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Fun in 4-H with Jack and Judy: Extension Circular 4-01-75

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FUN in 4-H

with

Jack & Judy
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FUN in 4-H
with Jack & Judy

Want to learn some near new ideas and still have lots of fun? That’s what 4-H is all about, and there are lots of fun activities for you in this beginning home economics project. This project is not just for boys or just for girls. It’s for you, if you want to have fun and learn lots of new ideas.

Actually, there are many different 4-H projects, but this beginning home economics project is special. It will give you an idea of several areas of home economics that you can get involved in if you continue in 4-H. This project can help you decide which areas you like best and those you want to learn more about. Most of all, it will help you see that learning can be fun in 4-H.

In this beginning home economics project, there are lots of things you and your friends can do. In fact, there are probably more ideas than you can cover in just one year. So take a look at all of them, then choose the ones that really interest you. You might want to plan to do at least one experience from each area. And don’t forget that your adult leader, junior leader and mom and dad can help you decide the things you want to do.

These are the topics you can learn about:

I. Being a Money Manager
II. Snack Time
   A. Milk, Fruit and Vegetable Groups
   B. Bread and Meat Groups
III. Clothing Capers
   A. Bewitching Stitchery
   B. Machine Magic
   C. Grooming Game
IV. Discovering Color
   A. Learning to See Color
   B. Color Happenings
   C. Colorful Creations

You can see that there are lots of things to do in this home economics project. It’s your chance to get involved in 4-H and share new learning experiences with your friends. So good luck and have fun with 4-H, as you join Jack and Judy in this 4-H project.

I. THE MONEY MANAGERS

If only money grew on trees so that you could pick it whenever needed! Your parents know that money does not grow on trees, as they work for the money they share with you to spend. They manage money so that everyone in the family will have clothes, food, shelter, recreation, a car, and money for school. Like Jack and Judy, you can learn to manage money. Jack and Judy have learned there are important questions to ask yourself about spending and saving money in order to become a wise money manager. You may want to ask yourself the same questions.

Planning to Spend Money

We all make choices in how we spend our money. We spend our money for needs and wants. Jack’s needs may be a haircut, lunches or school supplies. Needs are items necessary for living. Judy’s wants may be for such things as movies, comic books, toys or candy. Wants are nice to have, but are not necessary for living.

You, too, have needs and wants. Usually you and your parents decide on the everyday needs for which to spend your money. You may decide on the wants for which to spend your money. List in order those needs which are more important to you, with the most important need listed first.
What do I need?

I would like to buy

Total Cost

How does your list of needs compare to the lists of other boys and girls in the club? Does everyone list the same most important need? Or do they differ in what they consider to be important?

Sometimes your wants cost more than the amount of money you have to spend. Since you cannot have all the money you would like to have, you must decide which wants you will buy and which ones you will do without. Remember, the total cost of the things you buy cannot be greater than the amount of money you have. List in order of importance those wants which are more important to you, with the most important want listed first.

What do I want?

What did you learn about spending money in the “Planning To Spend Money” game?

I learned

How does your list compare to the lists of other boys and girls in the club? Does everyone list the same most important want? Do you differ from others in what you consider to be important wants?

Look at the items your leader has available. Pretend you are planning to buy some of them. Your leader has given you play money to use. Given this amount of money list in order of importance the items you would like to own. You must stay within the amount of money you have for spending.

Playing the “Planning To Spend Money” game gave you practice in managing money. Practice is important if you wish to become a skillful, successful money manager.

To be a successful money manager, you must think about what you would like to buy. After you decide what you would like to own, you must add the amount of money you have to spend. If you do not have enough money, you may do one of several things. You may find other ways to obtain more money or change your mind about what you will buy.

After you have made your purchase, you will need to say to yourself, “I cannot spend that same money a second time, but I have learned something pleasant (or unpleasant) by spending money for this item. I must remember and use this information the next time I have money to spend.”

What did you learn about spending money in the “Planning To Spend Money” game?

I learned

Money means different things to different people. To some it means an ice cream cone. To others it means a movie or a baseball. It may even mean a jump rope, a school book or a sweater. Money is a responsibility to most people.

What is a responsibility? You may think of it as something for which you must answer to someone. For instance, you may have felt responsible to your parents for hanging up your clothes, washing
dishes without breaking any or cutting the grass. Have you ever felt responsible for spending money or even keeping it in a safe place? Yes, No. If you feel you must answer to someone or to yourself for the manner in which you spend money, it is a responsibility. How much money were you responsible for during the past week?

I was responsible for ____ dollars and ____ cents.

Obtaining Money

Do you remember the first dollar that was your very own to spend? Did it take you a long time to decide what you would do with it? Did you decide on a very special something? If you did, then you began to be a money manager.

To be a good money manager, you must first know how much money you have to spend. Then you must choose among items that you need and want. You may discover that you will need to obtain more money for spending. You could ask mother and father for money. This is not always the best way, for you might ask for more than they can afford to give you. Then too, you may dislike asking for money. You may have an allowance. You are given gifts. You earn money. There are several ways in which one may obtain money.

This last month I received money from:

Handout $ ______
Allowance $ ______
Gifts $ ______
Earnings $ ______
Other $ ______
Total $ ______

Deciding Where Money Should Be Used

Now that you have some idea about how much money you have to use, you need to plan how you want to use your money. Usually you plan to spend, to save, and to share money.

Spend means to pay for needs (school supplies) or for wants (movies, candy, and other items).

Look again at the important needs and wants you listed earlier.

Save means to set aside for something you want until you have enough money to buy. List the items which you need or want that will require saving in order to buy them.

I need to save money for ______________

I will need to save $ ____ for ____ weeks in order to buy them.

It is much easier to save if you have a special bank. You can make special banks for spending, saving and sharing. Your leader will show you some ways to make banks. You can make the banks at home. You might want to paste pictures of the things you are planning to buy, as reminders of your goal when tempted not to follow the plan. As you receive money, decide how it will be divided for everyday needs, for sharing with others, and for savings. Then deposit the amounts in the proper banks. As you spend from and save in these containers, you will learn to plan your money.

Share means to give to church, gifts or charity. It is fun to give Christmas and birthday gifts. Other ways of sharing include collections for Sunday school and church and donations to those less fortunate than you. Sharing time could be playing with or reading to younger children. Sharing self may mean making something for someone else. Can you think of ways you might share with others?

Time ________________________________

Money______________________________

Self______________________________

In this lesson on money management, you have become a better money manager. Let us review what you learned about spending, saving and sharing money.
1. Plan for spending money by listing the most important needs and wants first. The less important needs and wants can be purchased later or may require saving money in order to purchase them.

2. Obtain money for spending in several ways. From other boys and girls in the club you learned of other ways to earn money.

3. Money may be used for spending, saving and sharing. It is fun to manage money so well that you are able enjoy all three.

There are other projects in 4-H that will help you learn more about money management.

II. SNACK TIME (Meeting I)

Jack and Judy like to eat. Do you? If your answer is yes, SNACK TIME is for you. Snack time is almost anytime you are hungry. Mid-morning and mid-afternoon are snack times. After school is another snack time. Before going to bed may be a snack time, too. But there is one time that is not snack time. That is just before mealtime. Snacking then may spoil your appetite.

The snacks you eat are important. You are wise to choose fruits, vegetables, meats, milk, and ice cream for snack foods. Soft drinks and candy are not wise snack choices. Do you know why?

4. Get out all the ingredients and equipment you are going to use. Place them on a tray or arrange them on the counter or work table.

5. Measure everything carefully in standard measuring cups and spoons, over a bowl or piece of wax paper.

6. Follow directions.

7. Rinse each piece of equipment as you finish using it. Use hot water after sweets and cold water after eggs and flour. Wipe out greasy dishes with paper towels before washing.

8. As the food is cooking, clean up the kitchen.

Rules of the Kitchen

Jack and Judy follow these rules each time they work with food. You will find these are good rules for you.

1. Wear clean, washable clothes.

2. Wash and dry your hands. Tie back your hair if it is long.

3. Read the recipe and directions before you start. Ask questions if you do not understand it.

How to Measure

Before you prepare any food, you need to know how to measure ingredients.

Milk and liquids: Use a glass measuring cup. Put it on a level surface and read it from the side. You'll probably have to bend down to do this.

White sugar or spices: Take a heaping measure in a spoon or cup. Then level it off with the flat edge of a table knife or spatula.
**Brown sugar:** Fill dry measuring cup and press down with the back of a spoon to pack firmly. Sugar should hold its shape when turned out of cup.

**Vanilla:** Pour into measuring spoon while you hold it over a clean cup. Then if you pour too much, you can put it back.

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**Milk, Fruit and Vegetable Groups**

Easy snacks are a glass of milk, a peanut butter sandwich or a piece of fruit. These are good, but sometimes you may like something different.

Milk drinks are fun to make. They are tasty and good for after-school snacks or to serve to friends who come visiting.

Milk belongs to the MILK group. Other foods in this group are ice cream, cheddar cheese and cottage cheese. Jack and Judy have learned that milk should be kept cold, covered and clean. Do you know why?

**Brown Cow**

*Ingredients*

- 3 cups cold milk
- 1/4 cup brown sugar
- 1/4 teaspoon cinnamon or nutmeg
- 1/2 teaspoon vanilla

*Equipment*

-paring knife
-mixing bowl
-fork
-measuring spoons
-liquid measuring cup
-table knife or spatula
-egg beater

1. Measure the milk and pour it into a clean jar. Be sure to have a tight fitting lid for the jar. If you have a blender, you may wish to use it instead of the jar.
2. Measure and add brown sugar, cinnamon or nutmeg, and vanilla to the milk.
3. Screw the top tightly on the jar. Shake until the sugar is dissolved.
4. Serve in tall glasses.

**Chocolate Brown Cow:** Make chocolate brown cow by leaving out the brown sugar, cinnamon or nutmeg, and vanilla. Add 6 tablespoons of chocolate sirup to the milk in the jar. Shake to mix and serve.

**Fruit Squeeze**

Fruit-flavored milk drinks are good anytime of the year. Try using different fruits for variety. Be sure they are ripe enough to mash easily.

*Ingredients*

- 1/3 cup mashed fruit (about 1 banana or peach, 1/2 cup raspberries or strawberries)
- 1 tablespoon sugar
- 1 1/2 cups cold milk
- 1/4 teaspoon vanilla

*Equipment*

-paring knife
-mixing bowl
-fork
-measuring spoons
-liquid measuring cup
-table knife or spatula
-egg beater

1. Wash and drain fruit; peel if necessary. Cut into thin slices in mixing bowl. Mash with a fork or use a blender.
2. Add sugar. Stir to mix with fruit.
3. Measure milk and pour into bowl. Add vanilla. Beat with egg beater for about one minute.
4. Serve in tall glasses with a sprig of mint or a thin slice of orange slit from rind to center of slice and placed over the edge of the glass.

Raw fruits and vegetables are also favorite snacks for Jack and Judy. They belong to the FRUIT AND VEGETABLE group. They have lots of vitamins and minerals to give the sparkle and glow of good health. Eating them raw is best. And the extra chewing is good for the teeth.
Apple-wiches

**Ingredients**
- 1 apple
- fruit juice
- peanut butter

**Equipment**
- paring knife
- cutting board
- table knife or spatula

1. Cut apple into 8 wedges. Cut out core and seeds. It is safer to use a cutting board.

2. Light colored fruits like bananas or apples darken in the air. Dip the fruit in lemon, orange or grapefruit juice to prevent this.


Stuffed Celery Sticks

**Ingredients**
- celery stalks
- cream cheese with chives
- or
- process cheese spread

**Equipment**
- paring knife
- cutting board
- spatula

1. Clean celery stalks and cut into pieces 3 or 4 inches long.

2. Spread hollow side with your choice of cheese spread. Allow two pieces for each person.

Bread and Meet Groups (Meeting II)

Jack and Judy have found that sandwiches make good snacks at home or at 4-H meetings. And they’re a good way to score twice on foods—once for the bread and once again for the filling. Bread gives pep and energy. It belongs to the BREAD group. Meat and eggs belong to the MEAT group.

Ask your mother or leader to help you use the oven. Be sure to use a pot holder when handling hot pans.

What temperature do you use? How long does it take the oven to heat?

Sloppy Joes

**Ingredients**
- 6 sliced hamburger buns
- butter or margarine
- 1 pound ground beef
- 1 can (10 1/2 oz) tomato soup
- 1 tablespoon prepared mustard
- 1/2 teaspoon salt

**Equipment**
- aluminum foil
- skillet
- can opener
- measuring spoons
- wooden spoon

1. Heat oven to 325°

2. Butter the buns lightly. Wrap in aluminum foil and warm in oven for 15 minutes. Watch the clock or set the minute minder for the time.

3. Brown ground beef in skillet. Stir in tomato soup, mustard and salt. Turn handle away from the front of the stove.

4. Cook over low heat for 10 minutes, stirring occasionally.

5. Spoon into hot buns. Makes 6 servings.
French Toast

Jack and Judy like French toast. It tastes good, it's good for you and it's easy to make. French toast is cooked in a skillet or on a griddle. Some griddles do not need shortening. Ask your mother about yours.

Ingredients
2 eggs
1/2 cup milk
1/4 teaspoon salt
6 slices slightly dry bread

Equipment
custard cup
bowl
measuring cups and spoons
egg beater
skillet or griddle
tongs or fork
pancake turner

1. Break each egg separately in custard cup. Place in bowl. Add milk and salt, and beat with egg beater.

2. Turn the heat to medium and make sure the griddle or pan is hot before you start. To test the temperature, put a few drops of water on the pan. If the water dances around, the temperature is right.

3. Cut bread slices in half. Dip pieces into egg mixture, using tongs or a fork.

4. Place bread slices in hot skillet. Brown on both sides, turning with a pancake turner.

5. Sprinkle with powdered sugar and cinnamon. Serve hot with your favorite sirup or jelly. Makes 6 servings.

How did your French toast turn out?

K.P.

Jack and Judy say you're not finished until you've done K.P. These letters K.P., stand for "Kitchen Police." Good cooks clean up the kitchen. You say it's not much fun? It's not much fun for Mom or Dad either.

So, let's do it in the most convenient way. If you have a dish washer, learn to operate it correctly. If you are washing the dishes, scrape and stack. If you are right handed, it will probably be easiest to stack the dishes on the right side of the sink. This may depend on the way the kitchen is arranged.

Now that you have had a little experience with 4-H Foods, you may wish to learn more. Your leaders can tell you about other 4-H Foods projects.
III. CLOTHING CAPERS

Clothing is fun! Clothing can be lots of colors and designs. It can be nubby or thick or shiny. Clothing is fun to wear!

Clothing can mean fun things to do, too! Would you like to learn to make things to decorate your clothes? Would you like to always look your best?

Jack and Judy think clothing is fun and they want to learn more about it. Their 4-H leader has lots of ideas for them to do. You can have fun with clothing in this project too!

Bewitching Stitching (Meeting I)

Jack and Judy want to learn to decorate their clothes. So their leader said she would show them how to put an applique on their clothes.

Jack wants to put an applique on his jeans. Judy wants to put an applique on her top.

But first they need to learn to use a needle and thread and so do you!
Needle Know-how

For decorating your clothes, you can use a needle called a crewel or embroidery needle. This kind of needle has a long eye.

*This is how you thread your needle:*

1. Cut a piece of thread about as long as your arm.
2. Cut the end slanted, so it is smooth and pointed.
3. Hold the eye of the needle to the light and stick the thread through it.

*This is how you make a knot:*

1. Hold the end of the thread in your hand. Take the thread about four inches farther up in your hand.
2. Wrap the thread around your first finger once.
3. Now slip the loop off of your finger.
4. Roll the loop in your fingers to make it into a loose knot.
5. Hold the knot and pull on the thread with your other hand. This will make a tight knot.
Starting Stitches

Now let's try some stitches for fun. Jack and Judy tried this stitch on some fabric scraps. Ask your mother for some fabric so you can try it too.

Basting Stitch

Basting stitches are big stitches. They hold the fabric together before the final stitching. Then they’re ripped out.

Now Jack and Judy are ready to decorate their clothes and so are you! Here’s what their leader helped them do.

Adding an Applique

An applique is a piece of fabric that you put on your clothes to make a design.

First, you need to decide on an idea for your applique. Jack and Judy’s leader helped them choose their ideas. Jack decided to make an apple applique. Judy chose a heart.

Other ideas are...
Can you think of ideas you’d like to use?

Jack and Judy are ready to choose a pattern for their applique. Jack found a picture of an apple in his old coloring book to use. Judy said she would draw a heart pattern. There are other places to get ideas. Can you think of some? Write them here.

Now you’re ready to choose fabric for your applique. Jack wanted a red apple and a green leaf, so he chose two fabrics to use. Judy wanted a pink heart, so she found some pink fabric to use.

Jack and Judy’s leader told them to be sure to buy a fabric for the applique that won’t ravel. She said a firm fabric or a fusible fabric would be good to buy. And she said to be sure the fabric is washable just like their clothes!

Now Jack and Judy are ready to make their appliques and so are you. Here are the steps to follow:

1. To make your applique, put the fabric down on a table and put dressmaker’s carbon on top, shiny side down. Your leader or mother can give you dressmaker’s carbon to do this.

2. Now put your design on top and trace the lines of the design. You can use a dry ball point pen or an orangewood stick to do this.

3. Cut out the applique, following the lines you’ve traced. Now baste your design onto your clothing. You can use the bastin stitch you already learned. (If you are going to fuse your applique you can pin it instead of bastin.)

4. Now you’re ready to sew on your applique. If you are using fusible fabric you will want to fuse your applique to your top or jeans before you sew it on. Your leader will show you how to do this.

Here are ideas for stitches you can use. A crewel or embroidery needle will be easy to use. Use a heavy thread if you want it to show on your applique.

**Running Stitch**

Take small, even stitches. These should be 1/8 to 1/4 inch long. Be sure the stitches are very close to the edge of the applique.

You can make the running stitch look different, like this:
Hemming Stitch

Do this stitch from left to right. Hide the knot under the edge of the applique.

Take a small stitch into your top or jeans.

Slide the needle under the applique and bring it out through the applique.

Keep repeating these steps.

You can make the stitches very small to be almost hidden. Or you can make them large to make a design stitch.

Now you’ve made your own applique! There are lots of other ways to make an applique. You could:

1. Cut an applique from a mending patch to iron on.

2. Buy a ready-to-use applique and sew it on.

These would be fun ways to make an applique. Your leader can show you how to try these ideas.

Machine Magic (Meeting II)

Now Jack and Judy want to learn about the sewing machine. Their leader said she would help them. First they need to learn what parts of the machine to use.

Look at your mother’s sewing machine and see if you can find the parts they found.

1. Balance wheel. When the wheel turns, the needle moves up and down.

2. Spool pin. Holds the spool of thread that makes the top part of the seam.

3. Presser foot lever. Raises and lowers the presser foot.


5. Needle. Takes the top thread through the fabric to make the stitches.

6. Needle hole. The hole the needle goes through to make stitches.

7. Feed dog. Moves the fabric through the sewing machine.

8. Bobbin. Holds the thread for the bottom part of the seam.
Now you are ready to practice using the sewing machine, just like Jack and Judy. Here’s what Jack and Judy’s leader helped them do.

1. Run the machine without a needle and with the presser foot up. Make it go very fast and then very slow. Can you make it start and stop smoothly?

2. Now you can practice with a needle, but no thread. Use the stitching maps at the back of this circular. Put the presser foot down on the paper and guide the paper gently with both hands, but don’t push or pull. See how straight you can make your lines.

3. Now you are ready to use thread and sew on fabric. Your mother will thread the machine for you. Ask your mother for scraps of fabric to use for practicing. Make a design on the fabric with a felt pen to make a stitching map and follow it with your machine stitching.

4. You are ready to sew on the fabric stitching map. Do it just like you did before, but hold onto the two threads while you take the first few stitches. Practice sewing until your stitching is straight and even. It takes lots of practice.

Now you’ve learned how to use the sewing machine! It’s fun, but remember always to be careful with it!

The Grooming Game (Meeting III)

Jack and Judy enjoyed decorating outfits to wear. Now they want to show the other boys and girls what they’ve made, so they want to look very special. They know that means good grooming and good posture and taking good care of their clothes.

People judge you by the way you look. Would they think you are...
Jack and Judy made a list of things to do each morning to be well groomed. Can you think of other important things?

- brush my teeth
- comb my hair
- wash my face and hands
- clean my fingernails
- make sure my shoes are clean and tied
- make sure my clothes are neat and clean
- stand up straight
Jack and Judy also know that helping Mom take care of their clothes will help keep their clothes looking good. So they made a list of things to remember every evening. Are these things you can do?

- hang up my clothes when I take them off
- put my dirty clothes in the laundry basket
- tell Mom about any rips or stains right away

To help themselves remember these things, Jack and Judy made a chart of things to do. They each put their chart on a wall in their bedroom. Now every morning and every evening they check the chart to be sure they remembered to do everything. Can you remember to do these things every day? The chart Jack and Judy used is at the back of this circular. You can use it too!
Did you enjoy Clothing Capers? When you are ready to spend more time on clothing there are other 4-H projects that the leader can tell you about.

IV. DISCOVERING COLOR

Learning to See Color (Meeting I)

Color Clues

Jack and Judy’s leader thinks color is one of the best ways to make a home attractive. At their meetings they practiced seeing colors and experimented with different materials. They held a “Color Happening” to see what happened when different colors came together (1 + 1 sometimes = 3 or more!)

Judy experimented with finger paint and used hers for a gift wrap. Jack framed the prettiest part of his for a picture. One member covered a book. Another made a see-through picture with tissue paper and hung it on a little window so the light could shine through.

Be thinking what you can do with your color creations. But first let’s start by hunting and seeing colors.

Capture Color

Go hunting for colors in old magazines. Cut out pieces at least two inches in size. See how many different colors you can find or at least 3 or 4 of each. Scramble all the color snips together. Close your eyes and then quickly take a look. Which colors do you see first? Which are hardest to see? Can you pick out colors that seem friendly to you? Which appear cold? Are some heavy?

Put your colored papers in old envelopes labeled blue, red, yellow, orange, green and purple. Bring them to your club meeting and use them to see who can find the colors that most nearly match objects in the room. For example, which green is like the fern leaf? Who can find the blue in the sweater?

Or hold up a colored piece that is like something in the room and let members guess what the object is.

As you see and work with colors, you may discover that:

Colors are Like People

Colors live in families and they are alive. Colors have feelings, they have voices, weight and they even show movement.

There are three main color families, the reds, the blues, and the yellows. All others are relatives (or off-spring) from two of these main colors. Black, white and gray are not considered colors but are most useful to all families.

Colors may be happy or sad. Some colors are warm natured while some are cool. Like people some appear dull and uninteresting, but after we get to know them we like them better. When they are in the company of others, they may perk up and we grow to like them and they may even become our friends. Just like people, some colors get along well together, others fight.
There are colors that shout and colors that whisper. You may wish to tell some colors “calm down”, or “speak a little louder please!”

Have you seen jumpy and jivey colors? Colors that are warm and bright seem to come closer, the cool and dull colors seem farther away.

Some people are heavier than others. So are colors. What are the lightest colors you see in the room? What are the heaviest?

**The Language of Color**

There is a language we use when talking about color. The warmth or coolness of color is called the *hue*. It names the color family. The darkness or lightness is expressed as *value*. *Intensity* is the word to describe the brightness or dullness.

Use crayon, paint or paper cutout to show:

- My favorite color
- Happy color
- Sad color
- Warm color
- Cool color
- Heavy color
- Light color
- Dull color
- Loud color

Show different members of one color family (include “grayed grannies” as well as light weight babies).
Color Happenings (Meeting II)

Here are some experiments for you to try. Some you may do at the club meeting...others you may do at home. Choose some that you haven’t done at school. Wear old clothes and protect the table top when you work.

Experiment No. 2

Dampen the page with a moist sponge. Choose 2 finger paint colors you like. Spread and mix colors using different parts of your hand. Set aside paper to dry. Press on wrong side with a warm iron to set the color.

Finger Painting

What you need:

Liquid starch or jars of finger paints—ask your leader for a recipe and have a parent or an older person help you make your own.

Colors: blue, red, yellow, (and possibly black and white) food coloring or tempera.

White slick paper such as glazed shelf paper or butcher paper.

Sponge.

Bowl or pan of water.

Plastic spoons.

Newspapers or plastic to protect work table.

Ironing board and iron set on warm.

What to do:

Experiment No. 3

Instead of letting paper dry, crumble it up while it is wet. Open it up. How do you like the effect? What happened to the colors?

Experiment No. 4

Make a “pounce picture.” Use a cotton ball covered with a small piece of cloth. Tie to end of stick or pencil or use cotton swabs. Make a pounce ball for each color used.

Pour finger paint of the chosen colors into small dishes. Dip the pounce into the color and make dots on the dampened paper. Mix dots to form different colors. Make different size dots. Dry and press.

Experiment No. 5

Spread liquid starch thickly over sheet of paper. Use a damp brush to pick up dry paint powder (tempera) and paint on the starch. Add another color in a near by area. Let colors come together. Finish with colors to your liking.
Fold, Dip and Dry Paper

What you need:
Soft paper like paper towel, Japanese rice paper.
Food coloring mixed with water in cups.
Newspapers to protect the table.

What to do:

Experiment No. 1
Fold the paper in small sections. Be sure to fold your paper neatly and handle it with care.
Dip one corner of the square into green, the opposite into blue and the other two corners into yellow. Dip green and blue tips into water. Unfold and dry on newspaper. Press with warm iron.

Experiment No. 2
Fold the paper into triangles similar to folding up the flag. Dip one point in red, one in blue, one in green and blot.

Experiment No. 3
On your own! Fold paper in another way. Make up a color combination and try it.
Another idea: Use the good part of an old sheet and tie-dye the fabric.
Tissue Pictures

What you need:
Colored tissue paper.
White glue (diluted) or rubber cement or wall paper paste (not a wheat paste).
Stiff white paper background.
Scissors.

What to do:
Cut or tear out a number of shapes, some big, some little and some in-between in different colors. Save the scraps, too.

Now make a picture with these shapes. Choose one shape and add more pieces, even from the scraps until you have a picture that you like. Glue to paper background.

See Through Pictures

What you need:
Wax paper.
Colored tissue paper.
Scissors.
Iron on warm setting.

What to do:
1. Cut two pieces of wax paper the size needed for your finished picture.
2. Choose 3-4 colors from the tissue paper.
3. Tear or cut different sizes and shapes.
4. Arrange the shapes and pieces on one of the waxed paper pieces overlapping some of the shapes you have selected.
5. Place the other piece of waxed paper over your picture when you are pleased with the way it looks.
6. Place between newspaper so there are several thicknesses under and over the waxed paper.
7. Press with warm iron to melt the wax papers together.
8. Use transparant tape to fasten to window or bind edges with tape and hang with thread in front of a window.

More ideas to try:
Lay colored thread over some parts of your picture to connect the shapes.
Shave bits of a colored crayon over the tissue.
Use colored cellophane on glass, bottles or jars.
Use clear vinyl adhesive (like contact) with colored tissue over window glass.

Colorful Creations (Meeting III)

Take a look at your color creations. Aren’t they pretty! Choose your favorite ones to make colorful additions to your home or a gift for someone. Here are several suggestions for ways to use your creations. You may think of other ideas.

Mounted Pictures

An easy way to finish your picture is to place it on top of colored paper, poster board, cork or other material. You may choose white or a color that is in your picture and that would look well where you will use it. You may need to trim your piece.

Decide whether your finger painting would look better vertical, square, or horizontal.

Get your mother or leader to help you cut the mounting material straight and even. You will need to decide on the size of your mounting paper and what size the margins will be. Below are some guides for mounting:

Vertical - Bottom margin is widest. Top margin next. Side margins are narrowest.
Horizontal - Bottom margin is widest. Side margin may be next widest. Top margin narrowest.

Square - Bottom margin is widest. Side and top margins are the same and narrower than bottom margin.

Paste your color creation on mounting board and add a hanger on the back. A lightweight cloth tape hanger can be glued to the back.

Shadow Box

A box cover like those from note cards or shoe boxes can make a frame. Paint or cover the lid. Trim your picture exact size. Decide if you like your picture inside or on top and paste it in place. See directions for covering the box top under "gift wrap."

See Through Pictures

These may be placed on a window with transparent tape or hung with thread so light can shine through. Edges may be bound with clear or colored tape. Windows could be cut out from colored paper a bit smaller than the picture and put over it. Place under "window" cut out.

Book Covers

Cut the paper the height of your book and twice as wide with plenty to turn back. Crease to fit the book.

Note Pad Cover

Cover scratch paper that is still good on one side with two pieces cut a little larger than the note pages. With yarn and a darning needle stitch and tie at the top. Or make two holes on the top with a paper punch and tie with yarn, cord or ribbon.

Gift Paper

Covered Box Top

Measure depth of the box
Measure length of the box
Measure width of the box
To the length of box add 2 x depth
To the width add 2 x depth
Cut out paper that size.
Lay the box in the center of the paper.
Trace around the box. With ruler extend the lines, forming squares in each corner.
Crease paper along these lines.
Center box on the paper and cut to the box corners as shown.
Fold paper over short end first and cut in the corner so the piece can go up the long side.
Do the same with other short side.
Glue these folded edges to the inside of box.
Now fold the lengthwise sides and glue in place.
Use this to cover a gift box and add a ribbon.
Or use it as a frame to mount a picture.

Gift Wrap
What you need:
Large pieces of finger painted or other colorful paper to suit size of box.

Box for your gift.
Ribbon that looks pretty with your paper.
Scissors.
Cellophane tape.
How to Do It

Place gift paper face down on a flat surface. Measure paper around length of box, allowing one or two inches overlap. Fold back and cut off excess.

Measure paper to three-fourths of box depth at each end. Trim off excess.

Fold paper over box. Secure the overlap with tape.

Fold ends tightly as shown, making diagonal creases at sides.

Lay ribbon on top of box. Allow the ribbon to extend 6 inches beyond center. Always hold the starting point of ribbon firmly against the box. Bring ribbon around length of box, then to starting point cross ribbon. Bring it around the width of box and back to starting point. Pull together. Tie a knot. Add a bow.
Pussy-Cat Bow

Cross ends of ribbon over as shown in (a). Wind center with thread, ribbon or wire. Then tie to package.

Ask your parents or leader to show you other types of bows.

Loop Bow

These look like wheels. You'll need two yards of 1/2 inch stiff ribbon alike on both sides.

Make a 3 or 4 inch loop about 5 or 6 inches from the end. (a) Continue making loops directly under the one above until you have 14 or 16 loops. Tie in the center being careful not to crush edges. (b) Lay on package and spread loops apart to form a circle. Fasten to package with a pin or cellophane tape hinges. If you use wider ribbon, you will need to cut a V from each side of ribbon loops.

There are variations you can make of this:

Two Color bow - Place two different colors of ribbon of same width, wrong sides together.

WHAT NEXT!

Have you enjoyed working with colors? In other Homeliving 4-H projects you will learn more about using and choosing color for your home.

You will find the more you look at color the more you can learn. You'll become skillful in putting colors together.

If you have studied each of the sections in this manual you have had a sample of several different 4-H Home Economics projects. We hope it was a Fun With 4-H experience. The leader will tell you about other beginning projects that might be your next 4-H project.

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"Groovy Grooming" Chart