

IT'S PICNIC TIME

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AND FLORA CARL

FOR AGES 9-11



FOODS 1

4-H CIRCULAR 161

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DEAR 4-HER:

HI! I'M SUSIE. I'M 10 YEARS OLD.... ALMOST 11. THIS IS MY FIRST YEAR IN 4-H. JANIE IS MY BEST GIRL FRIEND. SHE BELONGS TO OUR 4-H CLUB, TOO. SO DOES TOMMY. HE IS MY 'SPECIALLY GOOD FRIEND WHO LIVES IN THE NEIGHBORHOOD.

WE ARE ALL TAKING FOODS AS OUR 4-H PROJECT THIS YEAR. MRS. JONES IS OUR LEADER.

WE HAVE SUCH FUN! SINCE YOU ARE TAKING FOODS I, TOO, YOU'RE ALSO GOING TO MAKE A LOT OF THINGS THAT ARE FUN TO COOK AND MORE FUN TO EAT! THERE ARE COOKIES, MILK DRINKS, SANDWICHES AND PICNIC FOODS.

P.S. - I'M GLAD YOU BOYS ARE GOING TO COOK ALONG WITH ME.
SUSIE
TOMMY.

PROJECT REQUIREMENTS

To complete the project do five of the following:

1. Make 2 fruit drinks.
Make 2 milk drinks.
2. Make cookies 2 times. Make at least 2 kinds.
Freeze cookies 2 times.
3. Make sandwiches using 3 different kinds of fillings.
Freeze sandwiches 2 times.
4. Make a relish tray at least twice.
5. Make 2 kinds of cooked relish, 2 pints each.
6. Plan and serve one picnic lunch.

EXTRAS

There are some extras that you can do, just for fun!

You do not have to do these to complete the project.

The extras are a way of rewarding you for getting your project requirements as you go along. These are the extras:

Candy
Pop Corn
Jam

ACTIVITIES

Your project group can plan some special fun activities.
These are some of the things you can do. We hope your project group will do *three* or more of these.

1. Visit a grocery store and tell at the project meeting about—
 - The kinds and prices of milk
 - The kinds and prices of fresh fruit, canned and frozen fruit juices.
2. Visit a Dairy
3. Take a hike—take your lunch.
4. Have a picnic, serving foods you've learned to make.
5. Have a party for your mothers, serving foods you have learned to make.
6. Serve refreshments at a 4-H club meeting using foods you've learned to prepare.
7. Have a party for your leaders or others, serving a milk or fruit drink, and cookies you have learned to make.

BE SAFE . . . COOK WITH CARE



Talk it over with Cook Sr.

Ask your mother to tell you how to use the range. Maybe you already know! She'll think it's wonderful to have a Junior Cook.

Don't be a Cut Up

When you use a knife or a vegetable peeler, be careful of your fingers. Always cut away from you. See how the hands work in the sketch to the left.



Keep a Cool Hand

Stir hot foods with a wooden spoon or a spoon with a wooden handle. A metal handle gets hot and may burn your hand.

Now, wait a minute before you leave the range! Have you turned the handle of the pan away from the front of the range? If you leave the handle sticking out over the front of the range, someone might bump against it and spill the food.



About Drips

Wipe your hands dry. Wet hands are slippery. You don't want to be a "butter fingers".

Be sure your hands are dry when you plug in or disconnect an appliance. Wet hands are more likely to give you a shock.

And wipe up spills on the floor *right away* so you won't slip and fall.



Watch Out for Ouches!

Sure as a pot's hot, you'll say, *Ouch*, if you don't use a pot holder. Use a pot holder when you pick up a hot pan. When you take hot dishes out of the oven, use a pot holder in each hand.

Be sure that the pot holder is large enough to cover your hand and heavy enough to keep the hot pans from burning through. Never use a wet dish cloth, dish towel, or the corner of your apron to pick up a hot pan.

HERE'S HOW TO MEASURE

These are the measuring utensils you will need:

Cup to measure liquids

To measure liquids, use a glass measuring cup with spout for pouring.

Set of measuring cups

To measure dry ingredients, use metal cups which come in sets of 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup and $\frac{1}{4}$ cup. Then you can level off the top with a knife or a spatula.

Set of metal measuring spoons

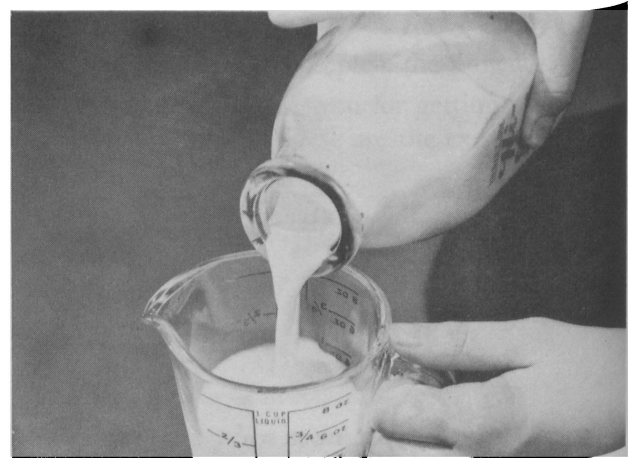


Liquids

Use a glass measuring cup. The one cup mark below the rim, so you will not spill the liquid.

Place cup on the table and pour in the amount of liquid you want. (The table holds the cup level.)

If you hold the cup in your hand, be sure to hold it level. If you tilt the cup, the measurement will not be accurate.



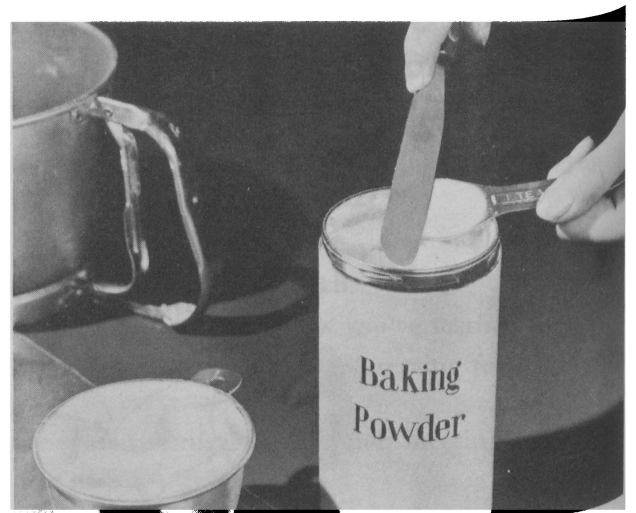
Dry Ingredients

All recipes call for level measurements.

To get the level cupful of the ingredients you want, fill the cup heaping full. Then, level off the cup by taking the straight edge of a knife or a spatula and running it across the top.

You do the same thing to get a level spoonful of ingredients. Here you're measuring baking powder. Notice that you measure over the baking powder can, not the bowl that has your other ingredients in it.

You sift flour and "powdered" sugar before you measure.

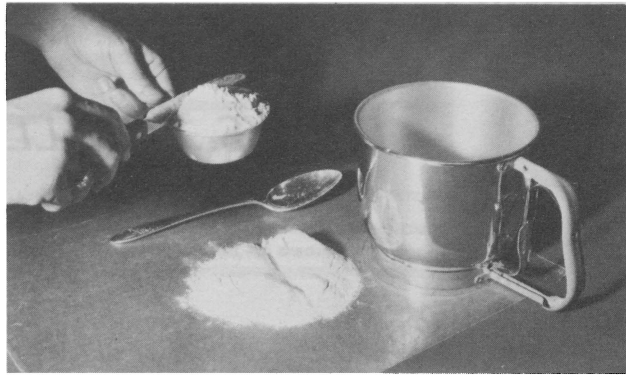


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Flour

Always sift flour before you measure it.

1. Place the flour sifter on a piece of waxed paper, a pie pan, or a plate.
Put some flour into the sifter. Sift it carefully onto the waxed paper or pan.
 2. With a spatula or a spoon, lift this sifted flour lightly into a measuring cup until the flour runs over the top.
 3. Level the flour off with the straight edge of a knife or a spatula.
- Never shake the flour down in the cup before you level it off.



Brown Sugar

If the brown sugar is lumpy, roll it before you start to measure.

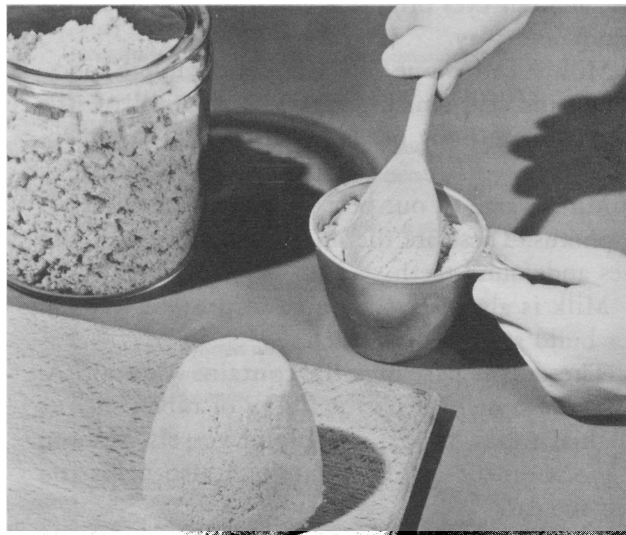
Use the cup the recipe calls for.

Fill it with brown sugar. Push down hard with your spoon.

Add more, pack down, until you get a cupful.

Level with a knife or spatula.

When you turn it out, it should hold its shape.



Shortening

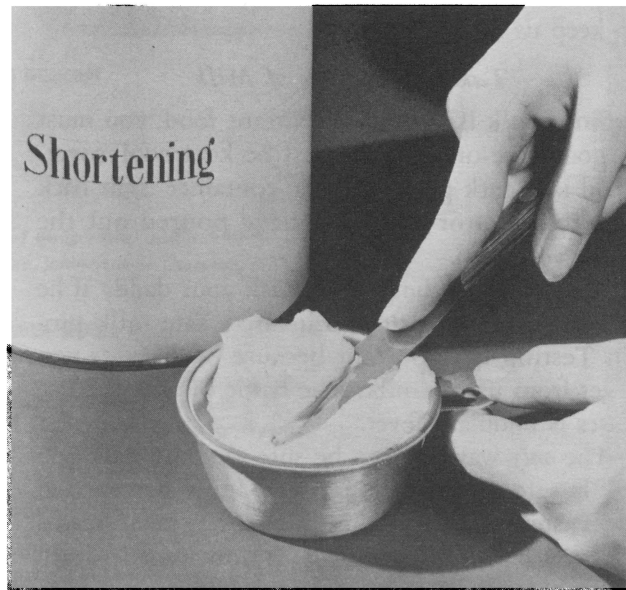
Pack the shortening in a little at a time, so there won't be air hiding where there should be shortening.

Level the top with the edge of a knife or spatula.

Use a rubber scraper to remove all of the shortening from the cup or spoon.

You can measure butter or margarine this way:

- 1 pound of butter = 2 cups
- 1 stick of butter = $\frac{1}{2}$ cup or 8 tablespoons
- $\frac{1}{2}$ stick of butter = $\frac{1}{4}$ cup or 4 tablespoons
- $\frac{1}{4}$ stick of butter = 2 tablespoons



"Photographs on this page courtesy of Better Homes & Gardens Junior Cook Book."

Chapter I

DRINKS . . . TALL AND TEMPTING

MILK DRINKS

I drink a quart of milk every day. You should, too. Milk helps to make our skin smooth, our hair shiny, and our eyes bright. It gives us pep and energy to study and play.

Milk is called one of our most complete foods. This means that milk contains nearly all of the things that our body needs for growth and development.

Milk is one of our best sources of calcium and phosphorus. These are the minerals that build strong bones and sound teeth.

Milk is also a good source of protein. Protein helps build strong muscles.

The cream part of milk contains Vitamin A. This vitamin helps keep the lining of tubes, such as bronchial tubes, lungs, and blood vessels, smooth and moist on the inside. Vitamin A also helps you see in the dark.

Four big reasons for drinking milk are to build sturdy bones, sound teeth, strong muscles, and to help keep us feeling tip top.

Take Good Care of Milk

Since milk is such an important food, you must take good care of it. Milk must be kept cool, covered, and in a dark place. Put the container right back in the refrigerator after you have poured out the amount you need.

If you live in the country, ask your daddy if he has his milk cows tested to insure a safe milk product. Testing is important because of diseases you can get from unsafe milk. The name of one of these diseases is undulant fever.

The *only* way you can be sure that the milk you drink is safe, is to pasteurize it or buy pasteurized milk. Pasteurized milk is milk that has been heated to destroy harmful organisms. If you want to learn how to pasteurize milk, ask your Extension Office for a copy of the circular about pasteurization.



This is a poem I made up about milk.

Mirror, mirror, on the wall
Who is the fairest of them all?
"You are. You are,"
The mirror will say,
If you drink a quart
Of milk each day.

We drink lots of milk at our house, not *only* because it is good for us, but because we like it. Milk tastes good with any meal. It's also our favorite drink with cookies and other between meal snacks.

Sometimes I combine milk with fruit or ice cream to make delicious milk drinks. Here are some of my recipes.

BANANA SMOOTHIE

Mash with a fork or potato masher

2 ripe bananas

Beat unit smooth using rotary egg beater, electric mixer, or food blender.

Add and beat until well mixed

3 cups milk
3 tablespoons sugar
½ teaspoon vanilla

Pour into tall cold glasses.

Add 1 scoop to each glass

4 scoops vanilla ice cream

Let ice cream float on top.

Serve each glass on a plate with an ice tea spoon.

Makes 4 servings

COCOA

Mix in saucepan

2 tablespoons cocoa
2 tablespoons sugar
a few grains of salt

Stir in

½ cup water

Bring to boil over low heat.

Boil 2 minutes. Stir constantly.

Then add and heat, but do not boil

2 cups milk
or
1 cup evaporated milk plus
1 cup of water

Drop a marshmallow into each cup and pour hot cocoa over it.

Makes 4 servings.

Now, check your cocoa

Is the cocoa hot?
Does it have a pleasing flavor?
Is it free from scum on top?
Is it free from settlings in the bottom?

ICE CREAM DELIGHT

Place a scoop of vanilla ice cream in a tall cold glass.

Pour ginger ale over ice cream.

Place glass on a plate and serve with an ice tea spoon.

Like something different? Instead of ginger ale, add one of these—
soda pop, fresh or frozen orange juice, lemonade or chocolate milk.

CHOCOLATE MILK SHAKE

Place in bowl and mix until like thick cream
Use electric mixer, food blender or egg beater.

1 quart cold milk
1 pint vanilla ice cream
½ cup cocoa syrup

Pour into tall glasses.

Serve at once.

Makes 6 servings.

Note:

Want to make a smaller amount? Put about half the recipe in a covered quart jar or shaker. Shake hard.

FRUIT DRINKS

You'll enjoy making fruit drinks. And will your family be pleased! Serve them a tall cool fruit drink for lunch, for a snack, while watching TV, or as refreshment on a warm Sunday afternoon.

You can make fruit drinks from fresh, canned, or frozen fruit juice. You can also use the juice drained from canned fruit.

You can make a fruit drink from the juice of one fruit or by combining the juices of two or more fruits.

Lemon juice improves the flavor of almost all fruit juices. Adding a little lemon juice to a fruit drink will improve its flavor.

Sweetening Fruit Drinks

Fruit drinks should not be oversweet. If they are too sweet, the sugar covers up the natural flavor of the fruit.

It is better to use a sugar syrup than plain sugar to sweeten a drink. Plain sugar dissolves slowly in a cold drink.

You make a sugar syrup by boiling sugar and water together. The recipe for sugar syrup is on page 11. You may keep sugar syrup in the refrigerator and use it to sweeten your drinks on a moment's notice.

Serving Fruit Drinks

Chill the drink before you put it in the glasses to serve it. This way the ice will not melt so fast and your drink will not be watery.

Use the tallest glasses you have. Fill the glasses $\frac{3}{8}$ full of ice, then pour your fruit drink over the ice. Fill the glass to about $\frac{1}{2}$ inch from the top.

Fruit Drinks are Good for You

Fruit drinks are good for you too. Fruit is one of the best sources of Vitamin C. You need some Vitamin C every day because your body does not store it.

All citrus fruits, such as grapefruits, oranges and tangerines, contain much Vitamin C. Other good sources of Vitamin C are tomatoes, fresh strawberries, and cantaloupe.

Vitamin C helps to keep us strong and healthy. If we eat foods that are rich in Vitamin C every day, we won't tire so easily when we work or play. Here are some of the reasons.

Vitamin C is used in cementing cells together, such as those in our bones and muscles. Vitamin C also keeps our gums firm and healthy.

This vitamin helps us build strong blood vessels, too. You and I know how important our blood is and we need to build strong vessels for our blood to travel through.

If you fall down and skin your knees and elbows as I do, you will want to eat fruit and green vegetables every day. Vitamin C helps wounds to heal faster.

FRUIT DRINK RECIPIES

LEMONADE

Combine

Juice of 4 lemons
or
 $\frac{3}{8}$ cup lemon juice
 $\frac{1}{8}$ teaspoon salt
 $\frac{3}{8}$ cup sugar syrup
3 cups water

Fill tall glasses $\frac{3}{8}$ full of ice

Add fruit juice.

Garnish with a slice of lemon or a sprig of mint.

Serves 4.

SUGAR SYRUP

(For sweetening fruit drinks)

Mix and heat until sugar dissolves

1 cup sugar
1 cup water

Pour into a jar and keep in a cool place.

FROSTED LEMONADE

Mix

$\frac{3}{4}$ cup lemon juice
1 cup sugar syrup
2 cups ice water

Fill tall glasses with fruit mixture.

Fill each glass with a dipper of one of these

1 pint lime ice (sherbet)
or
1 pint lemon ice (sherbet)

Serve immediately. Place an ice tea spoon on each plate.
Serves 6.

ORANGEADE

Combine

3 cups orange juice
3 cups water
1 cup sugar syrup
Juice of 2 lemons

Fill tall glasses $\frac{2}{3}$ full of ice.

Pour fruit juice over ice.

Serve immediately. Garnish with a slice of orange or a sprig of mint.

Makes 8 glasses.

TEMPTING TOMATO DRINK

Mix

4 cups tomato juice
Juice of 1 lemon
Salt to taste

Heat or chill.

Pour into large cups or tall glasses.

Place on a plate to serve.

Serves 4.

RED ROUSER

Drop a scoop of vanilla ice cream into a tall glass.

Fill with bottled cranberry juice.

How Do You Rate as a Cook?

After you make your fruit drink, check it to see if it's good.

- ___ Does it look tempting?
- ___ Does it have a refreshing taste?
- ___ Does it have a real fruit flavor?
- ___ Is it very hot, or very cold?
- ___ Does it have a clear bright color?
- ___ Is it easy to drink?

Chapter 2

SUSIE AND TOMMY MAKE COOKIES

Tommy and I got hungry while we were playing this afternoon. We went into the kitchen to get some cookies from Mother's cookie jar. And the cookies were all gone!

Sam, my brother, and his friends had beaten us to it! So Tommy and I decided that we would make our *own* cookies just as we learned to do at our last project meeting.

Mother gave her permission if we promised to clean up after we were through.

There are so many good cookie recipes that Tommy and I had a hard time deciding what kind of cookies we wanted to make. We finally decided to make peanut butter cookies. You will find other good cookie recipes on pages 14 and 15.

Getting Ready

I put on a clean apron and offered one to Tommy. He said he would rather pin a clean tea towel around him. I guess he would have looked kind of silly in one of my frilly aprons!

We washed our hands and cleaned our fingernails.



Tommy read the recipe out loud while I gathered up all the ingredients and equipment we would need. As I gathered them, I placed them on a big tray of Mother's.

This is the Peanut Butter Cookie recipe we used. We made sure that we followed it carefully.

PEANUT BUTTER COOKIES

Heat Oven to 325°

Equipment needed:

Wax paper
Measuring Cups
Measuring Spoons
2 bowls

Mixing spoon
Greased cookie sheet
Teaspoon
Fork

Mix

½ cup shortening
¼ teaspoon salt
½ cup peanut butter

Gradually add

½ cup white sugar
½ cup brown sugar

Mix and add

1 egg, well beaten
½ tablespoon milk

Sift together and add

1 cup sifted flour
¼ teaspoon baking powder

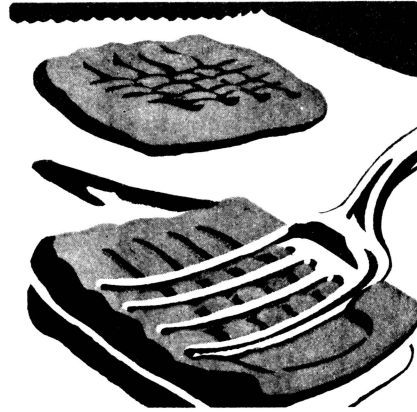
Makes 5-6 dozen cookies.

READY TO BAKE

Now our cookie dough was ready for the greased cookie sheet. We used a shiny bright cookie sheet so the cookies would brown more evenly. This is how we did it.



We picked up a teaspoonful of the dough and placed it on the cookie sheet. We were careful to make each spoonful of dough about the same size. We placed them about 2" apart

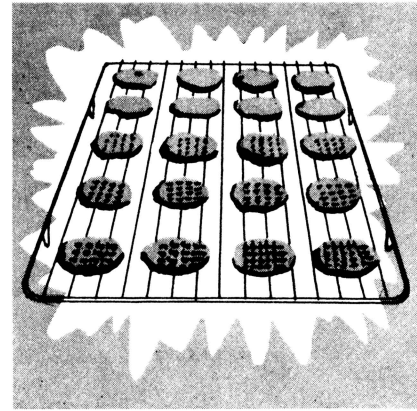


After we had filled the cookie sheet, we flattened each cookie by pressing on it lightly with a fork first one way and then the other. This made a crisscross pattern on the top of the cookie.



We placed the cookies in the preheated oven at 325°. The recipe said that the cookies would be done in 15 to 20 minutes.

As each batch of cookies finished, we removed the cookies from the sheet with a pancake turner and placed them on a cake rack to cool.



Tommy said his mother didn't have a cake rack, so she always placed the cookies on a clean cloth or paper towels to cool.

We were careful to see that the cookies did not touch each other while they were cooling.



Ready to Eat

We drank a tall cool glass of milk while we ate our cookies. But we couldn't begin to eat all of the cookies we made. The recipe made 5 dozen! That's 60 cookies!

So, we placed some of the cookies in Mother's tin cookie jar to keep them fresh. And you know what we did with the rest of the cookies (besides eat 'em, I mean!) . . . *we froze them!* I'll tell you how we did that later.

COOKIE RECIPIES

BROWNIES

Heat oven to 350°

2 squares (2 ounces) unsweetened chocolate

Melt together in a doubler boiler. Cool

½ cup shortening

Add chocolate mixture and beat

1 cup sugar
2 eggs

Sift together and add

¾ cup sifted flour
½ teaspoon baking powder
¼ teaspoon salt

Stir in

1 cup chopped nutmeats
1 teaspoon vanilla

Pour batter into greased 8 inch square pan.

Bake about 30 minutes.

Cool in pan and cut into squares.

Makes about 2 dozen brownies.

SNICKERDOODLES

Heat oven to 400°

Cream together

½ cup butter or margarine
¾ cup sugar

Beat in

1 egg

Sift together and stir in

1½ cup sifted flour
1 teaspoon cream of tartar
½ teaspoon soda
¼ teaspoon salt

Drop by teaspoonsful on ungreased cookie sheet—
about 2 inches apart.

Mix together in a salt shaker.

Shake some on top of each cookie.

3 tablespoon sugar
1 teaspoon cinnamon

Bake until lightly browned but still soft—
8-10 minutes.

Cookies will puff up at first then flatten out with
crinkled edges.

Makes about 2½ dozen cookies.

EASY COCONUT MACAROONS

Heat oven to 350°

Mix thoroughly

1½ cups shredded coconut
½ cup sweetened condensed milk
1 teaspoon vanilla

Drop by teaspoonsful on greased cookie sheet.

Bake 8-10 minutes.

Makes 15 cookies.

CORN FLAKE MACAROONS

Heat oven to 325°

Crush lightly

2 cups dry cereal such as cornflakes

Beat until they stand in peaks

2 egg whites

Fold in crushed flakes and add

½ teaspoon vanilla
¼ teaspoon salt
1 cup sugar

Add gradually and beat until stiff

1 cup shredded coconut
or
½ cup chocolate chips

Drop by teaspoon on greased cookie sheet.

Bake about 20 minutes until well set and golden brown.

Remove immediately from cookie sheet.

Makes 3 dozen cookies.

OATMEAL COOKIES

Heat oven to 375°

Put in mixing bowl and beat thoroughly

½ cup shortening, softened
½ cup brown sugar
¼ cup granulated sugar
1 egg
2 tablespoons water
1 teaspoon vanilla

Sift together

1 cup sifted flour
½ teaspoon salt
½ teaspoon soda

Add to shortening mixture and mix well.

Blend in

2 cups quick cooking oatmeal, uncooked.

Drop by teaspoonsfull on lightly greased cookie sheet.

Bake 12-15 minutes.

Makes 3½ dozen cookies.

Extra good! Add ½ cup of *one* of these to the dough—coconut, chocolate chips, raisins or chopped nuts.

How do you rate as a cook?

After we bake cookies, we always score them. You will want to, too.

____ Are all the cookies about the same size and shape?

____ Are they rounded with a slight peak in the center?

____ Are they tender?

____ Are they evenly browned?

____ Do they taste good?

____ Are they attractively served?

TOMMY AND SUSIE FREEZE COOKIES

When Tommy and I realized, as I said earlier, that our cookie recipe made 60 cookies, we knew that we had more cookies than we could eat and more cookies than the cookie jar would hold.

Mother suggested that we freeze some of the cookies and eat them another time. She said our cookies would taste just as good after they were frozen as they tasted when they were made.

This sounded like a terrific idea. Mother said she would show us how to freeze them.

Freezing Baked Cookies

We didn't have a bit of trouble freezing the cookies we had baked. You will find it easy to freeze cookies, too. This is the way to do it.

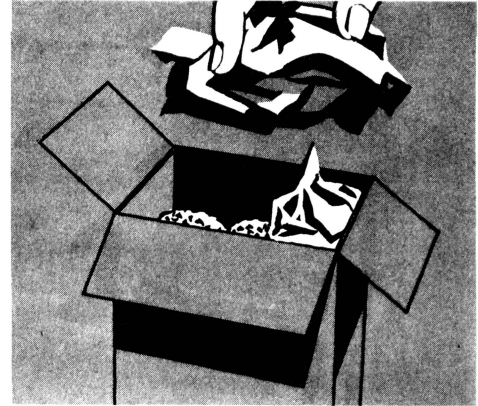
1. **COOL THE COOKIES.** Be sure they are cool before packaging.
2. **PACK THE COOKIES** in a stiff freezer container or a box. If you use a box, put the cookies in a plastic bag. The plastic bag will help keep the air out and the box will keep the cookies from crushing.
3. **LABEL THE CONTAINER** with a freezer pencil.

If you have a food freezer or a freezing section in your refrigerator you'll want to freeze some cookies, too.

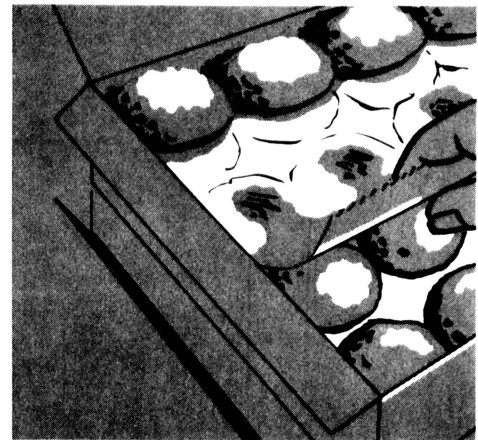
Thawing Baked Cookies

Thaw the cookies in the container in which you froze them. Keep the container closed. If you unwrap the cookies, they will become damp and soggy from the moisture in the air.

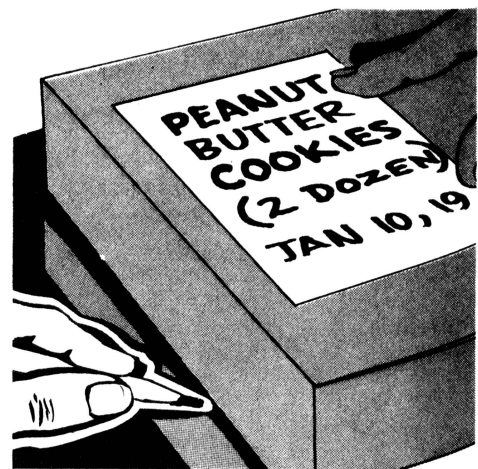
If you are in a hurry, you may take the cookies out of the container, place them in a single layer on a cookie sheet, and heat them in the oven at about 250 degrees.



Crisp cookies break easily. When you pack crisp cookies, fill in the empty space at the top of the box with pieces of wadded up paper. This will help keep the cookies from jiggling and breaking.



When you stack soft cookies, lay a piece of waxed paper or cellophane between each layer of cookies to keep them from sticking together.



Write this information on the label: the kind of cookies, the number of cookies, and the date.

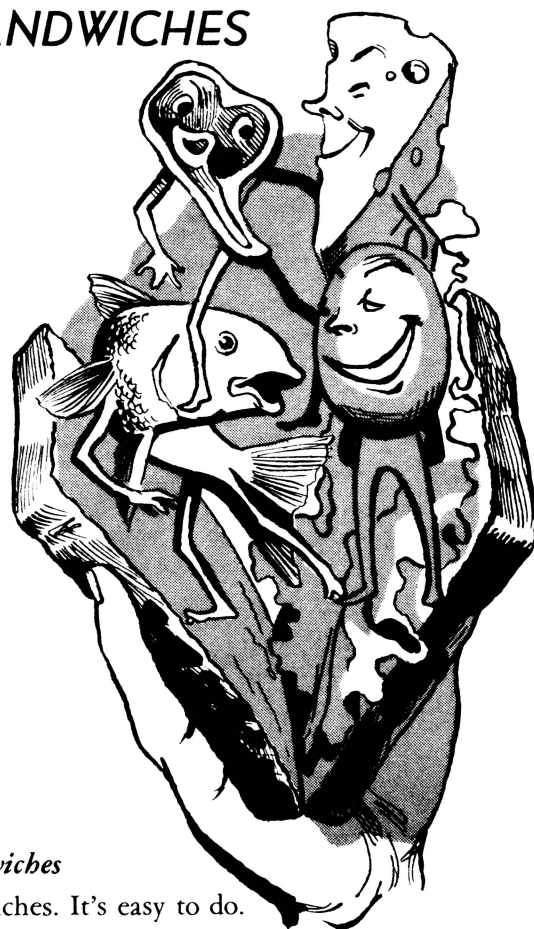
Chapter 3

SUSIE MAKES SANDWICHES

Janie's coming over and we're going to fix our lunch and eat it in the backyard. What shall I fix? I can serve sandwiches on a plate with carrot sticks and apple slices. Add to this a glass of milk or one of the drinks we've learned to make and we'll have a delicious lunch.

This would be good too, for an after school snack or a TV snack.

Sandwiches of meat, eggs, cheese, fish and peanut butter give us lots of protein. We need protein to build strong muscles. After we've worked or played hard, the muscles become "tired". So a big helping of a protein rich food—meat, fish, eggs, cheese, peanut butter—helps to rebuild our muscles and keep them strong.



Making Sandwiches

This is the way to make sandwiches. It's easy to do.

1. Spread the bread slices evenly with softened butter or margarine. To soften the butter or margarine, take it out of the refrigerator about 30 minutes before making the sandwiches.
In place of butter or margarine, you may want to spread mayonnaise, salad dressing, mustard, or catsup.
2. Use the two slices of bread that lie next to each other in the loaf so that the sandwiches will have even edges and be easier to cut.
3. Place the filling on one slice of bread. Spread it on evenly. Be sure you spread it all the way to the edge, too.
4. Leave the crusts on the bread unless you are making fancy sandwiches for a party.
5. If you use lettuce, be sure it is well drained or the water will soak the bread. If you make the sandwiches ahead of time, do not put the lettuce on the sandwich until you are ready to serve.
6. Cut the sandwiches in half so they will be easy to eat. Always cut sandwiches on a board so you won't cut or mark the top of your table.
7. If you do not serve the sandwiches right away, you will want to wrap them & keep them cool. If you don't wrap them, they will dry out.

SANDWICH FILLINGS

There are lots of good sandwich fillings. Here are a few.

BEEF

1 cup ground cooked beef
½ cup chopped sweet pickles
½ teaspoon salt
½ cup mayonnaise

Makes 2 cups

BACON—PEANUT BUTTER

½ cup peanut butter
½ cup chopped cooked bacon
½ cup chili sauce

Makes 1½ cups

HAM

1 cup ground cooked ham
2 teaspoons chopped onion
¼ cup salad dressing
a dash of pepper

Makes 1 cup

CHICKEN

1½ cups chopped cooked chicken
½ cup chopped celery
2 tablespoons chopped stuffed olives
½ cup mayonnaise
⅛ teaspoon salt

Makes 2 cups

TUNA—OLIVE

1 can tuna, drained
½ cup chopped stuffed olives
½ cup mayonnaise
1 teaspoon lemon juice

Makes 1½ cups

EGG SALAD SANDWICH ROLLS

(Look on Page 26 to see how to hard cook eggs)
Mix together

3 hard cooked eggs, chopped
½ cup grated cheese
2 tablespoons chopped onion
¼ teaspoon salt
3 tablespoons mayonnaise

With a fork, scoop centers from
Fill each roll with egg salad.
If you don't have wiener buns, you can use regular bread.
Makes 4 sandwich rolls.

4 sliced wiener buns

Toasted Cheese Sandwiches

- Remove crusts from the bread. Spread each slice of bread with butter or margarine.
- Put two bread slices together with shredded or grated cheese, sprinkled with salt.
- Toast on both sides.
- Cut while hot into strips—about 1 inch wide. Serve at once.

French Toasted Sandwiches

Many meat, cheese and peanut butter sandwiches are good when french toasted.

- Make an egg-milk mixture by beating 1 egg with 4 tablespoons of milk and ¼ teaspoon of salt.

- Dip the sandwiches into the mixture. Turn to coat both sides.
- Brown slowly on both sides in a hot skillet with a little melted shortening.
- Cut and serve immediately.

How to Grill a Sandwich

- Preheat a heavy skillet or an electric grill.
- Butter the bread.
- Place cheese or meat between two slices of bread.
- Butter outside of the sandwich.
- Place sandwich in the hot skillet or grill. Cook until golden brown (about 5 minutes). Turn and brown on other side.
- Cut and serve at once.

How do You Rate as a Cook?

Check the sandwiches you make.

- ___ Is the filling spread to the edge?
- ___ Is the filling evenly spread?
- ___ Is there enough filling?
- ___ Is the sandwich moist enough, not soggy or dry?
- ___ Does the sandwich look good?
- ___ Is it served attractively?
- ___ Is it easy to eat?
- ___ Does it taste good?

SUSIE FREEZES SANDWICHES

I make the sandwiches that I freeze just like I make the ones I am going to eat right away. However, I do not put lettuce on the sandwich or spread the bread with mayonnaise before I freeze it. I do this after the sandwiches have thawed. I make sure that I use ingredients in the sandwich fillings that will freeze well. You must do this too.

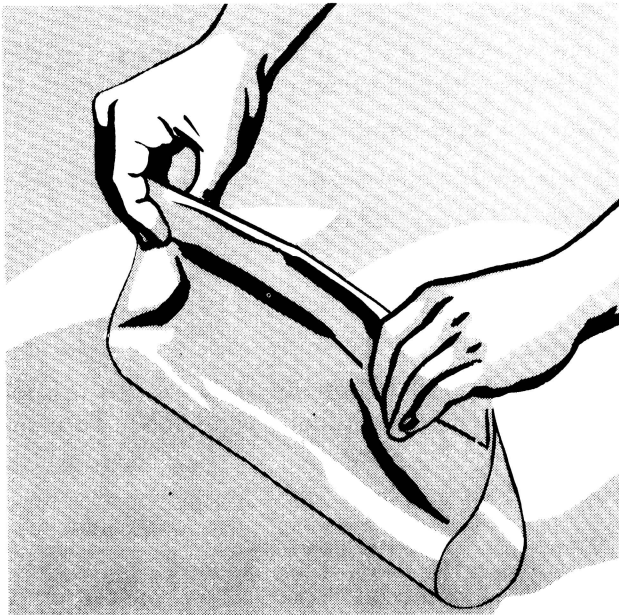
Ingredients that are suitable for freezing are:

- Meat, such as beef, pork, chicken, turkey and fish
- Cheese or cheese spreads
- Egg *yolk*
- Chopped nuts
- Butter or margarine

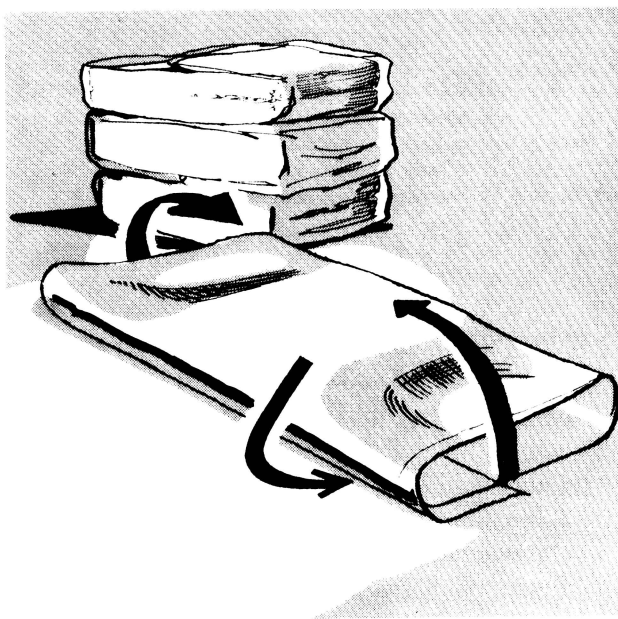
Ingredients that are not suitable for freezing are:

- Raw vegetables. They lose their crispness.
- Hard cooked egg whites. They become tough.
- Fruit, jellies and honey. They soak into the bread and make the sandwich soggy.

This is the way to wrap a sandwich.



Bring the ends of the freezer paper together and make a ½ inch fold. Continue folding until the folded paper is snug against the sandwich.



Turn the ends of the paper underneath the sandwich.

Seal the ends with tape.

Place the sandwiches in a box or freezer container to keep them from crushing.

This is the way to package sandwiches for the freezer:

1. *Use the right wrapping materials.* Wrap your sandwich in materials that are especially made for wrapping foods from the freezer, such as:

cellophane	freezer aluminum foil
plastic bags	freezer paper

2. *Wrap the sandwiches carefully.* Place the wrapping material as close to the sandwich as you can without mashing the sandwich. You want to wrap the sandwich tightly, so that moisture can't creep out and air won't seep in and dry out the sandwich.

You may wrap just one sandwich at a time, or several sandwiches at a time. Wrap together the number of sandwiches that you will want at one time.

3. *Label the package.* On a piece of paper, write the kind of sandwich, number of sandwiches, and the date you placed it in the freezer. Tape this label to the package.

4. *Your sandwiches are ready for the freezer!* When you place them in the freezer, be sure to place them where they won't get mashed. You may want to put them in a box to protect them.

Storage Time in the Freezer

Sandwiches will keep in the freezer about three weeks. If you leave them much longer, they will not taste so good as they did when they were fresh.

Once sandwiches have thawed, serve them. It is better not to refreeze them.

Serving Sandwiches from the Freezer

Thaw the sandwiches in their sealed wrappings. If you remove the sandwiches from their package to thaw, they will get wet and soggy.

Sandwiches will thaw in about 3 hours. If you pack frozen sandwiches for your picnic lunch, they will thaw out by lunch time. Mine always do.

Serve the sandwiches soon after they are thawed to prevent spoiling. If you want to toast frozen sandwiches, start toasting them just before they are completely thawed.

SETTING THE TABLE

Here's how Janie and I set the table for our picnic lunch in the backyard.

1. Napkin
2. Plate
3. Milk
4. Water

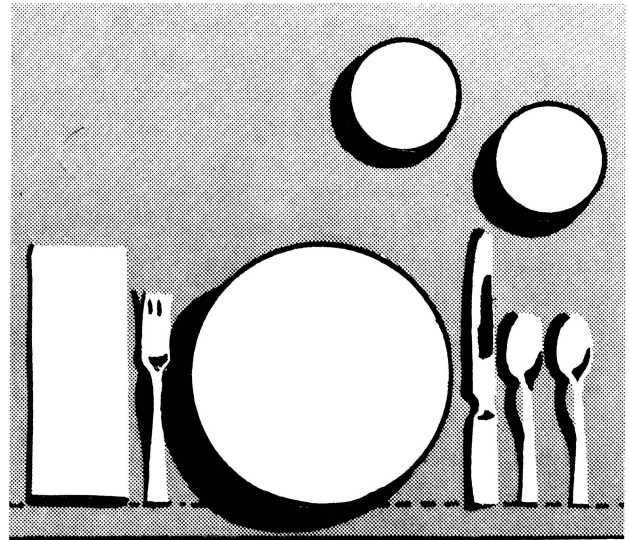
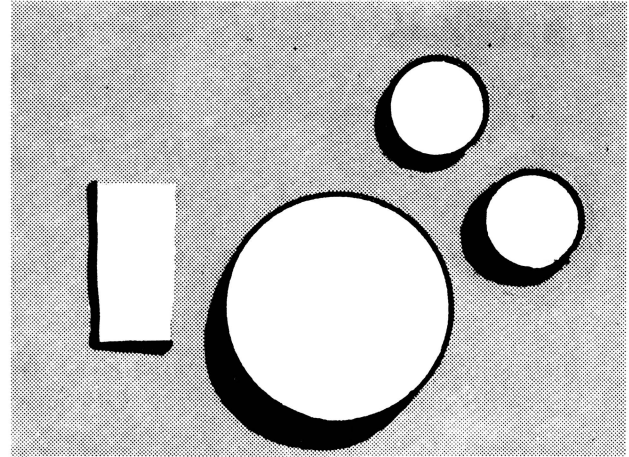
Since I served foods we could eat with our fingers, we didn't need any silverware.

When you set the table for your mother, she may serve more food than I served for Janie. You will need more dishes and silver.

This is the way to set a more complete place setting. Remember, however, you use only the silver and plates that are needed.

1. Napkin
2. Dinner fork
3. Plate
4. Knife
5. Spoon
6. Glass for water
7. Glass for milk

Place napkin, plate and silver one inch from the edge of the table.



Chapter 4

FUN TO FIX RELISHES

Instead of a regular salad, we sometimes serve raw vegetables arranged on a relish tray. Of course, they're only good if they are fresh and crisp.

These chewy foods help keep our teeth and gums in good condition. Some raw vegetables—especially tomatoes and green peppers are chock-full of vitamin C. We learned earlier that vitamin C helps heal our skinned knees and elbows—helps us resist infections. Vitamin A in the yellow vegetables keeps our skin and the linings of our mouth soft and moist . . . enables us to see better at night, too.

Crisp raw vegetables are nice to serve as appetizers, or as a relish, or with snacks. You will want to serve raw vegetables with the sandwiches you have learned to make.

Here are some simple rules to help you serve raw vegetables . . .

- Scrub root vegetables, such as carrots, turnips, and radishes, with a brush.
- In cleaning celery, be very sure to scrub each piece. Field dirt gets way on the inside of the stalks.
- Tomatoes should be washed well, but take care not to break the skin.

- After you fix the relishes, put them in the special vegetable pan in the refrigerator. Or you may store them in the refrigerator in a covered dish, a plastic bag, or wrapped in a damp clean cloth.

Celery strips, carrot strips, and green pepper strips can be wrapped in waxed paper or aluminum foil or put in a glass jar with a lid.

To peel vegetables . . .

- Use a vegetable peeler or a paring knife. Cut away from you. You won't want to cut your fingers!

To Cut or slice vegetables . . .

- Hold the vegetables firmly and always cut or slice on a bread board.
- The vegetables should be at room temperature when you cut them. Vegetables do not split and break as easily at room temperature as they do when they are cold.
- You will want to chill the vegetables before you serve them, though. They will taste much better and be much crisper.

TRY THESE FOR YOUR RELISH PLATE

Carrot Curls



1. Using a vegetable peeler, cut paper thin lengthwise slices.
2. Roll each slice around the finger, fasten with a toothpick.
3. Chill in ice water.
4. Remove toothpick before serving.

Radish Curls



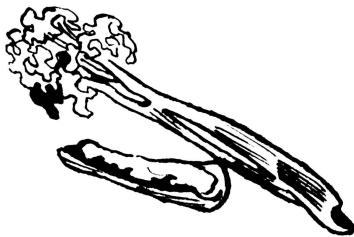
1. Cut off any spots. Leave a small amount of green stem.
2. Dry in paper or dish towel.
3. To make radish roses, make cuts down the side close to the skin.
4. Place in ice water to open.

Fluted Cucumbers



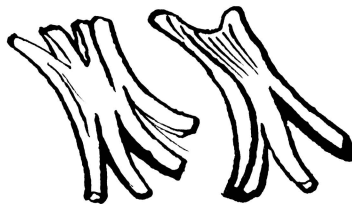
1. Leave the skin on or peel.
2. Make marks the long way of the cucumber with a fork. Hold cucumber firmly with left hand. Repeat pulling fork along cucumber until it is marked on all sides.
3. Cut in thin round slices.

Stuffed Celery



1. Pick out pieces of celery round enough to hold stuffing.
2. Cut long stalks into 3 or 4 inch lengths.
3. Use a small spatula or knife and pack in the stuffing.
4. Some good stuffing for celery are:
 - peanut butter
 - soft cream cheese mixed with drained crushed pineapple
 - deviled ham mixed with a little mayonnaise

Celery Curls



Place the stalk of celery on a cutting board. Cut celery into pieces 4 or 5 inches long. You can make curls two ways.

1. Make slices from both ends, but leave about an inch uncut in the middle.
2. Slice from one end down to within one inch of the other end.

Place in a bowl of ice water to curl. This will take 1½ to 2 hours.

Chapter 5

RELISHES . . . COOKED AND CANNED

Now, you're going to learn to make cooked relishes. You learned how to make raw vegetable relishes earlier.

There are many different kinds of cooked relishes. Catsup is a relish. Chili sauce is a relish. And I know you've eaten pickle relish.

Relishes, like catsup and pickle relishes, are used on sandwiches and meat to make them taste better. Relishes are also used to add crispness, color, and tartness to a meal that would otherwise be a little dull. Relishes are sometimes added to a salad dressing or to a vegetable.

You can serve the relishes on the sandwiches you make. You can take them on your picnics, too.

Here are some recipes for making relishes:



HOT DOG RELISH

Spoon this over hamburgers and be prepared to share the recipe.

Grind together.

Sprinkle with salt and let stand overnight.

Drain

Add and simmer 45 minutes

Remove Spice Bag.

Pour into clean, hot jars. Seal.

Label jars with date and name of relish.

Makes 6 pints.

3 carrots, peeled
3 sweet red peppers, cored and seeded
2 quarts cucumbers, sliced
2 quarts green tomatoes, sliced
2 quarts onions
½ cup sugar

1½ cups vinegar
1½ pounds sugar
½ teaspoon cayenne pepper
2 tablespoons mixed pickling spice, tied loosely in cheese cloth bag.

CORN RELISH

Cook 8 minutes. Cool. Cut from cob

1 dozen ears of corn

Chop

1 small cabbage
8 sweet peppers—red
8 sweet peppers—green

Add and cook until tender about 20 minutes

1 quart vinegar
1 cup sugar
2 tablespoons dry mustard
1 tablespoon celery seed
1 tablespoon salt

Pour into clean hot jars and seal. Cool. Shine jars.
Label jars with date made and kind of relish.
Makes 8 pints.

GREEN TOMATO RELISH

Sprinkle salt over tomatoes and let stand overnight

6 quarts green tomatoes, washed and sliced thick
 $\frac{1}{2}$ cup salt

Drain off juice.

Put tomatoes and onions in kettle

6 small onions sliced
2 cups sugar
2 tablespoons mixed pickling spice (tied in a cheese cloth bag)

Add enough to cover

Vinegar

Boil until tomatoes are tender. Remove spice bag.

Pour relish into clean hot sterilized jars. Seal. Cool. Shine.
Label jars with date and kind of relish

Chapter 6

TOMMY'S HAVIN' A PICNIC

Tommy has invited the members of our project group over to his house for a picnic. Won't that be fun! Each member will pack his own lunch.

Wouldn't it be fun for the members in your project group to go on a picnic, too? Each member would prepare his own lunch. He could hike or ride to the picnic spot. This is the lunch that he could take:

Sandwiches

A raw vegetable, or relish, such as carrot sticks, tomatoes, pickles, radishes, cucumbers, cauliflower or lettuce wedge

A hard cooked egg or deviled egg

A fruit—a fruit that does not mash or bruise easily

Cookies

A drink—milk, cocoa, a fruit drink. You may carry your drink in a plastic jar or a glass jar.

Or you may take frozen or canned fruit juice in the can.

If you want to include a hard cooked egg or a deviled egg in your picnic lunch, this is the way to do it.

Hard-cooked Eggs

1. Cover eggs with cold water. Have water at least 1" above eggs. Put a lid on the pan.
2. Heat until water is about to boil.
3. Turn off heat.
4. Let stand covered about 20 minutes.
5. Drain off the water. Cool immediately in cold running water.

Deviled Eggs

4 hard cooked eggs

½ tsp. dry mustard

½ tsp. salt

Salad dressing, vinegar, or cream
for moisture.

1. Remove shells and cut eggs lengthwise
2. Remove yolks and add seasonings and enough salad dressing, vinegar or cream to form a smooth paste.
3. Fill egg white lightly with the yolk mixture.

PACKING YOUR LUNCH

This is the way to pack your lunch.

Wrap all your food separately in waxed paper. Pack your food in a heavy paper bag. Place the heaviest articles at the bottom of the sack.

Take a paper cup for your drink. You may, however, drink from the jar or can. If you take a canned or frozen fruit juice, be sure to take something that will punch a hole in the tin.

Tuck in two napkins, one for your lap and one for your "tablecloth". You boys may tie the sack securely to your belt; or better yet, tie a big red bandana around your lunch and tie it to the end of a stick!

Now you're ready to go picnicking.



PICNIC MANNERS

A good 4-H picnicker will leave the picnic site clean. Burn papers, paper dishes, and containers. Be sure the fire is completely out before you leave it. To make sure that it is out, soak the ashes with water.

PLAN A PICNIC FOR YOUR FAMILY OR FRIENDS

You may want to plan a picnic for your family or your friends. You could have it in your own back yard. You would prepare the same kind of food that you prepared for your knapsack lunch, only you would prepare enough food for everyone. You can serve most of the foods you've learned to make in this project.

Sandwiches
Raw Vegetable Relish Tray
Fruit

Cookies
Fruit Drink or Milk Drink

These are the foods you might serve:

Ham and cheese Sandwiches
A tray of relishes—stuffed celery sticks, carrot sticks and pickles.
Deviled Eggs
A bowl of fresh pears, grapes and oranges
Oatmeal and Snickerdoodle Cookies
Lemonade or milk

SETTING THE PICNIC TABLE

Your table will look attractive if you have a gay colored cloth. The bowl of fruit might be your centerpiece.

Your guests will only need a plate, napkin and glass, because all the food can be eaten out of the hand. The plates can be placed at one end of the

table and the glasses grouped around the drink at the other end.

The food can be placed on the table near the edge. Everyone can help themselves, cafeteria style. This is the way your table can look.



From left to right: Plates, tray of sandwiches, deviled eggs, relishes, napkins, glasses, & beverage.

Extras!

CANDIES YOU DON'T HAVE TO COOK!

"No-Cook" Candies are delicious . . . and so easy to make. Just mix up the ingredients, and your candy is ready to eat. No cooking, no pans to wash, and very little mess to clean up.

I make "No-Cook" candies quite often, when any of my friends like Tom and Jane are coming over. I serve it with a tall cool glass of milk or a colorful fruit drink.

CHOCOLATE FLAKE CANDY

Melt chocolate in double boiler

6 ounce package of semi-sweet chocolate bits

Add and mix lightly

$\frac{3}{4}$ cup pecans
2 cups prepared cereal flakes
 $\frac{1}{2}$ teaspoon salt

Drop by teaspoon onto a buttered plate.
Let harden in a cool place. Do not put in refrigerator.
Makes 24 pieces.

PEANUT CLUSTERS

Cut a sheet of waxed paper to fit the tray or cookie sheet you will use.

Melt in top of double boiler

8 ounces of semi-sweet chocolate

Remove from heat and mix in

$\frac{1}{2}$ pound roasted Spanish peanuts

Use 2 spoons to drop mixture onto waxed paper. Make bite size.
Chill and store in a cool place.
Makes 36 pieces.

PEANUT BUTTER FUDGE

Blend in a large bowl

1 cup peanut butter—chunky
1 cup corn syrup

Add

$\frac{1}{4}$ cup powdered sugar
 $\frac{1}{4}$ cup dry skim milk

Turn out on a board or table top. Knead until well blended.
Press out until $\frac{1}{2}$ inch thick.
Cut into squares.
Top each square with a pecan half.
If you aren't going to eat it right away, wrap pieces in wax paper.
Makes 1 pound.

JAM YOU DON'T HAVE TO COOK

It's so much easier to make jam than it sounds . . . especially this uncooked kind. It is made from crushed fruit, sugar, and pectin. Pectin helps the jam thicken. You may use either fresh or frozen fruit.

Preparing the Fresh Fruit

- Wash the fruit and remove any bad spots. Be sure to wash berries before you stem them . . . so you will not lose any of their juice.
- The fruit may be crushed, sliced or chopped. To crush fresh berries, place them in a large bowl or flat bottomed pan. Mash berries to a pulp.

Preparing the Jars

- Gather the number of jars you need. For each cup of fruit you use, you will have a cup of jam. Use either half pint or pint jars . . . or freezer containers if you are going to freeze the jam.
- Wash the jars and lids in hot soapy water and rinse with clear hot water. Let drain.

Skimming

- When jam is done skim off any foam with a metal spoon.

Filling Jars or Containers

- Pour jam into clean jars or freezer containers. Fill to the top.
- Cover with wax paper and a clean cloth. Let stand until jelled. This may take a few minutes . . . sometimes several hours.

Storing

- In the refrigerator for 1-2 weeks.
- In food freezer—1 month.
- Cover containers with aluminum foil or regular lids.
- *Remember!* This jam will not keep on the shelf. Put in the freezer or refrigerator.

UNCOOKED STRAWBERRY JAM

Warm to room temperature

12 ounce box frozen strawberries
or
1 ¼ cups sliced frozen berries

Mix and let stand 20 minutes.
Stir now and then

2 teaspoons lemon juice
1 ½ cups sugar

Boil 1 minute. Stir constantly

½ cup water
¼ cup powdered pectin

Remove from the heat.

Slowly pour hot pectin over berries. Continue to stir 2-3 minutes.

Pour into containers.

Cover and let stand until jelled.

Label jars with date and kind of jam.

Store in refrigerator or freezer.

Makes 1 ½ pints.

POP CORN

How about popping some corn to go with these delicious fruit drinks and milk drinks you've learned to make?

Wouldn't this be a grand treat for friends when they drop in on a crisp winter night or for the family as they watch TV.

Poppin' Corn

Equipment

You may pop corn in a wire popper, skillet with a tightly fitted lid, or electric skillet or corn popper. You may pop it over coals or on the stove.

Amount

- ½ cup corn is about enough to fill the average skillet.
- ¼ - ⅓ cup is enough for the average wire popper.
- Use 2 tablespoons of cooking oil to each ½ cup pop corn.

How to do it

- Put the oil in the pan with the corn.
- Cook over low heat. A temperature of 275° is hot enough to pop it good and fast and yet not so hot that the fat will burn. The popping action of the corn will keep the pop corn moving, so it will not scorch.
- After the corn is popped, pour it into a large bowl.
- Sprinkle with salt and mix with melted butter or margarine. One tablespoon of butter or margarine to one quart of pop corn.

If corn is dry

It will not pop well . . . this will help.

- Put two tablespoons of water in a quart jar.
- Fill the jar with corn, cover tightly and shake.
- Let stand for a week.

CARAMEL CORN

Melt and stir until smooth

½ pound light caramel candy
2 tablespoons water

Pour over

2 quarts salted pop corn

Spread on lightly greased baking sheet.
Cool and break apart.

DEAR 4-H'ER:

HERE IT IS THE END OF THE YEAR AND HAVEN'T WE HAD FUN. OUR MOTHERS ARE PROUD OF THE WAY WE CAN COOK AND CLEAN UP THE KITCHEN!

NOW THAT YOU'VE LEARNED TO COOK YOU'LL ENJOY PLEASING MOTHER SOME SUNDAY NIGHT BY GETTING SUPPER SURPRISING DAD BY MAKING HIS FAVORITE JAM.... AND DELIGHTING GRANDMOTHER WITH A FANCY WRAPPED GIFT OF COOKIES.

SEE YOU NEXT YEAR, IN THE MEANTIME KEEP COOKING.

SUSIE AND TOMMY



IT'S PICNIC TIME
4-H Record
(To be used with 4-H Circular 161)



Name _____
 Address _____ Age _____
 Name of Club Leader _____
 Name of Foods Leader _____
 Name of Jr. Project Chairman _____

What I did in my Foods Project This Year:

Project Meetings Held _____
 Club Meetings Attended _____

Project Meetings Attended _____

Number of Foods Demonstrations Given:

Project Meetings _____
 County Meetings _____
 State Meetings _____

4-H Club Meetings _____
 District Meetings _____

Number of times I judged Foods:

Project Meetings _____
 District _____
 Interstate _____

County _____
 State _____

Number of Exhibits Made:

In Community _____
 District _____
 Interstate _____

County _____
 State _____

What I Took Part In:

Local Club Achievement Day _____
 County Fair or Show _____
 District Fair _____
 State Fair _____
 Number of Radio or TV Shows _____
 Served on _____

County Achievement Day _____
 District Achievement Day _____
 State Achievement Day _____
 Interstate Show _____
 Number of my news stories published _____
 Standing Committee in Club _____

**SNACKING AND PACKING
PROJECT
REQUIREMENTS**

Do 5 of the 7:

1. Make and serve 2 fruit drinks.
Make and serve 2 milk drinks.
2. Make at least 2 kinds of cookies 2 times.
Freeze cookies 2 times.
3. Make 3 kinds of sandwiches.
Freeze sandwiches 2 times.
4. Plan and prepare 2 relish trays of raw vegetables.
5. Make 2 kinds of cooked relish, 2 pints or each.
6. Plan and serve one picnic lunch.
7. Set the table correctly 5 times.

**TO EARN YOUR 4-H PIN
OR
CERTIFICATE**

1. Finish the 5 foods project requirements.
2. Attend a majority of foods meetings.
3. Turn in your foods record to your food leader.
4. Attend 6 or more 4-H Club meetings.

EXTRAS

ACTIVITIES

You may want to do these in addition to your project requirements:

1. Candy--the no-cook kind;
2. Pop corn;
3. Make uncooked jam.

We hope your project group will do three or more of these.

1. Visit a grocery store and tell at the project meeting about:
 - a. The kinds and prices of milk;
 - b. The kinds and prices of fresh fruit, canned and frozen fruit juices.
2. Visit a Dairy.
3. Take a hike--take your lunch.
4. Have a picnic, serving foods you've learned to make.
5. Have a party for your mothers, serving foods you have learned to make.
6. Serve refreshments at a 4-H club meeting using foods you've learned to prepare.
7. Have a party for your leaders or others, serving a milk or fruit drink, and cookies you have learned to make.

HOW YOU DOIN'

Check (✓) the items below that you have done. Don't wait until the end of the year. Keep it up to date.

COOK WITH CARE

- _____ Used a pot holder when handling anything hot.
- _____ Always wiped up spills on the floor immediately.

MILK AND FRUIT DRINKS

- _____ Drink 3-4 cups of milk each day.
- _____ Used pasteurized milk.
- _____ Kept milk cool and covered in the refrigerator.
- _____ Used a sugar syrup in sweetening fruit drinks.
- _____ Ate or drank some Vitamin C rich food each day--such as oranges, tomatoes, strawberries, lemons, grapefruit.

COOKIES

- _____ Set the oven before starting to make the cookies.
- _____ Wore an apron.
- _____ Used a cooling rack.
- _____ Used a shiny cooky sheet.
- _____ Used metal measuring cups for dry ingredients.
- _____ Sifted the flour before measuring.
- _____ Used waxed paper (or a pie pan) to hold sifted flour.
- _____ Took a gift package of cookies to someone.

SANDWICHES

- _____ Make sandwiches using 3 different kinds of bread--such as white, rye, and whole wheat.
- _____ Cut sandwiches in half on a cutting board.
- _____ Softened butter or margarine before spreading it on the sandwich.
- _____ Spread filling evenly all the way to the edge of the bread.
- _____ Served sandwiches for a lunch or picnic to my family--or friends.

RELISHES OF RAW VEGETABLES

- _____ Used a cutting board for cutting the vegetables.
- _____ Was careful when using a knife or vegetable peeler.....
ALWAYS CUT AWAY FROM, INSTEAD OF TOWARD,
MYSELF.
- _____ Chilled vegetables before serving them.
- _____ Served relishes with a sandwich I had made.

COOKED RELISHES

- _____ Served cooked relishes with a meat sandwich.
- _____ Gave a gift of cooked relish to a relative or shut-in.
- _____ Turned handle of pans away from the front of the range.
- _____ Used a wooden spoon or spoon with a wooden handle to stir hot foods.
- _____ Shined jars after they cooled.
- _____ Labeled jar with kind of relish and date made.
- _____ Stored jars in a cool dry place.

PICNIC

- _____ Planned and prepared a picnic lunch for family or friends.
- _____ Prepared deviled eggs or hard cooked eggs.
- _____ Left the picnic site clean.
- _____ Served an outdoor picnic lunch to the family.

THINGS I DID IN THIS PROJECT

1. Here are the things I did and the number of times I did them.

Milk Drinks

- 1. _____
- 2. _____
- 3. _____

Cookies

- 1. _____
- 2. _____
- 3. _____

Fruit Drinks

- 1. _____
- 2. _____
- 3. _____

Cookies

- 1. _____
- 2. _____
- 3. _____

2. Number of times I froze cookies _____

3. Number of times I froze sandwiches _____

4. Number of jars of relish I canned _____ Kinds of relish I made: (1) _____
(2) _____
(3) _____

5. Number of times I prepared raw relish trays _____

6. Number of times I prepared a picnic lunch _____
Menu I served once:

7. Number of times I set the table correctly _____

EXTRAS!

Did you make any of these "extras" just for fun?

- 1. Number of times I made candy _____
- 2. Number of times I popped corn _____
- 3. Number of jars of uncooked jam I made _____
- 4. Number of times I washed the dishes _____

PROJECT ACTIVITIES

List the activities of your project group.

Date _____ Member's Name _____

Leader's Initials (If project was completed) _____