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# YOU LEARN TO BAKE

(4-H Member's Project Book)

GF-1

Your name \_\_\_\_\_ Address \_\_\_\_\_

Name of your 4-H Club \_\_\_\_\_

Name of your county \_\_\_\_\_ 19 \_\_\_\_\_

Prepared by  
HOME ECONOMICS EXTENSION  
Extension Service in Agriculture and Home Economics  
University of Illinois  
Urbana, Illinois

**MY PART ON THE PROGRAM OF MY CLUB FOR THE COMING YEAR**

(To be filled in as soon as the club program is complete so that I may know when I am to appear on the program)

Date \_\_\_\_\_ Topic \_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_ Topic \_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_ Topic \_\_\_\_\_

\_\_\_\_\_

**LOCAL, COUNTY, AND STATE EVENTS WHICH I WILL WISH TO ATTEND**

Date \_\_\_\_\_ Event \_\_\_\_\_

Date \_\_\_\_\_ Event \_\_\_\_\_

Date \_\_\_\_\_ Event \_\_\_\_\_

Date \_\_\_\_\_ Event \_\_\_\_\_

Date \_\_\_\_\_ Event \_\_\_\_\_

Date \_\_\_\_\_ Event \_\_\_\_\_

Date \_\_\_\_\_ Event \_\_\_\_\_

**YEARS I HAVE BEEN ENROLLED IN CLUB WORK**

(Including this year)

Projects in which I have been enrolled before this year:

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

19 \_\_\_\_\_

YOU LEARN TO BAKE

To earn your achievement award at the end of the club season, you will need to:

1. DO THESE THINGS:

A. Make 2 cakes from the recipes in this project book. List what you make here:

1. \_\_\_\_\_ cake on page \_\_\_\_\_.  
(kind)

2. \_\_\_\_\_ cake on page \_\_\_\_\_.  
(kind)

B. Make 2 quick breads (biscuits, coffee cake, corn bread, or gingerbread) from the recipes in this project book. List what you make here:

1. \_\_\_\_\_ on page \_\_\_\_\_.

2. \_\_\_\_\_ on page \_\_\_\_\_.

C. Make 2 batches of cookies from the recipes in this project book. List what you make here:

1. \_\_\_\_\_ cookies on page \_\_\_\_\_.  
(kind)

2. \_\_\_\_\_ cookies on page \_\_\_\_\_.  
(kind)

2. GIVE A DEMONSTRATION OR TALK:

Demonstration topic \_\_\_\_\_ Date you gave it \_\_\_\_\_

OR

Talk topic \_\_\_\_\_ Date you gave it \_\_\_\_\_

3. EXHIBIT ONE OF YOUR PRODUCTS AT LEAST ONCE: (Mark X where you exhibited)

Local club achievement program \_\_\_\_\_ State Fair \_\_\_\_\_

County show or fair \_\_\_\_\_ Other place \_\_\_\_\_

4. FILL OUT THIS PAGE AND GIVE YOUR PROJECT BOOK TO YOUR 4-H CLUB LEADER AT THE END OF THE CLUB YEAR FOR HER TO CHECK.

5. ATTEND 2/3 OF YOUR 4-H CLUB MEETINGS AFTER YOU ENROLL AS A 4-H CLUB MEMBER.

How many extra products did you make from the recipes in this project book? \_\_\_\_\_

How old are you? \_\_\_\_\_

Sign your name here \_\_\_\_\_

DID YOU MAKE ANY MORE PRODUCTS FROM THE RECIPES IN YOUR PROJECT BOOK THAN THOSE LISTED ON THE OTHER SIDE OF THIS PAGE? \_\_\_\_\_

(yes or no)

(These will count on your project honor and outstanding member records!)

IF YOUR ANSWER IS "YES," LIST EACH ONE HERE:

<u>What you made</u>	<u>On page</u>	<u>What you made</u>	<u>On page</u>
1. _____	_____	11. _____	_____
2. _____	_____	12. _____	_____
3. _____	_____	13. _____	_____
4. _____	_____	14. _____	_____
5. _____	_____	15. _____	_____
6. _____	_____	16. _____	_____
7. _____	_____	17. _____	_____
8. _____	_____	18. _____	_____
9. _____	_____	19. _____	_____
10. _____	_____	20. _____	_____

ANY OTHER COOKING YOU DID DURING THIS CLUB YEAR:

Fill this out only if you want to -- it is not required. If you do fill it out, it will help us to write better 4-H project books for you!

<u>What you made</u>	<u>What you made</u>
1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____

## YOU LEARN TO BAKE

### BEFORE YOU BEGIN ---

You will want to read these first few pages before you begin. Ask Mother about anything you do not understand.



Are your hands clean? Have you washed them with soap and dried them on a clean towel? Are your fingernails clean too? Is your hair back so that it will not get into what you are baking?

Are your clothes clean? (You may want to cover them with a clean apron!)

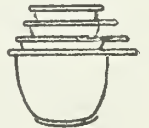
When you can answer "Yes" to all of these questions -- you are **READY!**

**REMEMBER --** Keep your hands away from your hair while you are baking! Don't wipe your hands on your apron or dress -- use a paper towel or a clean cloth towel! If you have tasted food, don't put the spoon back into the food! Use clean dish towels and clean hot pads!

**MEASURING** is **VERY IMPORTANT!** If you want to make a good product, you will need to measure **VERY CAREFULLY**. Recipes call for level measurements. It is easy to measure if you have standard measuring spoons and measuring cups. Measuring spoons come in these sizes: 1 tablespoon, 1 teaspoon, 1/2 teaspoon and 1/4 teaspoon. Measuring cups may come in a "nest" of 1 cup, 1/2 cup, 1/3 cup, and 1/4 cup. Nested cups are used for measuring dry ingredients and solid fats. Measuring cups, especially for milk, water and other liquids, are made of glass and have a spout for pouring. Read measurements at eye-level.



Good ones are made of metal

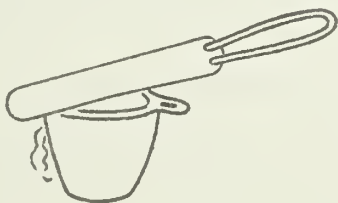


Nest


**FLOUR** -- There are two kinds of flour that are generally used in home baking. All-purpose flour is used in making quick breads and yeast breads. Cake flour is best to use in making cakes. All-purpose flour may be "enriched." "Enriched" means that it has valuable vitamins and minerals added to it. Be sure to use "enriched" flour.



You sift flour **BEFORE** you measure it. Fill the sifted flour lightly into the cup until the flour runs over the top. Then level it off with the edge of a spatula (spat-u-la) or a knife. Do your sifting and measuring on a piece of waxed paper or an empty pan so that you can put the extra flour back into the container.



Break up any lumps in the **BAKING POWDER** or **SODA** by stirring it **BEFORE** you measure. Dip the measuring spoon into the powder to fill it; then level it off with a spatula. You measure **SALT** and **SPICES** this way too.



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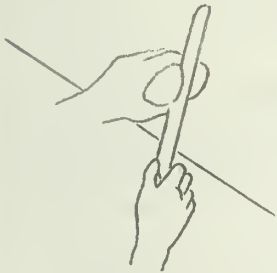
<http://www.archive.org/details/youlearntobake00univ>



**COOKING FATS AND OILS** -- There are several kinds of cooking fats -- butter, margarine, lard, hydrogenated (hy-dro-gen-ated) shortenings, and oil. It is easier to measure solid FAT if you take it out of the refrigerator at least one hour before you are ready to use it. Be sure the fat is packed down in the cup so that there are no air spaces. Level off the top with the edge of a spatula. If a recipe says to use "melted fat," you may use "cooking oil" instead -- it's much easier because you don't have to melt it -- use it just as it is.

**HOW TO MELT FAT** -- First you measure the fat. Be sure to press down in the measuring cup or spoon so that there won't be air spaces. Then put it into a small pan and set it on the stove. Watch it CAREFULLY to see that it melts slowly. If the stove is too hot, the fat will bubble up and turn brown (if this happens, your product will not have such a good color or flavor).

**SUGAR** -- Use white granulated sugar (gran-u-lated), unless your recipe calls for brown sugar. Sift the sugar if it is lumpy. Then put it into the measuring cup. Level off the top of the cup with the edge of a spatula. If you are using brown sugar, pack it down into the cup before you level it off. It will then keep the shape of the cup when it is turned out.



**HOW TO BREAK AN EGG** -- Hold the egg on the table with one hand. With a spatula in your other hand, hit the egg hard enough with the edge of the spatula to break through the shell slightly (but don't hit too hard!) Then hold the egg with both hands over a small dish. Put both thumbs together in the break and pull apart. Break one egg at a time before adding it to the mixture. This will keep from spoiling the mixture with a stale egg.

**LIQUIDS** -- Watch the markings on the cup that show the amount in the cup. Set the cup on the table so that it will be level when you are measuring.

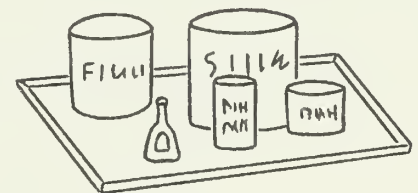


**NOW TALK OVER WITH YOUR MOTHER WHAT YOU WANT TO BAKE! READ THE RECIPE!**

**AFTER YOU HAVE READ THE RECIPE** -- Do you understand what it says to do? If you don't, ask Mother or someone else to explain it to you. You will need to know what you are to do and how to do it.

**DO THESE THINGS NEXT** --

1. Get together all the ingredients (in-gre-di-ents) for the recipe you are going to use. It might be easier if you put them on a tray. (Then you will be sure you have EVERYTHING you need!) You won't get the kitchen so messy that way and won't have so much cleaning up to do afterwards.



2. Get all the equipment you will need -- this will save time.

3. Ask Mother or your older sister to help you turn on the oven. You will want to be VERY CAREFUL about the stove so that you will not get burned. It usually takes about 10 to 15 minutes to preheat the oven so that it is ready for baking (you will want to turn it on just before you start mixing what you are going to bake!) The right temperature is very important in baking! An oven thermometer (or indicator) may help to tell when the stove is the right temperature.



**HOW TO GREASE A PAN:** First cut a piece of waxed paper the same size as the bottom of your pan. Next put it into the pan. Then use a small piece of paper towel or your clean fingertips to dip into the shortening. Spread the shortening evenly over the waxed paper (don't grease the sides of the pan for cakes, DO grease them for other baked products). Now your pan is ready, and after your cake (or bread) is baked it will come out of the pan without sticking! You don't need to use waxed paper on a cookie sheet -- just grease it if the recipe says to.

**WHEN YOU ARE FINISHED --** Then it's clean-up time!



**SOAKING** cooking utensils will make them easier to wash. Use hot water for sweets and cold water for eggs and flour. (Paper liners for baking pans make them easier to wash!) Wipe out greasy dishes and pans with paper before washing.

**PUT THE SUPPLIES BACK IN PLACE.**

**DISHWASHING** is easy if you have plenty of hot water, soap, and clean, dry dish towels! There are 3 steps in doing this job: 1. Get ready. 2. Wash and dry or drain. 3. Put away.

**STEP 1.** Scrape and stack. (Use a rubber scraper or paper towel, or rinse in a small pan or under the faucet -- this keeps the dishwasher from getting so dirty). (Stack according to size -- put glassware together, silverware together, pots and pans together.)



**STEP 2.** Use hot, soapy dishwater. (Put in enough soap to make a good suds -- but not too much!) (If the water gets dirty, get some clean water.) Use a **CLEAN** dishcloth. Wash the glasses first -- wash the rims **CAREFULLY** because illness and germs can be spread by poorly washed dishes. Then do the silverware -- wash each piece separately -- forks take the most time! Next do the cups (be sure you get the rims clean!) and then the other dishes. Put the dishes in a rack or pan as you wash them. Rinse the inside and outside of all dishes with **VERY, VERY HOT WATER**. Wipe them with a clean towel or let them drain (if you drain them, dry the glassware and silverware with a towel). Wash pots and pans last -- scour all that are stained.

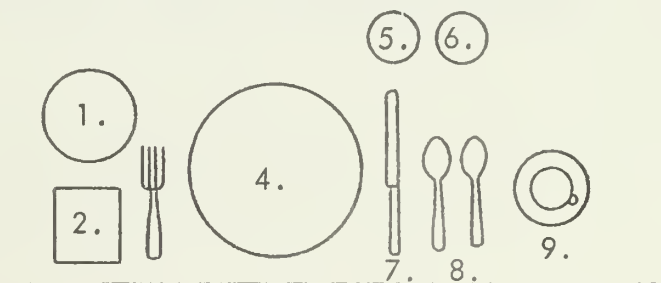
**STEP 3.** Put everything back in place. Hang the dishcloth and dish towels up to dry. Clean your work table, stove, and sink with a cloth especially for that purpose. Leave everything spic and span".

**SWEEP THE KITCHEN WHEN YOU ARE FINISHED --** then Mother won't mind a bit the next time you want to bake!

**SETTING THE TABLE --** This is a pattern to help you set your table.

You will want to put on the table only the dishes and silverware that are needed. (Ask Mother what is needed.) Use a tablecloth or place mats. If you

use a tablecloth, be sure it is on straight and there are no wrinkles. Place mats should come to the edge of the table.



- |                |                    |
|----------------|--------------------|
| 1. Salad plate | 5. Glass for water |
| 2. Napkin      | 6. Glass for milk  |
| 3. Fork        | 7. Knife           |
| 4. Plate       | 8. Spoons          |
|                | 9. Cup and saucer  |



You will need to allow about 20 to 24 inches for each place at the table (you might want to get a tape measure or yardstick and measure -- just for fun!) The plate, the silverware, and napkin are all put 1 inch from the edge of the table. Be sure they are on straight!



Use mats or pads under hot dishes -- this protects the table! Put the serving silver beside the dish of food and not in it. The first person who helps himself puts the serving silver in the dish of food.

A bowl of flowers or fruit or a small plant makes an attractive centerpiece -- be sure it is low enough for people to be able to see over it when they sit down at the table.



GOOD TABLE MANNERS are easy to learn! You should use them every day. If you do, they will become a habit and you will be popular because you are polite.

Here are some reminders that will help you to practice good table manners:

1. Be on time for meals!
2. Be sure your hair is combed and your hands are clean.
3. When you sit down at the table, put your napkin across your lap.
4. Wait until all are ready before you start to eat.
5. Don't reach in front of anyone -- ask to have food passed. Remember to say "Please" and "Thank you."
6. Use your knife for cutting food and spreading butter.
7. Use your fork for carrying food to your mouth.
8. Never put your knife or fork or spoon on the tablecloth after you have used it -- put it across your plate.
9. Break a slice of bread into halves and then into fourths before spreading with butter.
10. Keep your mouth closed while chewing your food -- don't try to talk or take a drink with food in your mouth.
11. Don't rest your elbows on the table.
12. Sit at the table until all are finished eating OR ask to be excused if you want to leave before all have finished.

### HOW DOES YOUR CAKE "MEASURE UP"?

Ask Mother to help you answer these questions:

LOOK AT THE OUTSIDE -- Is it almost even in thickness, with a slightly rounded top (no humps or peaks or cracks on top)?

Is it an even, light-brown color?

THEN THE INSIDE -- Does it crumble when you cut it?\*

Does it spring back when you press it gently with your finger?

Does it have small, round, even holes?

Does it have large "tunnels" running through it?\*

Does it seem light and fluffy?

NOW TASTE IT -- Does it taste good to you?

Does it taste strongly of any one ingredient, such as baking powder, soda, fat or flavoring?



## HOW DOES YOUR CORN BREAD, COFFEE CAKE AND GINGERBREAD "MEASURE UP"?

Ask Mother to help you answer these questions:

LOOK AT THE OUTSIDE -- Is it almost even in thickness, with a slightly rounded top (no humps or peaks or cracks on top)?

Is the crust thin and even?

Is your corn bread an even, light golden color? Is your gingerbread an even brown? Is the topping on your coffee cake spread out evenly?

THEN THE INSIDE -- Does it have round, even holes?

Does it have "tunnels" running through it?\*

Does it crumble when you break it apart with your fingers?\*

NOW TASTE IT -- Does it taste good to you?

Does it taste strongly of any one ingredient, such as baking powder, salt or fat?\*

## HOW DO YOUR BISCUITS "MEASURE UP"?

Ask Mother to help you answer these questions:

LOOK AT THE OUTSIDE -- Is the crust thin and crisp (not hard and thick)?

Is it an even, light golden color?

Is it about 2 times the size it was before it was baked?

THEN THE INSIDE -- Does it break apart easily?

Does it have a medium fine, tender crumb?

Is it creamy white in color (no spots or streaks)?

Is it tender and slightly moist?

NOW TASTE IT -- Does it taste good to you?

Does it taste strongly of any one ingredient, such as baking powder, salt or fat?\*

## HOW DO YOUR COOKIES "MEASURE UP"?

Ask Mother to help you answer these questions:

LOOK AT THE OUTSIDE -- Are they all about the same size?

Is the top nearly smooth?

Is it an even color (no dark brown edges or burned spots; not pale)?

Are your drop cookies slightly rounded on top (no humps or peaks or cracks on top)?

THEN THE INSIDE -- Does it have small, even holes?

Does it crumble when you break it apart with your fingers?\*

Does it spring back when you press it gently with your finger?

NOW TASTE IT -- Does it taste good to you?

Does it taste strongly of any one ingredient, such as fat, flavoring or baking powder?\*

\*The answer to these questions should be NO.

The answer to other questions should be YES.





# CAKES

THESE THINGS ARE VERY IMPORTANT FOR YOU TO KNOW ABOUT CAKES:

These recipes are for a special way of making cakes--they are "quick-mix" cakes. If you want to have a good product, you will need to use a quick-mix shortening or butter or margarine. Read the label on the package so that you will know you have a "quick-mix" shortening. A "quick-mix" shortening does not have to be kept in the refrigerator.

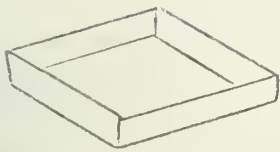
All ingredients should be at room temperature--this means that they should be set out of the refrigerator an hour before you are ready to use them.

REMEMBER--wait to frost your cake until it is cold. Ask Mother for suggestions for frosting it.

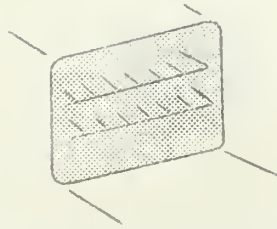




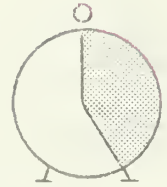
# QUICK-MIX ONE-EGG CAKE



8 x 8 x 2-inch  
baking pan



Preheated oven 375°  
for glassware 350°

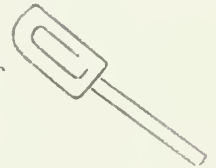


Bake 25 minutes

- 1 1/4 cup cake flour
  - 3/4 cup sugar
  - 1/2 teaspoon salt
  - 2 teaspoons baking powder
  - 1/3 cup quick-mix shortening or butter  
or margarine
  - 1/2 cup milk
  - 1 teaspoon vanilla
  - 1 egg
- } Sift together

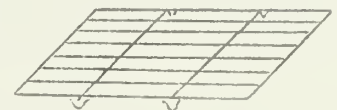
### EQUIPMENT:

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowl
- Mixing spoon
- Rubber scraper
- Baking pans



### ORDER OF WORK:

1. Preheat the oven.
2. Grease the pan (see page 3).
3. Sift flour once and then measure it.
4. Sift flour again with sugar, salt, and baking powder onto waxed paper, and set it aside until you are ready to use it.
5. Put the shortening into the mixing bowl and stir it until it is soft.
6. Put in the flour-sugar-salt-baking powder mixture. Don't mix.
7. Add the milk and vanilla, and stir until all is mixed. Stir carefully so that you won't spill! After it is mixed, beat the mixture 150 strokes (count them). Take time out to rest. Scrape the bowl and spoon so you will get all the ingredients mixed.
8. Add the egg, and beat the mixture 150 more strokes (count them).
9. Put the batter into the well-greased pan.
10. Put into the preheated oven.
11. Bake at 375° for about 25 minutes. The cake will begin to pull away from the edge of the pan when it is done. The top will be a light golden color.
12. (You may need Mother's help here!) Take the cake out of the oven--USE HOT PADS BECAUSE THE PAN IS HOT!
13. Put the cake (still in the pan) on a rack to cool for 10 minutes. Then loosen the edge of the cake from the pan with a spatula. Put the rack on top of the cake and turn it over quickly. Lift the pan off the cake. Pull off the waxed paper carefully so you won't pull pieces of cake with it.



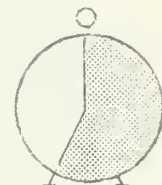
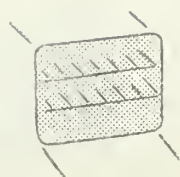
This cake is a good dessert for a family meal--serve it with a dish of fruit!

HOW DOES YOUR CAKE "MEASURE UP"? TURN TO PAGE 4, ANSWER THE QUESTIONS, AND YOU'LL FIND OUT!





# QUICK-MIX DEVIL'S FOOD CAKE



Two 9-inch round pans

Preheated oven 350°  
for glassware 325°

Bake 35 minutes

- 2 cups cake flour
  - 1 3/4 cups sugar
  - 3/4 cup cocoa
  - 1 1/4 teaspoons soda
  - 1 teaspoon salt
  - 1/2 teaspoon baking powder
  - 3/4 cup quick-mix shortening or butter or margarine
  - 1 1/4 cups milk
  - 1 teaspoon vanilla
  - 3 eggs
- } Sift together

### EQUIPMENT:

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowl
- Mixing spoon
- Rubber scraper
- Baking pans

### ORDER OF WORK:

1. Preheat the oven.
2. Grease the pans (see page 3).
3. Sift flour once and then measure it.
4. Sift flour again with sugar, cocoa, soda, salt, and baking powder onto waxed paper, and set it aside until you are ready to use it.
5. Put the shortening into the mixing bowl and stir it until it is soft.
6. Put in the flour-sugar-cocoa-soda-salt-baking powder mixture. Don't mix.
7. Add about 3/4 cup of the milk, and stir until all is mixed. Stir carefully so that you won't spill! After it is mixed, beat the mixture 250 strokes (count them). Take time out to rest. Scrape the bowl and spoon so you will get all the ingredients mixed.
8. Add the rest of the milk, vanilla, and eggs. Beat the mixture 250 more strokes (count them).
9. Put the batter into the well-greased pans. Try to get the same amount of batter in each pan.
10. Put into the preheated oven.
11. Bake at 350° for about 35 minutes. The cake will begin to pull away from the edge of the pan when it is done. The top will be an even dark brown color.
12. (You may need Mother's help here!) Take the cake out of the oven--USE HOT PADS BECAUSE THE PANS ARE HOT!
13. Put the cake (still in the pan) on racks to cool for 10 minutes. Then loosen the edge of each cake from the pan with a spatula. Put the rack on top of the cake and turn it over quickly. Lift the pan off the cake. Pull off the waxed paper carefully so you won't pull pieces of cake with it.

Your family is sure to like this for dessert! Your friends will like it, too.

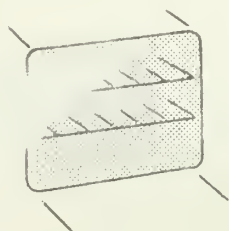
READ AND ANSWER THE QUESTIONS ON PAGE 4 TO FIND OUT HOW YOUR CAKE "MEASURES UP."



# QUICK-MIX WHOLE-EGG CAKE



Two 9-inch round pans



Preheated oven 375°  
for glassware 350°



Bake 25 minutes

- 2 1/4 cups cake flour
  - 1 1/2 cups sugar
  - 1/2 teaspoon salt
  - 3 teaspoons baking powder
  - 1/2 cup quick-mix shortening or butter  
or margarine
  - 1 cup milk
  - 1 teaspoon vanilla
  - 2 eggs
- } Sift together

## EQUIPMENT:

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowl
- Mixing spoon
- Rubber scraper
- Baking pans

## ORDER OF WORK:

1. Preheat the oven.
2. Grease the pans (see page 3).
3. Sift flour once and then measure it.
4. Sift flour again with sugar, salt, and baking powder onto waxed paper, and set it aside until you are ready to use it.
5. Put the shortening into the mixing bowl and stir it until it is soft.
6. Put in the flour-sugar-salt-baking powder mixture. Don't mix.
7. Add about 3/4 of the milk, and stir until all is mixed. Stir carefully so that you won't spill! After it is mixed, beat the mixture 300 strokes (count them). Take time out to rest. Scrape the bowl and spoon so you will get all the ingredients mixed.
8. Add the rest of the milk, vanilla, and eggs. Beat the mixture 150 more strokes (count them).
9. Put the batter into the well-greased pans. Try to get the same amount of batter in each pan.
10. Put into the preheated oven.
11. Bake at 375° for about 25 minutes. The cake will begin to pull away from the edge of the pan when it is done. The top will be a light golden color.
12. (You may need Mother's help here!) Take the cake out of the oven--USE HOT PADS BECAUSE THE PANS ARE HOT!
13. Put the cake (still in the pan) on racks to cool for 10 minutes. Then loosen the edge of each cake from the pan with a spatula. Put the rack on top of the cake and turn it over quickly. Lift the pan off the cake. Peel off the waxed paper carefully so you won't pull pieces of cake with it.

Serve this cake for a family dessert or to guests for refreshments.

LOCK ON PAGE 4 AND ANSWER THE QUESTIONS TO SEE HOW YOUR CAKE "MEASURES UP."





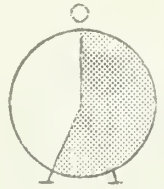
# QUICK-MIX WHITE CAKE



Two 8-inch round pans



Preheated oven 350°  
for glassware 325°



Bake 35 minutes

- 2 1/2 cups cake flour
  - 1 1/2 cups sugar
  - 1/2 teaspoon salt
  - 3 teaspoons baking powder
- } Sift together
- 1/2 cup quick-mix shortening or butter  
or margarine
  - 1 cup milk
  - 1 teaspoon vanilla
  - 1/2 cup egg whites (3 medium)

### EQUIPMENT:

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- 2 small bowls for egg whites and yolks
- Mixing bowl
- Mixing spoon
- Rubber scraper
- Baking pans

### ORDER OF WORK:

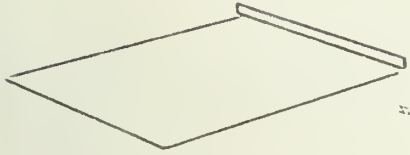
1. Preheat the oven.
2. Grease the pans (see page 3).
3. Sift flour once and then measure it.
4. Sift flour again with sugar, salt, and baking powder onto waxed paper, and set it aside until you are ready to use it.
5. (You may need to ask Mother to help you here.) Separate the egg whites from the egg yolks. Measure the whites and put them into a small bowl and set aside until you are ready to use them.
6. Put the shortening into the mixing bowl and stir until it is soft.
7. Put in the flour-sugar-salt-baking powder mixture. Don't mix.
8. Add about 2/3 of the milk, and stir until all is mixed. Stir carefully so that you won't spill! After it is mixed, beat the mixture 300 strokes (count them). Take time out to rest. Scrape the bowl and spoon so you will get all the ingredients mixed.
9. Add the rest of the milk, vanilla, and egg whites. Beat the mixture 150 more strokes (count them).
10. Put the batter into the well-greased pans. Try to get the same amount of batter in each pan.
11. Put into the preheated oven.
12. Bake at 350° for about 35 minutes. The cake will begin to pull away from the edge of the pan when it is done. The top will be a light golden color.
13. (You may need Mother's help here!) Take the cake out of the oven--USE HOT PADS BECAUSE THE PANS ARE HOT!
14. Put the cake (still in the pan) on racks to cool for 10 minutes. Then loosen the edge of each cake from the pan with a spatula. Put the rack on top of the cake and turn it over quickly. Lift the pan off the cake. Peel off the waxed paper carefully so you won't pull pieces of cake with it.

You can serve this cake to company as well as to the family for dessert.

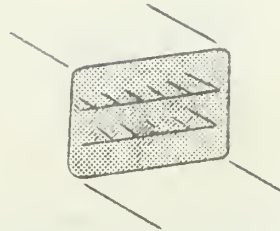
TURN TO PAGE 4 AND ANSWER THE QUESTIONS TO SEE HOW YOUR CAKE "MEASURES UP."



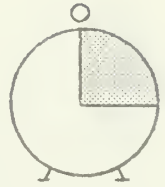
# DROP BISCUITS



Cookie sheet



Preheated oven 425°



Bake 15 minutes

- 2 cups all-purpose flour
  - 2 1/2 teaspoons baking powder
  - 1 teaspoon salt
  - 5 tablespoons fat (solid, not melted)
  - 3/4 cup milk
- } Sift together

### EQUIPMENT:

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowl
- Pastry blender or
- pastry fork
- 2 spoons
- Rubber scraper
- Cookie sheet



### ORDER OF WORK:

1. Preheat the oven.
2. You don't need to grease the cookie sheet. The biscuits will not stick to it.
3. Sift flour once and then measure it.
4. Sift flour again with baking powder and salt into the mixing bowl.
5. Measure the fat, and drop it into the flour mixture.
6. Mix the fat into the flour mixture with the pastry blender until it is all mixed.
7. Make a hole in the center, and pour in all of the milk.
8. Stir with the pastry blender until the dough is soft and sticky.
9. Drop by spoonfuls on the cookie sheet--use one spoon to dip out the dough and the other to push the dough onto the cookie sheet. Leave about 2-inch spaces between biscuits on the cookie sheet. (Use the rubber scraper so that you won't waste dough!)
10. Put into the preheated oven.
11. Bake at 425° for about 15 minutes. The biscuits will be a light, golden color when they are done.
12. (You may need Mother's help here!) Take the biscuits out of the oven--USE HOT PADS BECAUSE THE COOKIE SHEET IS HOT!
13. Take the biscuits off the cookie sheet with a spatula or a pancake turner.

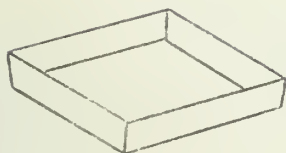
Serve them hot for breakfast, dinner, or supper!

TURN TO PAGE 4. ANSWER THE QUESTIONS TO FIND OUT HOW YOUR BISCUITS "MEASURE UP."

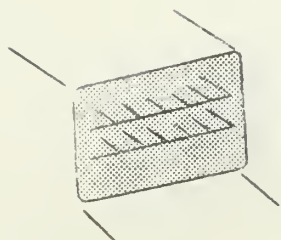




# COFFEE CAKE



8 x 8 x 2-inch  
baking pan



Preheated oven 375°  
for glassware 350°



Bake 25 minutes

### EQUIPMENT:

- 1 egg
  - 1/2 cup sugar
  - 1/2 cup milk
  - 2 tablespoons melted fat
  - 1 cup all-purpose flour
  - 1/2 teaspoon salt
  - 2 teaspoons baking powder
- } Sift together

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowls--1 large, 1 small
- Rotary beater
- 2 mixing spoons
- Rubber scraper
- Small pan for melting butter
- Baking pan



### Topping:

- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon flour
- 1 tablespoon melted table fat (butter or margarine)
- 1/2 cup broken nut meats (if you have them)

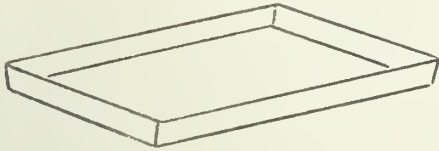
### ORDER OF WORK:

1. Preheat the oven.
2. Grease the pan (see page 3).
3. Break the egg into the mixing bowl, and beat with the rotary beater.
4. Add the sugar, milk, and melted fat to the egg, and stir until all is mixed.
5. Sift flour once, and then measure it.
6. Sift flour again with salt and baking powder.
7. Add flour mixture to the egg mixture, and stir until they are mixed well.
8. Put into the well-greased pan. (Use the rubber scraper so that you won't waste dough).
9. Put the brown sugar, cinnamon, and flour into the small mixing bowl, and mix well.
10. Add the melted butter and nuts (if you are using them), and mix well.
11. Use the mixing spoon to sprinkle the topping evenly over the top of the dough in the pan.
12. Put into the preheated oven.
13. Bake at 375° for about 25 minutes. The coffee cake will begin to pull away from the edge of the pan when it is done. The top will be a little golden color dotted with the dark-brown topping!
14. (You may need Mother's help here!) Take out of the oven--USE HOT PADS BECAUSE THE PAN IS HOT!
15. Cut into pieces while it is still in the pan.
16. Take the pieces out of the pan (use a spatula or a pancake turner).

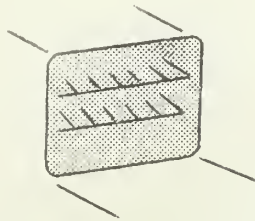
Serve them hot for breakfast, dinner, or supper!



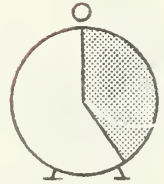
# CORN BREAD



11 x 7 x 1 1/2-inch  
baking pan



Preheated oven 425°  
for glassware 400°



Bake 25 minutes

### EQUIPMENT:

- 1 cup all-purpose flour
  - 3/4 cup cornmeal
  - 1 teaspoon salt
  - 2 teaspoons baking powder
  - 2 tablespoons sugar
- } Sift together
- 1 egg
  - 1 cup milk
  - 2 tablespoons melted fat

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowls--1 large, 1 small
- Small pan for melting fat
- Rotary beater
- Mixing spoon
- Rubber scraper
- Baking pan

### ORDER OF WORK:

1. Preheat the oven.
2. Grease the pan (see page 3), but grease the sides of the pan too, or the cornbread will stick and won't come out of the pan easily.
3. Sift flour once and then measure it.
4. Sift flour again with cornmeal, salt, baking powder, and sugar into the large mixing bowl.
5. Break the egg into the small mixing bowl, and beat with the rotary beater.
6. Add the milk and melted fat (see page 2) to the egg and stir until all is mixed.
7. Pour the egg-milk-fat mixture into the flour mixture, and stir until they are mixed well. (Stir carefully so that you won't spill!)
8. Put into the well-greased pan. (Use the rubber scraper to get it all out of the bowl.)
9. Put into the preheated oven.
10. Bake at 425° for about 25 minutes. The corn bread is done when the top is a light, golden color and it begins to pull away from the edge of the pan.
11. (You may need Mother's help here!) Take the corn bread out of the oven--USE HOT PADS BECAUSE THE PAN IS HOT!
12. Cut into pieces while it is still in the pan.
13. Take the pieces out of the pan (use a spatula or a pancake turner) and--

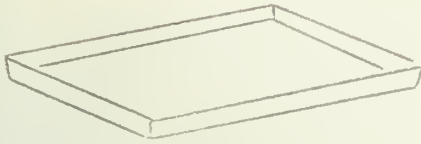
Serve them hot--for dinner or supper! The family is sure to like it!

LOOK ON PAGE 4 AND ANSWER THE QUESTIONS TO FIND OUT HOW YOUR CORN BREAD "MEASURES UP."

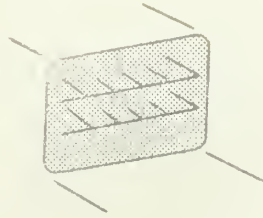




# GINGERBREAD



11 1/2 x 7 x 1 1/2-inch  
baking pan



Preheated oven 325°  
for glassware 300°



Bake 40 minutes

- 2 cups all-purpose flour
  - 1/2 cup sugar
  - 1 teaspoon baking powder
  - 1/4 teaspoon soda
  - 1/2 teaspoon salt
  - 1/2 teaspoon ginger
  - 1/2 teaspoon cinnamon
- } Sift together
- 1 egg
  - 1 cup milk
  - 1/2 cup molasses or sorghum
  - 1/4 cup melted fat

## EQUIPMENT

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowls--1 large, 1 small
- Small pan for melting fat
- Rotary beater
- Rubber scraper
- Mixing spoon
- Baking pan

## ORDER OF WORK:

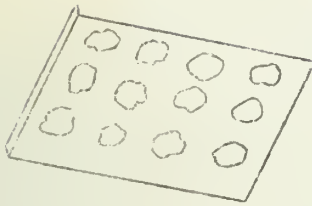
1. Preheat the oven.
2. Grease the pan (see page 3).
3. Sift flour once, and then measure it.
4. Sift flour again with sugar, salt, baking powder, soda, ginger, and cinnamon into the large mixing bowl.
5. Break the egg into the small mixing bowl, and beat with the rotary beater.
6. Add the milk, molasses and melted fat (see page 2) to the egg, and stir until all is mixed.
7. Pour the egg-milk-molasses-fat mixture into the flour mixture, and stir until they are well mixed.
8. Put into the well greased pan. (Don't forget to use the rubber scraper.)
9. Put into the preheated oven.
10. Bake at 325° for about 40 minutes. The gingerbread will begin to pull away from the edge of the pan when it is done. The top will be an even brown.
11. (You may need Mother's help here!) Take the gingerbread out of the oven--USE HOT PADS BECAUSE THE PAN'S HOT!
12. Cut the gingerbread into pieces while it is still in the pan, and serve HOT (take it out of the pan with a spatula or pancake turner), OR take it out of the pan and put on a rack to cool.

You can serve your gingerbread for dessert at a family meal or to guests for refreshments.

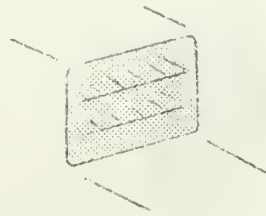
NOW TURN TO PAGE 4 AND ANSWER THE QUESTIONS TO FIND OUT HOW YOUR GINGERBREAD "MEASURES UP"!



# DROP COOKIES



Greased cooky sheet




Preheated oven 375°



Bake 12 to 15 minutes

- |                          |                 |
|--------------------------|-----------------|
| 2 cups all-purpose flour | } Sift together |
| 1 teaspoon baking powder |                 |
| 3/4 teaspoon salt        |                 |
| 1/2 cup fat              |                 |
| 1 cup sugar              |                 |
| 1 egg                    |                 |
| 1/2 cup milk             |                 |
| 1 teaspoon vanilla       |                 |

## EQUIPMENT

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowl
- Mixing spoon
- 2 spoons 
- Rubber scraper
- Cookie sheet

## ORDER OF WORK:

1. Preheat the oven.
2. Grease the cooky sheet.
3. Sift flour once, and then measure it.
4. Sift flour again with baking powder and salt onto waxed paper, and set aside.
5. Put fat into the mixing bowl, and mix until soft.
6. Add about 1/4 of the sugar to the fat, and mix until it is creamy. Add another 1/4 of the sugar and mix--do this until all the sugar is added. The mixture should be smooth and creamy.
7. Add the egg and mix well.
8. Add about 1/2 of the flour-baking powder-salt mixture, and mix well.
9. Add the milk and vanilla, and stir the mixture carefully until all is mixed.
10. Add the rest of the flour mixture, and stir until the mixture is smooth (NO LUMPS!)
11. Drop by spoonfuls on the greased cooky sheet--use one spoon to dip out the dough and the other to push the dough onto the cooky sheet. Leave about 2-inch spaces between cookies on the cooky sheet. Use the rubber scraper to clean out the bowl.
12. Put into the preheated oven.
13. Bake at 375° for 12 to 15 minutes. The cookies will be a light golden color when they are done.
14. (You may need Mother's help here.) Take the cookies out of the oven--USE HOT PADS BECAUSE THE COOKY SHEET IS HOT!
15. Take the cookies off the cooky sheet with a spatula or a pancake turner--put them on a rack to cool. This recipe makes about 40 cookies.

These cookies will remain soft if stored in a tight container but will be crisp if stored without a cover.

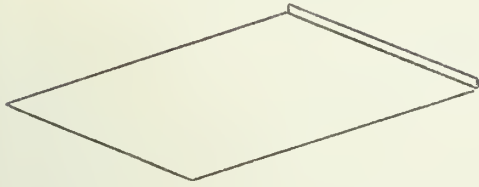
P.S. For variation: stir into the mixture, when it is ready to bake, any one of the following: 2/3 cup chocolate bits, chopped nuts, coconut, or raisins.

SEE PAGE 5 AND ANSWER THE QUESTIONS TO FIND OUT HOW YOUR COOKIES "MEASURE UP"!

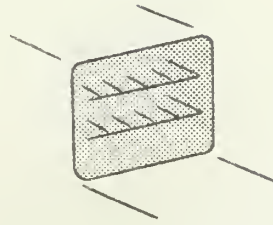




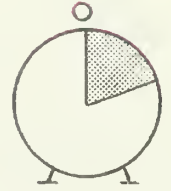
# OATMEAL DROP COOKIES



Greased cookie sheet



Preheated oven 375°



Bake 12 to 15 minutes

- 1 cup all-purpose flour
  - 1/2 teaspoon soda
  - 1/2 teaspoon salt
  - 1/2 cup fat (be sure it is soft)
  - 1/2 cup brown sugar
  - 1/4 cup granulated sugar
  - 1 egg
  - 1 teaspoon vanilla
  - 2 tablespoons milk
  - 2 cups rolled oats
- } Sift together

## EQUIPMENT

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowl
- Mixing spoon
- 2 spoons
- Rubber scraper
- Cookie sheet

## ORDER OF WORK:

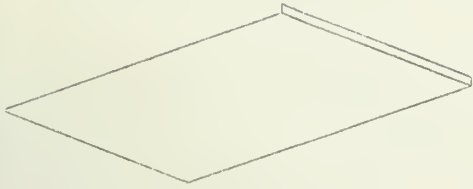
1. Preheat the oven.
2. Grease the cookie sheet.
3. Sift flour once, and then measure it.
4. Sift flour again with soda and salt into the mixing bowl.
5. Put the fat, brown sugar, granulated sugar, egg, vanilla, and milk into the flour mixture.
6. Mix until it is very smooth.
7. Add the rolled oats, and stir until it is all mixed.
8. Drop by spoonfuls on the greased cookie sheet--use one spoon to dip out the dough and the other spoon to push the dough onto the cookie sheet. Leave about 2-inch spaces between cookies on the cookie sheet. Use the rubber scraper to clean out the bowl.
9. Put into the preheated oven.
10. Bake at 375° for 12 to 15 minutes. The cookies will be a light golden color when they are done.
11. (You may need Mother's help here!) Take the cookies out of the oven--USE HOT PADS BECAUSE THE COOKIE SHEET IS HOT!
12. Take the cookies off the cookie sheet with a spatula or a pancake turner--put them on a rack to cool. This recipe makes about 36 cookies.

Serve them to your family for dessert--they are very good with fruit!

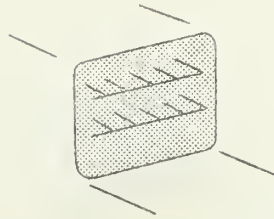
TURN TO PAGE 5 AND ANSWER THE QUESTIONS TO SEE HOW YOUR COOKIES "MEASURE UP"!



# CHOCOLATE DROP COOKIES



Greased cookie sheet



Preheated oven 375°



Bake 12 to 15 minutes

## EQUIPMENT

- 1/4 cup cocoa )
- 1/4 cup hot water )
- 2 cups flour ) Sift together
- 2 teaspoons baking powder )
- 1/4 teaspoon salt )
- 1/2 cup fat
- 1/2 teaspoon vanilla
- 1 cup granulated sugar
- 1 egg
- 1/4 cup milk
- 1/2 cup chopped nuts, if desired

- 1 small bowl
- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Waxed paper
- Mixing bowl
- Mixing spoon
- 2 spoons (or cookie dropper)
- Rubber scraper
- Cookie sheet

## ORDER OF WORK:

1. Preheat the oven.
2. Grease the cookie sheet.
3. Mix hot water and cocoa well and let cool.
4. Sift flour once, and then measure it.
5. Sift together flour, baking powder, and salt onto waxed paper and set aside.
6. Put fat into mixing bowl, and mix until soft.
7. Add vanilla to the fat, and mix well.
8. Add about 1/4 of the sugar to the fat, and mix until it is creamy. Add another 1/4 of the sugar and mix. Do this until all the sugar is added. The mixture should be smooth and creamy.
9. Add the egg and mix well.
10. Mix the chocolate and milk together.
11. Add about 1/4 of the sifted dry ingredients to the fat and sugar mixture; then add about 1/4 of the cocoa-milk mixture, and mix. Continue to add flour and chocolate mixtures alternately until all are well mixed.
12. Add nuts if desired.
13. Drop dough by teaspoons onto the greased cookie sheet. Use one spoon to dip out the dough and the other to push the dough onto the cookie sheet. Leave about 2 inches between cookies on the cookie sheet. Use the rubber scraper to clean out the bowl.
14. Put into the preheated oven.
15. Bake at 375° for 12 to 15 minutes.
16. Take the cookies out of the oven.
17. Take the cookies off the cookie sheet with a spatula or a pancake turner. Put them on a rack to cool. This recipe makes about 40 cookies.

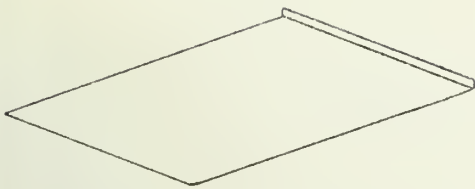
P.S. You can make a richer cookie by using 2/3 cup fat. These cookies will be harder to take from the cookie sheet but will stay moist longer.

TURN TO PAGE 5 AND ANSWER THE QUESTIONS TO SEE HOW YOUR COOKIES "MEASURE UP."

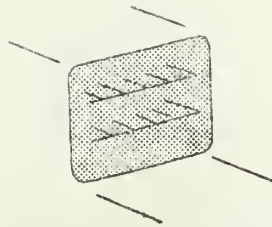




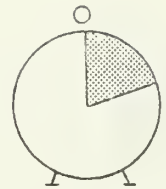
# PEANUT BUTTER DROP COOKIES



Greased cookie sheet



Preheated oven 375°



Bake 12 to 15 minutes

## EQUIPMENT

- 2 1/2 cups flour )
- 1/2 teaspoon soda ) Sift together
- 1/2 teaspoon salt )
- 1 cup fat
- 1/2 teaspoon vanilla
- 1 cup granulated sugar
- 1 cup brown sugar
- 1 cup peanut butter
- 2 eggs

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowl
- Mixing spoon or fork
- 2 spoons
- Rubber scraper
- Cookie sheet
- Wax paper

## ORDER OF WORK:

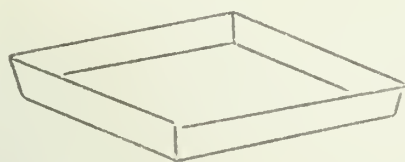
1. Preheat the oven
2. Grease the cookie sheet.
3. Sift the flour once, and then measure it.
4. Sift together flour, soda, and salt onto waxed paper and set aside.
5. Put fat into mixing bowl, and mix until soft.
6. Add vanilla to the fat and mix well.
7. Add about 1/4 of the sugar to the fat, and mix until it is creamy. Add another 1/4 of the sugar and mix. Do this until all the sugar is added. The mixture should be smooth and creamy.
8. Add the peanut butter and mix until well blended.
9. Add eggs 1 at a time. Mix well after each addition.
10. Add about 1/4 of the flour mixture, and mix well. Add remaining flour mixture about 1/4 portions at a time. Stir mixture well between each addition. The dough should be smooth.
11. Lift dough by teaspoons and shape into balls.
12. Place the balls about 2 inches apart on cookie sheet.
13. Press both directions with a fork to flatten and mark each ball.
14. Bake at 375° until browned (about 12 to 15 minutes).
15. Take the cookies out of the oven.
16. Take the cookies off the cookie sheet with a spatula. Put them on a rack to cool. This recipe makes about 48 cookies.

TURN TO PAGE 5 AND ANSWER THE QUESTIONS TO SEE HOW YOUR COOKIES "MEASURE UP."

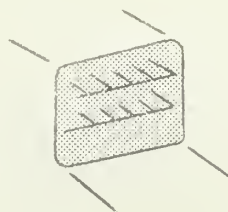




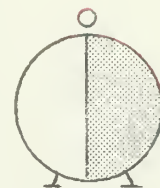
# BROWNIES



8 x 8 x 2-inch baking pan



Preheated oven 350°  
for glassware 325°



Bake 30 minutes

- 1/2 cup all-purpose flour
  - 1/2 cup cocoa
  - 1/3 cup melted table fat (butter or margarine)
  - 1 cup sugar
  - 2 eggs
  - 1 teaspoon vanilla
  - 1/2 cup broken nut meats
- } Sift together

## EQUIPMENT

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowl
- Mixing spoon
- Small pan for melting fat
- Rubber scraper
- Baking pan

## ORDER OF WORK:

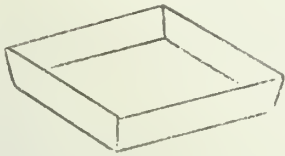
1. Preheat the oven.
2. Grease the pan (see page 3).
3. Sift flour once, and then measure it.
4. Sift flour and cocoa together onto waxed paper, and set aside.
5. Melt the fat (see page 1) and put into the mixing bowl.
6. Add the sugar to the fat, and mix well.
7. Add 1 egg and mix; then add the other egg and mix again.
8. Add the vanilla and mix.
9. Add the flour-cocoa mixture, and stir until all is mixed (stir carefully so that you won't spill!)
10. Add the nuts, and stir until they are mixed in.
11. Put into the well-greased pan. (Remember to use the rubber scraper to clean out the bowl.)
12. Put into the preheated oven.
13. Bake at 350° for about 30 minutes. They will be an even, dark-brown color on top.
14. (You may need Mother's help here!) Take the pan out of the oven--USE HOT PADS BECAUSE THE PAN IS HOT!
15. Cut into 2-inch squares; then turn out on a rack to cool. Peel off the waxed paper. This recipe makes 16 brownies.

Serve for dinner or supper dessert--the family will like them! Or use them for refreshments for company.

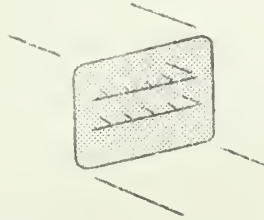
LOCK ON PAGE 5 AND ANSWER THE QUESTIONS TO FIND OUT HOW YOUR BROWNIES "MEASURE UP"!



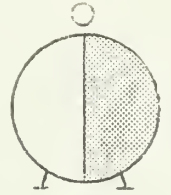
# BUTTERSCOTCH BARS



8 x 8 x 2-inch  
baking pan



Preheated oven 350°  
for glassware 325°



Bake 30 minutes

- 1/2 cup all-purpose flour
  - 1 teaspoon baking powder
  - 1/2 teaspoon salt
  - 1/4 cup table fat (butter or margarine)
  - 1 cup brown sugar
  - 1 egg
  - 1 teaspoon vanilla
  - 1/2 cup broken nut meats
- } Sift together

## EQUIPMENT

- Flour sifter
- Set of measuring cups
- Spatula
- Set of measuring spoons
- Mixing bowl
- Mixing spoon
- Small pan for melting fat
- Rubber scraper
- Baking pan

## ORDER OF WORK:

1. Preheat the oven.
2. Grease the pan (see page 3).
3. Sift flour once, and then measure it.
4. Sift flour, baking powder, and salt together onto waxed paper, and set aside.
5. Melt the fat and put into the mixing bowl.
6. Add the sugar and stir until well mixed.
7. Cool the mixture, and then add the egg and vanilla. Stir until all is mixed.
8. Add the flour-baking powder-salt mixture, and stir until it is mixed well.
9. Add the nuts and stir them in.
10. Put into the well-greased pan. Spread it out evenly. (Remember to use the rubber scraper to clean out the bowl.)
11. Put into the preheated oven.
12. Bake at 350° for about 30 minutes--when they are done they will begin to pull away from the edge of the pan. They will be an even golden-brown on top.
13. (You may need Mother's help here!) Take the pan out of the oven--DON'T FORGET TO USE HOT PADS--THE PAN'S HOT!
14. Cut into 2-inch squares, then turn out on a rack to cool. Peel off the waxed paper. This recipe makes 16 bars. (These cookies may be wrinkled on top.)

These are delicious for dessert at the end of a family meal. Your friends will like them, too!

HOW DO YOUR BUTTERSCOTCH BARS "MEASURE UP"? TURN TO PAGE 5 AND ANSWER THE QUESTIONS TO FIND OUT.



"I PLEDGE.....MY HEALTH TO BETTER LIVING....."

One of the most important things you can do is to build and follow good food habits. You do this by eating the right kinds of food every day.

If you can answer "YES" to these questions every day, you are eating enough of the right kinds of food. Ask Mother to help if you don't understand these questions.

WRITE "YES" OR "NO" IN THE SPACE

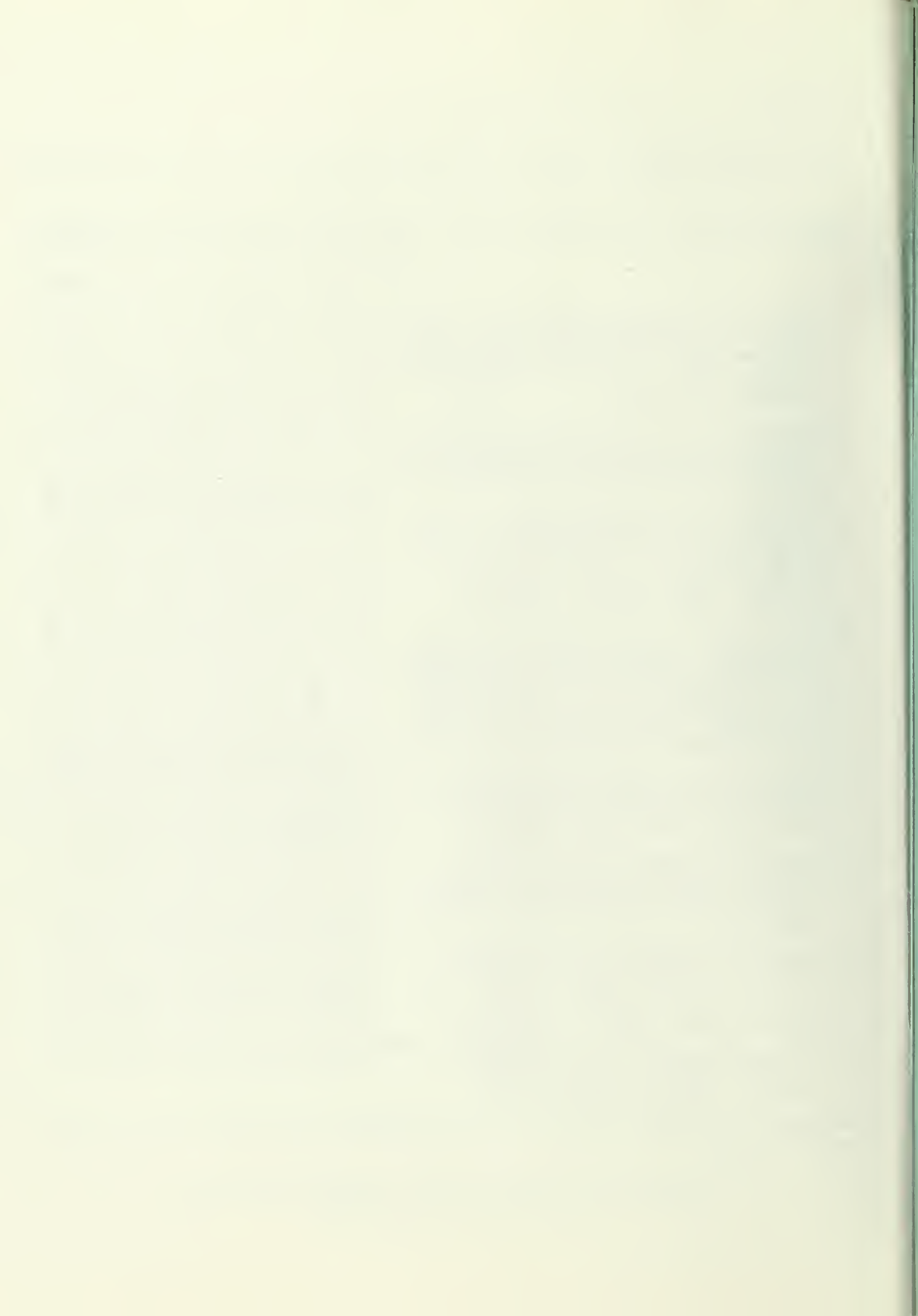
- 1. Did you eat 1 or more servings of leafy, green and yellow vegetables (such as asparagus, green snap beans, cabbage, leaf lettuce, peas, carrots, sweet potatoes, squash)? YES or NO
- 2. Did you eat 1 or more servings of citrus fruits (such as grapefruit, oranges), tomatoes, raw cabbage, cantaloupes? YES or NO
- 3. Did you eat 2 or more servings of potatoes and other vegetables (such as beets, cauliflower, corn, onions) and fruits (such as apples, bananas, cherries, peaches, pears, prunes)? YES or NO
- 4. Did you drink 4 cups of milk (whole, skim, evaporated, condensed, dried, buttermilk) or in place of 1 cup of milk eat cheese (1 oz. Cheddar-type, 1/4 cup cream-type, 1 1/2 cups cottage cheese) or 2 or 3 dips of ice cream? YES or NO
- 5. Did you eat 1 serving of meat, poultry such as chicken, duck), fish, eggs, dried peas, dried beans? YES or NO
- 6. Did you eat some bread (whole-wheat, dark rye, enriched) and cereals (such as whole-wheat, rolled oats, enriched)? YES or NO
- 7. Did you eat some butter or fortified (Vitamin A added) margarine? YES or NO


HOW MANY "YES" ANSWERS DO YOU HAVE?  
PUT HERE →

A PERFECT SCORE IS 7 "YES" ANSWERS.  
TRY FOR A PERFECT SCORE EVERY DAY!

We hope you have had fun with the "YOU LEARN TO BAKE" foods project and will keep right on baking!

Prepared by K. Virginia Seidel, Extension Specialist,  
Home Economics 4-H Club Work





## AS A MEMBER OF A 4-H CLUB--

You are a member of the largest organized group of rural youth in the world. Many other countries of the world have similar organized groups for young people.

4-H Club work is sponsored by the United States Department of Agriculture. In Illinois, the College of Agriculture at the University of Illinois, through its Extension Service in Agriculture and Home Economics, cooperates with the United States Department of Agriculture in directing 4-H Club work. Your farm and home advisers and assistants are the local representatives of the Extension Service and they are responsible for the direction of 4-H Club work in your county.

### 4-H CLUB SYMBOLS



National 4-H Club Emblem: Four-Leaf clover with "H" on each leaf.

National 4-H Colors: Green and white.

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."

National 4-H Club Motto: "To make the Best Better."

National 4-H Club Creed:

I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.  
I believe in the training of my HEAD for the power it will give me to think, to plan, and to reason.

I believe in the training of my HEART for the nobleness it will give me to become kind, sympathetic, and true.

I believe in the training of my HANDS for the dignity it will give me to be helpful, useful, and skillful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, resist disease, and to work efficiently.

I believe in my country, my state, and my community, and in my responsibility for their development.

In all these things I believe, and I am willing to dedicate my efforts to their fulfillment.

### 4-H CLUB SONGS<sup>1/</sup>

Four-leaf Clover	The 4-H Clover and the Rose	A Song of the Open Country	4-H Friendship
Dreaming	The Pride of the Land	4-H Pep Song	Greeting Song
Plowing Song	4-H Field Song	4-H Pastoral	4-H Hymn
A Song of Health	4-H Ceremonial Song	4-H Candle-Lighting Song	4-H Pledge Song

### 4-H CLUB PINS<sup>1/</sup>

Membership: As soon as you are a member, you are entitled to wear the state membership pin.

Achievement: When you have completed the requirements of your project units, you can wear a--

Bronze pin in honor of your first and second years of achievement

Silver pin in honor of your third and fourth years of achievement

Gold pin in honor of your five or more years of achievement

<sup>1/</sup> Order through farm or home adviser.



Cooperative Extension Work in Agriculture and Home Economics  
University of Illinois College of Agriculture and the United States  
Department of Agriculture cooperating. Louis B. Howard, Director.  
Acts approved by Congress May 8 and June 30, 1914.