation. This type of development should produce more useful world citizens.

ORGANIZATION OF 4-H CLUBS

Boys and girls talk with their parents about 4-H clubs. They get information from the county extension agents, or from other persons who know about club work. The group meets with parents, if possible, elects officers and a local leader, chooses a name, decides upon a project, and sends an application blank to the county extension agent.

The application is not an enrollment but a request for supplies.

A second meeting should be scheduled about two weeks later. At this meeting club members are enrolled, supplies are distributed, and the year's meetings are planned. Use of a year book helps members, leaders, and parents to know what is expected of each.

A typical meeting should be divided into three parts -- (1) a short, snappy business meeting; (2) subject

matter presented to the club by demonstration, judging and/or discussion; (3) recreation.

Who may be the local leader?

Any older interested person who will help the members with their club work, and with whom the members will enjoy working, may be the leader. A junior leader is an older 4-H member who assists the leader with specified leadership jobs. By completing these specific jobs, the junior leader earns credit for a junior leadership project.

What will help the group decide which project or projects to carry?

The brief paragraphs on pages 12 to 24 of this circular gives the minimum requirements for each kind of club project available in Nebraska. What the boys and girls and parents see at fairs may influence them. The choice should be made jointly by the members and parents.

What are the different types of 4-H club organization?

Boys and girls may organize as:

(1) a Standard Club
(2) a Community Club
(3) a non-Standard Club

What is a Standard Club?

A Standard 4-H Club is organized with the following goals in the program.

1. Five or more active members working on the same club project. (For this purpose some projects may be grouped as indicated on "4-H Application Blank" Form 0-05-2).
2. An organization with officers in charge.
3. A leader, who acts as adviser.
4. A program for the club year including goals 5 through 10.

5. At least six business meetings during the year.
6. An exhibit of products in the project.
7. At least one public demonstration.
8. Judging.
9. At least 60 per cent of the club completing the project by filing record books with the club leader.
10. An achievement program.

If the club meets the first four goals of a Standard 4-H Club, it is recognized by both the State and National Agricultural Extension Service, with a Standard 4-H Club charter. When a Standard 4-H Club completes the other six goals of its program, it receives a seal for the charter.

What is a Community Club?

A community 4-H Club is made up of two or more different project groups who meet together for club activities, with different leaders of various projects. Many times meetings of adults are held at the same time and place as the 4-H group. Usually the program begins with a short general session. Then the club members separate into groups, according to project, sometimes coming together again for a summary and social time. A community club may or may not meet the requirements of a standard club. A Nebraska charter is available for community clubs not meeting the standard charter requirement.

What is a Nonstandard Club?

A nonstandard club is a 4-H Club that does not meet the requirements of a standard club. For example, the group may be 9 year olds (associate members) instead of a minimum of five active members (10 to 20 years of age, inclusive).

A Nebraska charter is available for nonstandard clubs if they meet local county requirements.

ENCOURAGEMENT OFFERED 4-H CLUB MEMBERS

Many individuals and organizations interested in more and better 4-H club work have offered worthwhile county, state, and national awards, available each year to stimulate excellence. District, state, and county fairs offer several thousand dollars in prize money to 4-H club exhibitors. Rules for exhibit and age of club members may vary in different shows. Members and leaders should know the rules before making entries.

PARTICIPATION REQUIREMENTS

Boys and girls between the ages of 10 and 20 years inclusive on January 1, are eligible to be active 4-H Club members. Members 8 or 9 years of age are called associate members.

An orphan club member is an individual who is not affiliated with any 4-H club, but carries and completes 4-H projects. An orphan member is eligible to compete in fairs, shows and awards if he or she meets the requirements of an active 4-H member.

An active 4-H club member who is 12 years of age or older on January 1 and who has not attended college more than one semester, or has less than 12 credit hours, is eligible to exhibit at Nebraska State Fair, Ak-Sar-Ben, Sioux City Fat Stock Show, St. Joseph Fat Stock Show, National Western Stock Show in Denver, and other major shows. Club members may be approved to exhibit at not more than two major 4-H shows per year.

Active club members 14 years of age or over at the time of the event are eligible to attend Club Week and Conservation Camp. To be eligible to attend National Club Congress, members must have completed 3 years of Club work, and must have passed their 14th birthday as of January 1. To be eligible to attend National Camp, the individual must have completed 3 years of 4-H Club work and must be 16 years old as of

January 1, and be an active member in a 4-H Club the year he attends Camp. The same is true of Camp Miniwanca except the minimum age is 17 as of January 1.

A 4-H Club member participating in state awards and contests, may represent only the county in which he lives.

A 4-H Club member who has completed one semester or twelve hours or more of college credit is no longer eligible to compete in state contests and awards, or to exhibit at state and interstate shows.

A Club member may designate by June 1 a maximum of 5 eartagged market beeves for individual exhibit at state and interstate shows.

4-H Club office recognizes joint ownership of livestock--for example, father and son, or two or more brothers and sisters. At show time only one partner's name may be used as owner.

A 4-H member can win the same award (For example, state champion in a specific project) only once except in dress revue county medals. He might, however, receive two club week trips if awarded for different activities.

Before making entries at any show, the prospective exhibitor should become familiar with the show requirements. Cousult your County Extension Agents, county fair officials, or district fair officials for the rules of the show in which you are interested before making entry. See footnote on page 10.

What Is The National 4-H Leader Award System Now Available?

U. S. D. A. recognizes 4-H local leaders with clover award certificates.

Award of Silver Clover for 5 years leadership
Award of Gold Clover for 10 years leadership

Award of Pearl Clover for 15 years leadership
Award of Diamond Clover for 20 years leadership
Award of Emerald Clover for 25 years leadership
Award of Ruby Clover for 30 years leadership

A Nebraska Sponsor Recognizes 4-H Local Leaders With Pins.

Bronze pin for 2 years leadership
Silver clover pin for 5 years leadership
Gold clover pin for 10 years leadership
Pearl clover pin for 15 years leadership
Diamond clover pin for 20 years leadership
Emerald clover pin for 25 years leadership
Ruby clover pin for 30 years leadership

What Activities Are Open to 4-H Members?

Activities which add interest and vitalize the club program include health, music, news writing, recreation, public speaking, safety, grooming, demonstrations, share the fun festival, exhibiting at fairs and shows, and community service.

Clubs and individual members interested in any one or more of these activities may obtain information regarding them from the County and State Extension Services.

WHAT EVENTS ARE USUALLY HELD EACH YEAR?

1. 4-H County Planning Committee meetings held in November, December, January, or February.

2. Three State Adult Leader Training Meetings are held during the last of January and early February. Leaders are selected by the County Awards Committee and will be expected to share the information gained with other leaders in the county. County Leader Training meetings will be held during the year.

3. Club and county Timely Topic Public Speaking events are held before the District Contests. Club members who are 14 years of age by January 1, will enter the Senior Division, all others will compete in the Junior Division.

4. National 4-H Club Week is held the first full week in March to stress enrolling new members and bringing 4-H Club work and its accomplishments to the attention of the public.

5. National Health Day - May 1, to see what has been done so far in the 4-H Club in health, and make future plans.

6. Rural Life Sunday is the 4th Sunday after Easter. This date gives each club an opportunity to stress the Heart H, with special emphasis on spiritual character. Local clubs may select another date if it better fits local situations.

7. 4-H Club Week is a state-wide event held at the College of Agriculture. Many trips are given as awards, although 4-H leaders and members may pay their own expenses. Here many club members make their first contact with the college, and take home educational and recreational features to use in their home and clubs. An individual member may not attend more than two times.

8. Conservation camp is scheduled to be held in June. This out-door Nebraska camp emphasizes conservation of game, fish, birds, other wild life, and soil.

9. Demonstration Days are held in counties during the summer.

10. Judging training for leaders will be offered on a District basis. In most counties these leaders will assist in holding county judging days.

11. Picnics are held in many counties. Such affairs develop sociability, recreation, and education.

12. Club Camps are generally held in districts in June, July, and August. Their purpose is to develop boys and girls through camping experiences and association with other boys and girls.

13. Share The Fun Festivals offer opportunity to develop talents in novelty stunts and skits, vocal and instrumental music, dramatics and acrobatics.

14. Local Achievement Days are usually held when a project is completed, often in August as the clubs get ready for the County and State Fairs. Community and County-wide Achievement Days usually come later.

15. State Fair always includes Labor Day. Superior exhibits, and county judging and demonstration teams are eligible for State Fair if members are of proper age.

16. Leader Recognitions are now being held in many counties at the close of the year's activities.

17. Several fat stock shows are held each fall.

18. Delegates to National Club Congress leave for Chicago the Saturday following Thanksgiving.

19. National Club Camp is held in Washington in June.

20. Eight district Junior Leader Conferences are scheduled during 1957.

WHAT IS THE EXTENSION WORKER'S PART?

Extension personnel have varying degrees of responsibility regarding the 4-H program, depending on the positions they hold.

The State Club Staff members have general charge of statewide activities, and visit as many counties as possible to help plan and carry out district and state 4-H events.

State Specialists prepare subject matter circulars and assist in training leaders. They are able to get the

latest information on agriculture and home economics to 4-H members. They give demonstrations in their particular fields. They present subject matter to agents, leaders, and members at district and state events.

County Agricultural and Home Extension Agents are the leaders of the Extension program in the counties. They are responsible for the county 4-H program. They assist communities in organizing clubs, securing and training local leaders, and in planning with local people the type of 4-H program that fits local, county, and national needs.

THE LOCAL LEADER'S PART

Local leaders are the "spark plugs" of the entire 4-H program since they start and keep this great "engine" going. They attend regular club meetings and serve as advisers to club members. They get help and information from special 4-H events. The leaders are the "pilots" of the local clubs. They guide the members in every way possible, assist with the program for the year, plan before each meeting, sit in on committee meetings, and help with the planning of demonstrations. They develop quality through judging. Leaders cooperate with Extension Agents for 4-H community, county, and state events. Where there is more than one leader, usually each assumes a definite part of the responsibilities of the club. At the beginning of the project it is a good plan to have them decide just which part of the program each will take.

YEAR AROUND 4-H CLUB WORK

The trend in Nebraska is for year-round 4-H Club work. Election of officers and choosing of the next project should be done before local Achievement Day. Then the new officers can plan the year's program. Year books help to keep club members' interest up throughout the year so more can be achieved.

MINIMUM REQUIREMENTS FOR 4-H PROJECTS AGRICULTURAL CLUBS

Animal Husbandry

Market Beef*--Feed for market and keep records on one or more beef steers or open heifers. Records are to close when the beef is disposed of. However, if not sold by November 1, a progress report is to be made. Club members should feed animals consistent with the feed situation, and to the degree of finish most needed. Animals should be sold when this finish has been reached, unless carried for a specific goal.

For State Fair, Ak-Sar-Ben, Sioux City, and St. Joseph Livestock Shows, steers must be owned and the records complete from or before April 1, heifers from or before April 15.

Commercial Beef Feeding*--This project is designed for gaining experience in practical cattle feeding without regard for showing or the usual exhibiting. The feeding program may be a deferred wintering and pasture program with a short full feeding period. Project animals may be of any age or quality that would show prospect of being profitable. Feeding period may be as short as 120 days if the class of cattle and prices warrant. Suggest each member start with at least three animals.

Beef Breeding*--Select, feed and manage one or more beef type, grade or registered heifers or cows and their calves. Emphasis is placed on use of home grown feeds, a balanced growing-type ration, the facilities for beef cattle production on the place, the thrifty condition of heifers and cows as breeding stock and the personal development of the club member as a young cattlemen.

Heifer calf--First Year--Usually begin in fall or early winter and continue to the next October. (Note - Club members may start in any one of these three phases of the breeding project that appears most practical.

*See footnote, page 13

Yearling heifer--Second Year. Continue with the heifer from the first year or buy a yearling heifer. This year would probably carry through breeding and calving.

Cow and Calf--Third Year. Continue on a year abound basis with the cow and calf. In succeeding year include all of the animals in the club member's herd.

The minimum requirement for Beef Breeding and Market Beef required records for 120 days.

Stocker-Feeder*--Start with cow and calf. Care for and keep record of feed, days on pasture, and other expenses for at least 120 days. Cow is dropped from record when calf is weaned. Continue records on the calf until sold, or for thirty days after weaning. The calf is to be trained to lead and to eat grain.

Market Pig*--Feed one or more pigs (gilts and/or barrows, purebred or grade) for market, with records for 100 days or more.

Lambs*--Care for and keep records on one or more lambs for at least 90 days. Lambs may be fed to keep for the flock or for market.

Ewe and Lamb*--Care for and keep records on one or more bred ewes until lambs are weaned and on lambs until marketed. Records cover at least 90 days.

*The Nebraska State Club Office will certify a club member to exhibit at only two state and/or interstate 4-H shows. (Exception-International Livestock Show at Chicago and other Junior Shows not requiring state certification of 4-H membership.) The State Club Office will certify only a total of four fat beeves per year per club member for individual exhibits for these shows. An individual market animal winning a purple ribbon, grand champion, reserve grand champion or a breed championship at any of these 4-H shows will not be certified for further shows. See show rules for show qualifications.

Western Lamb Club--Start on feed a pen of 18 or more lambs, and keep records through feeding period, approximately 75 days.

Pure Bred Pig*--Keep record and grow out for breeding purposes one or more pigs for at least 100 days. Work starts on or before weaning.

Litter*--Start with one or more sows before farrowing, and care for and keep records on sow until weaning time and on litter an additional 100 days. Sow may be dropped from record at time of weaning litter.

Riding Horse

Care for and keep records of feed, days on pasture, and other expenses for at least 120 days. Demonstrate under saddle showing the horse trained to respond with:

(1) The walk, extended and collected.
(2) The trot, slow and fast.
(3) The canter and gallop.
(4) Quick start and quick stop.
(5) Backing ten feet in a straight line.
(6) The indirect or 'neck' rein.
(7) Change of lead.

Conservation

Soil Conservation--First Year**--Acquaint boys and girls with soil and erosion. Learn value of grasses in conserving soil and moisture. Assist with the extablishment of two recommended conservation practices on farm or ranch. Attend club conservation tour.

* See footnote, page 13

**Members of all crops, forestry, conservation, range management, and horticulture projects are eligible to compete in crops judging and deomnstrations.

Soil Conservation--Second Year**--Continue study of approved practices in soil erosion control and moisture conservation. Assist with two additional recommended conservation practices on farm or ranch.

Wildlife Conservation**--This project is designed for individuals or groups to take part or develop wildlife conservation activities. The requirements are:

1. Adopt and carry out a wildlife conservation activity.
2. Observe the habits of at least one kind of fish, waterfowl, upland bird or game.
3. Take part in at least one hunting trip, or two fishing trips under adult supervision.
4. Fish and hunt legally and safely.

Crops

Corn**--Plant, care for and harvest at least one acre of an adapted hybird variety of corn. All costs of production are to be recorded by the club member.

This project may be either the production of certified seed or of commercial corn.

Grain Sorghum**--Plant, care for and harvest at least one acre of an adapted variety of sorghum. All costs of production are to be recorded by the club member.

This project may be either the production of certified seed or of commercial seed.

Spring Small Grains**--Plant, care for, and harvest at least one acre of an adapted variety of spring wheat, oats, or barley. All costs of production are to be recorded by the club member.

This project may be either the production of certified seed or of commercial grain.

** See footnote, page 14

Winter Wheat**--Same as for spring small grain above.

Weeds**--Learn to identify the weeds in your community and how to control the more serious ones. Exhibit a weed collection. Take part in a weed identification contest or be a member of a weed control demonstration team.

Sugar Beets**--Care for and keep records on one-half acre or more.

Range Management and Conservation**--Identify native grasses, collect, press and mount grass specimens. Range improvement and Conservation. Range reseeding, sand blow-out control, grazing practices, and fertilizing meadowland. Taking soil samples.

Dairy

Dairy projects are generally three phase programs. The program may start with the care of the calf, follow with the heifer, and continue with the producing cow and the developing dairy herd. However, to suit individual situations, the program may be started in either the calf, heifer, or cow stage. Records maintained during the project and completed by October 1st complete the report for each year.

Calf--Care for and keep records on one or more purebred or grade heifer calves.

Heifer--Care for and keep records on one or more purebred or grade yearling heifers.

Dairy Cows--Care for and keep feed and production records on one or more purebred or grade cows. Weighing and testing the milk for a twenty-four period at least once a month is necessary for production records.

** See footnote, page 14

Engineering

Rope--Learn to tie a large variety of common knots and hitches, as well as to splice rope and make rope halters. Ten of the exercises must be practiced until they can be performed without reference to illustrations and without assistance.

Electrification I--Provides an opportunity for 4-H members to learn more about electricty. Included safety suggestions, electrical connections, and splices, electrical consumption of various appliances, toy motor making problems, along with making other useful electrical equipment for the farm and home. Electrical demonstrations for members and teams are also included.

Advanced Electrification--Member is required to make an article and one improvement, both pertaining to the project. Projects are available in Wiring, Lighting, and Motor Care.

4-H Tractor - Tractor Care - Unit A
Learn principles of safety, operation and maintenance.
Tractor Care - Unit B
Continue tractor operation, maintenance and service
Tractor Care - Unit C
Tractor service and cost records
Machinery Care - Unit D
A study of how machinery is held together, how power is transmitted, and the operation, care and adjustment of farm machinery.

Woodworking--The members will learn the value of good tools. They will also learn the use and care of tools. When the project has been completed, several useful articles for farm or home will have been built.

Forestry

Each boy and girl enrolled in the Forestry Project, will complete at least one of the three projects:

Project I: Let's Get Acquainted with Trees.
Requirements: Learn to identify at least ten trees or shrubs. The project may be repeated as often as desired but ten additional trees or shrubs must be learned each year. As proof of what was learned, each member must do one of the following, and complete his project record book:
(1) Collect and mount leaves, twigs, seeds or fruit of ten trees or shrubs.
(2) Collect and mount wood specimens of ten trees or shrubs.

Horticulture

Garden**
Requirements:
1. Plant, care for, and harvest at least five different kinds of garden products.
2. Keep record of cost and value of products produced.
3. Size of the garden is determined by the amount of ground available.

Potato**--Care for and keep records on one acre or more. Clubs should be organized two months before planting season. Required to plant seed of certified quality.

Yard Beautification**--First year. --Study broadleaf and evergreen trees, and shrubs suited to Nebraska. Care for a lawn and annual flowers. Make garden handicraft.
Requirements:
1. Keep a scrapbook in which to mount leaf specimen of trees, shrubs, and evergreens studied, and pictures of garden handicraft made.
2. A brief narrative description should accompany each specimen or handicraft article.

** See footnote, Page 14

Yard Beautification**--Second Year. --Continue to keep scrapbook. Second year section of scrapbook should include the following:
1. Plan of the yard at time project was started.
2. Plan showing proposed changes.
3. Include pictures of "before" and "after" work operations in the yard.
4. Include a sentence describing improvement made.

(A class for Yard Beautification scrapbooks will be present at the 1957 State Fair).

Plant Disease

Plant Disease--Learn to recognize plant diseases. Determine the classification of diseases. Become acquainted with their cause, effect, and method of control. Make a plant press and exhibit disease specimens. Demonstrations on disease control.

Entomology

Entomology--First Year. --Become acquainted with the insect world, insect habits, and how to collect mount and display insects. Make a collection box, net killing jar and spreading board. Mount collection of 25 different insects.

Entomology--Second Year--Rear an insect through it's life stages as a life history study. Survey one economic insect to learn methods used to predict future infestations. Mount twenty-five insects (in addition to those collected the first year).

Entomology--Third Year. --Study natural controls and cultural control methods of insects. Demonstrate control measures for an insect with sucking mouth-parts and an insect with chewing mouth-parts. Mount twenty-five insects in addition to those collected in the first and second year project.

** See footnote, Page 14

Poultry

Chick Rearing--May start with as few as 100 straight run or 50 sexed pullets. (Two hundred and fifty chicks or more are recommended.) Keep records for at least five months.

Laying Flock--Keep record for at least ten months for egg production on at least 25 pullets. (One hundred pullets or more are recommended.) Flock may be used to produce commercial eggs or as a hatching supply flock.

Market Poultry--May be frier, roaster, broiler or capon production. Keep records on at least 25 (One hundred recommended) until marketed.

Turkeys--Start with at least 50 poults (100 recommended) and keep records until marketed. If kept for breeders, stop records and start new project on October 1.

Rabbits--A project for boys and girls who want to raise livestock but are limited on facilities. Record of all expenses and sales are kept by the members.

HOME ECONOMICS CLUBS

Clothing

Beginner's Unit

Let's Sew
1. Collect sewing tools
2. Use of needle & thread
3. Use of sewing machine
4. Hem the kitchen hand towel
5. Kitchen apron
6. Pot holder
7. Complete record book

Let's Make a Skirt & Blouse
1. Skirt
2. Blouse
3. One other article
4. Care for clothes
5. Complete record book

*Any one of the projects indicated by the underline is a complete 4-H project.

Middle Unit

Work & Play Clothes
1. Work or Play Outfit
2. One accessory or one other garment
3. Care for clothes
4. Mend 5 garments
5. Complete record book

Lounging or Sleeping
1. Lounging or Sleeping Outfit
2. Two accessories or one other garment
3. Care for clothes
4. Complete record book

School Clothes
1. School outfit
2. One accessory or one other garment
3. Care for clothes
4. Mend 5 garments
5. Complete record book

Advanced Unit

Dress-Up Clothes
1. Dress-up costume
2. One accessory or one other garment

Simple Tailored Clothes
1. Simple tailored costume
2. One accessory or one other garment

New Clothes From Old
1. Remade outfit
2. One accessory or remake one other garment

Food Preparation

Let's Cook--Prepare twice each - cocoa and cinnamon toast, fruit dessert, sandwiches and raw vegetable plate, oatmeal cookie and lemonade, and hamburgers.

Beginning Baking--Make quick breads six times and cookies eight times.

Beginning Meal Planning--Prepare at least 28 recipes including eggs and egg dishes, milk drinks and milk dishes, vegetables, fruits and cereal dishes. Prepare at least one meal.

Baking Cakes and Pies--Practice until you feel that you can make each of these well: sponge cake, shortened cake, chiffon cake, one crust pie and two crust pie. Help plan the meals for these desserts. Begin a collection of recipes you have tried and liked.

Hows and Whys for Young Cooks--Prepare at least 38 recipes, including four loaves of bread. Prepare or assist with preparation of 50 meals. Score food habits. Keep one breakfast record. (Canning is recommended but not required. If possible, can 4 jars fruit, 4 jars tomatoes, 2 of greens, and 4 of other vegetables).

Meal Planning and Preparation--Prepare at least 20 recipes. Prepare or assist with the preparation of 50 meals. Score food habits. Keep food record for a week. Keep one dinner and supper record. (Can 4 jars fruit, 4 jars tomatoes, 2 jars greens, 4 jars other vegetables, 4 jars meat).

Food Preservation

First-Year--Can at least 35 jars, including 3 varieties of fruits, 3 varieties of vegetables. Score food habits. Keep food record for a week. Keep a record of condition of canned products when opened. Club member may substitute dried, brined, frozen, or stored foods up to one-half of the required amount.

Second-Year--Can at least 50 jars, including 3 varieties of fruits, 3 varieties of vegetables, 3 jars of meat, and 3 jars of relishes or fruit spreads. Score food habits. Keep food record for a week. Keep a record of condition of canned products when opened. Club member may substitute dried, brined, frozen, or stored foods up to one-half of the required amount.

Home Living

Beginner's Unit

Let's Help Mother and Dad--This unit includes: Helping with the family meal - setting the table, serving, doing dishes. Care of the house and cleaning own room. A choice of: Learning about money, being a book detective, learning about care and feeding of pets. Make dust cloths and a dust cloth container, a bulletin board, and a painted tray.

Learning to be a Homemaker--Make a luncheon set, a dish towel, a comfort protector, a handkerchief or hose box, and a flat-silver holder or do jobs listed on page 4 in record book which adjusts this project to the home needs. Also substitute Our Ironing, E. C. 11-09-2, as part of the project.

The Girl's Room--Make a portfolio, choose a new picture and frame it. Study color, its hue, value, and intensity. Learn how color is used in rooms. Consider several possibliities for better arrangement in your room. Study furnishings and accessories. Make three of the following articles: Lounging pillow for your room, curtains or drapes, dresser scarf, flounced dressing table, shoe rack or bag and garment bag, drawer dividers and closet fittings, window seat or a fire proof wastebasket. Learn ironing technique.

Key to Good Storage in Your Room:

1. Check storage facilities and possibliities for improvement.
2. Store out of season clothing and equipment
3. Rearrange drawers.
4. Provide storage for 4-H records and hobbies.
5. Make at lease 3 articles to improve storage.
6. Write a "before and after" storage story.

Advanced Unit

Room Improvement--Learn about selection of bedding. Study what makes a comfortable bed, lighting for study reading units and others. Arrange a reading nook or study unit. Make an acessory for the arrangement. Study flower arrangement. Then do two of the following: Refinish a piece of old furniture, make drawer dividers and closet fittings, make curtains or draperies, or make a spread for your bed. Add Our Ironing E. C. 11-09-2, as an additional lesson and exhibit a laundry basket liner. You may add as a special project reupholstering furniture making a braided, hooked or crocheted rug or make a slip cover.

Storage in Your Home

1. Check storage facilities in your home.
2. Observe principles of good storage and improve storage in at least two areas of your home, such as living, kitchen, dining, bathroom, or work areas.
3. Make or provide at least 3 things for each area.
4. Provide or improve a home business center.
5. Write a story of the project, showing "before and after" pictures or sketches.

RELATED PROJECTS

Health Clubs

Personal Health:

1. Have a physical and dental examination.
2. Maintain a growth curve as given in E. C. 0-25-2 "Growth Curve for 4-H Members".
3. Study and try to improve upon your daily health habits in at least two of the following:
   (a) Food
   (b) Cleanliness and Posture
   (c) Sleep, rest, work, and play
   (d) Teeth
   (e) Eyes and ears
   (f) Personality

Family Health:--The requirements of this project are:

1. Maintain good personal health habits
2. Continue charting your growth curve
3. Two or more improvements in your family's health habits or practices.
4. Maintain a family medical record. (If one is already being kept, help the family keep it up-to-date).

Safety

The project may be carried in its entirety or any one or more of the problems may be carried as an activity.

Over-all Safety--This project includes emphasis on safety; in the home, on the farm, in traffic, first-aid, and fire prevention.

Requirements:

1. Learn to practice safety in all of your activities.
2. Make a hazard survey of your home and community.
3. Tell what you did to eliminate them.
4. Prepare a story telling how you helped prevent accidents in the home, on the farm, and in the community.

Safety in the Home--The Home Safety project will help members to discover and correct some of the unsafe conditions in their homes. It has been developed to fit particularly well as an extra project along with any of the other 4-H Club projects.

1. Complete a survey of the home and yard. (Use the check lists in the manual.
2. Remove or correct at least ten of the hazards which you have checked in the "no" column of your survey.
3. Tell in your own words what you have done and learned in this project that will promote safety for you and your family at home.

Birds

Birds--First Year--Identify 30 birds by sight, 10 by call, and 6 nests the first year. Attend at least 4 bird hikes, of which one or more are in the early morning. Build a bird house. Make a bird lunch counter or build feeding quarters for game birds. Make a bird bath or plant trees and shrubs to make a cover for birds. It is suggested that clubs start in late fall or winter.

Birds--Second Year--All of the requirements of First Year, and in addition identify another 20 birds by sight, five by call, and four nests.

Junior Leadership

Junior Leadership--4-H members are eligible to enroll if they have completed 2 years as a 4-H member and are 14 or older as of January 1, of the current year. They must also carry one other project. Those who enroll will complete at least 5 leadership jobs. Those who enroll will really help with the know-how, show-how, and tell-how. A Club member cannot be a leader or an assistant leader in the club in which he is serving as a Junior Leader.