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4H Foods Dinners Project III
Michigan State University Cooperative Extension Service
4-H Club Bulletin
Corrine Ketchum, Assistant State Club Leader
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4H CLUB BULLETIN 30C

4H FOODS

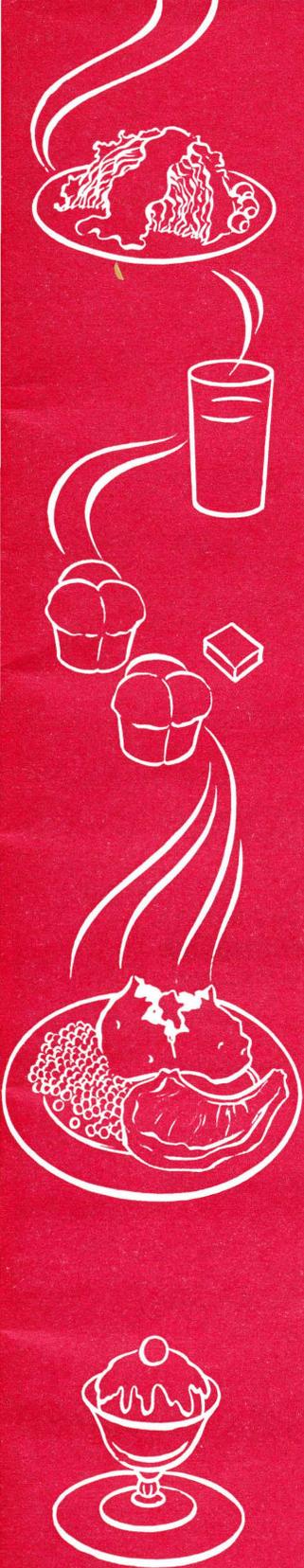
Dinners

Project III

MICHIGAN STATE COLLEGE

COOPERATIVE EXTENSION SERVICE

EAST LANSING



NOTICE—To conform to the uniform system used to identify other Michigan 4-H publications series, all club bulletins in the Food Preparation Series were assigned new numbers in 1951. The correct numbers designating the bulletins for each of the “4-H foods” projects are now: Project I—30A; Project II—30B; Project III—30C.

4-H FOODS — Dinners

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W hat's for Dinner?

FIRST MEETING

Let's read aloud.

Dinner is the heaviest meal of the day. The time of day that dinner is served depends upon the school and work schedule of the family. Some families have their heavy meal at noon and supper at night. Others serve dinner at night and lunch at noon.

Regardless of when dinner is served it should follow a dinner pattern. You likely recall that we discussed what should be included in the breakfast and lunch or supper patterns. Let's review them.

Breakfast Pattern

Fruit or Fruit Juice
Eggs or Meat, Cereal
Bread and Butter
Beverage

Lunch or Supper Patterns

Light

Soup
Salad or Dessert
Bread and Butter
Beverage

Medium

Soup, Sandwich
Salad or Vegetable
Dessert
Beverage

Heavy

Casserole Dish
Salad or Vegetable
Bread and Butter
Dessert
Beverage

Dinner Pattern

Soup, Fruit Juice, Tomato Juice, or Fruit Cocktail
Meat, Fish, Poultry or Eggs
Potatoes
Salad or Relish Plate
Vegetable
Bread or Rolls
Dessert
Beverage

We have mentioned before that in planning any one meal of the day the other two meals should be considered. Each meal should aim to provide one-third of the day's needs for food. Some people believe that they can skip one meal of the day, and get all of the food that they need in the other two meals. Your body becomes tired without food for a long period of time. When your car does not have fuel, it will stop working. Add fuel to its tank and it will start working again. You, too, will feel like working or playing after a good meal.

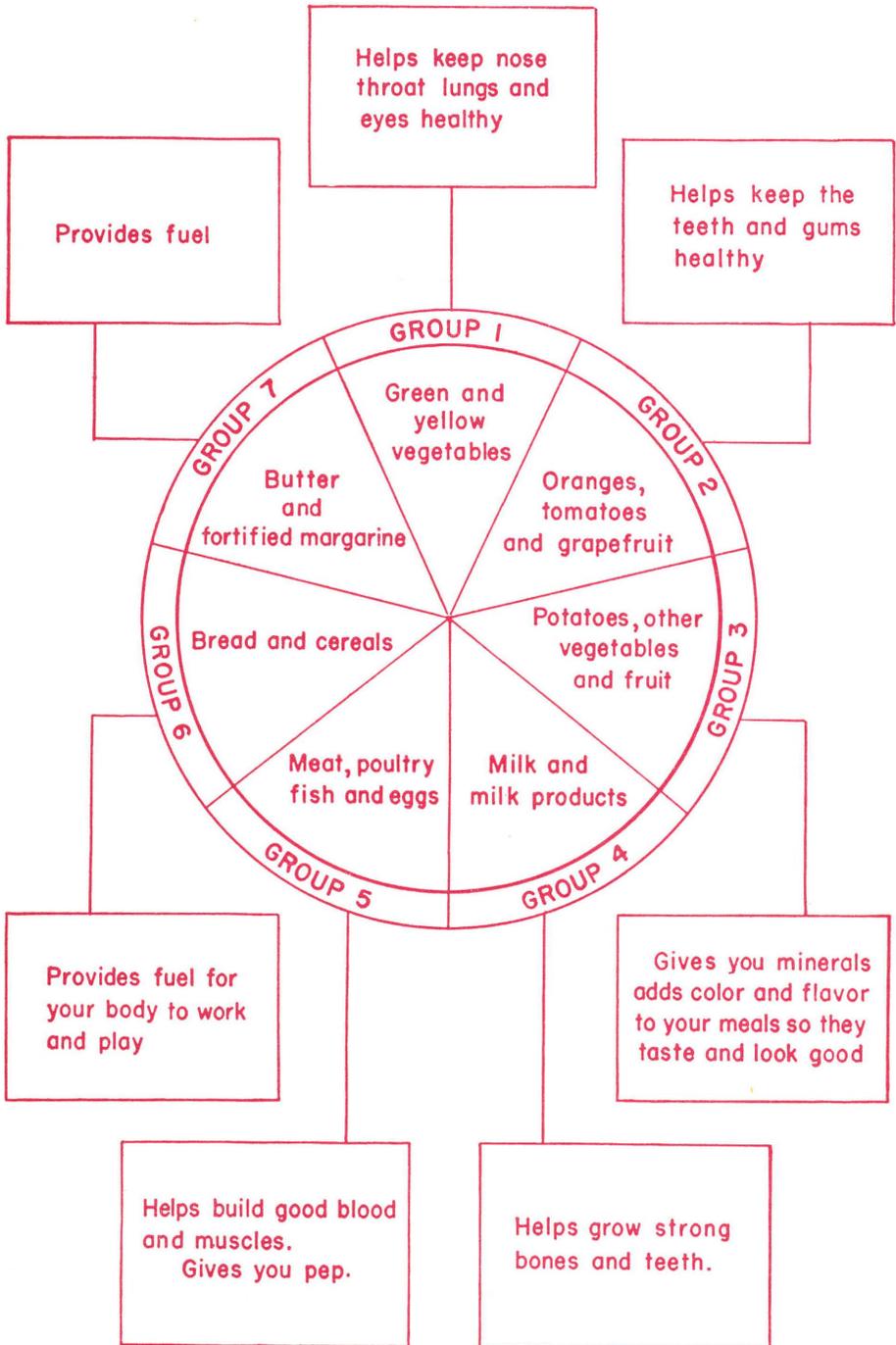
Review the "Basic Seven"

Remember, we talked about the "Basic Seven" chart when we studied breakfast and lunch. You will recall that the "Basic Seven" chart looks like a wheel with seven groups of foods listed between its spokes. You will need to refer to the "Basic Seven" chart when you plan your dinners. This chart is to aid you in checking to see if your menus, which you have planned for breakfast, dinner, and supper, contain all seven groups of foods. Let's review the "Basic Seven" chart on the next page.

DAILY REQUIREMENTS

Every day you should have at least:

- 1 serving GROUP I *Green and Yellow Vegetables*
- 1 serving GROUP II *Tomatoes or Citrus Fruit*
- 3 servings GROUP III *Vegetables or Fruit*
- 3 servings GROUP IV *Milk and Cheese*
- 2 servings GROUP V *Meat, Fish, Poultry and Eggs*
- 3 servings GROUP VI *Breads or Cereal — one each meal*
- 3 servings GROUP VII *Some each meal*



In addition to the Basic 7, eat any other foods you want.

Planning Dinners

SECOND MEETING

Let's read aloud.

Most of us have certain foods we are particularly fond of. Perhaps you like roast beef, mashed potatoes, and fruit salad. When several foods which you like are included in one meal, then you say, "This is a meal that I like."

We should learn to eat other foods as well as our favorites. Let's say "I'll try" everything served. Chances are that after you have tasted them several times you will like them.

Let's check together the pictures of the food in the dinner menu that each of you planned. Lay out the pictures on the table. How is your menu different from the others? Which one do you like best?

Basic Seven

Are all seven groups included in the day's menus? If so, you have a good start in planning meals.

There are other things that should be considered when planning dinners or any other meal in the day. Let's talk about them.

Cost

Food is expensive. Foods that are in season usually cost less than the same foods when they are out of season. For this reason, most families freeze or can foods when they are in season. Then they can have those foods any time of the year.

Ease of Preparation

Dinner menus should be easy to prepare so that you are not tired when dinner is ready. Of course, others in the family may help you prepare the dinner. Meat and vegetables (including potatoes) may be prepared in the oven in one baking dish. Oven meals save time in preparation and also cut down the number of dishes to be washed.

Foods That Go Well Together

There are certain foods that go particularly well with other foods. When we think of one we often think of the other. Listed below are examples. Can you think of other examples?

Liver and Onions
Turkey and Cranberries
Lamb and Mint Jelly
Ham and Broccoli
Spareribs and Sauerkraut

Varied Methods of Preparation

Usually we like to serve only one creamed food in a meal. For example, creamed tuna fish and creamed potatoes wouldn't make a good combination. It is wise to serve only one fried food in a meal. From day to day vegetables may be prepared in a different manner, such as creamed, scalloped, baked, and boiled.

Strong Flavored Vegetables

You will find that one strong flavored vegetable is enough for a meal. Usually we don't serve cooked onions and cooked cabbage at one meal. Can you give other examples?

Something Crisp and Crunchy

A meal that has all soft foods is not as appealing as it could be. Use crisp and crunchy foods such as lettuce, celery, or carrot sticks to add interest to the meal.

Something Hot and Something Cold

Even on warm summer days it is wise to serve at least one hot food at each meal. In the winter when we serve mostly hot foods it is a nice contrast to have one cold food such as a cold relish or ice cream.

Color

Color helps a meal to have eye appeal. If you plan to serve sweet potatoes, then peas or broccoli would be a better choice for color than

carrots. The green vegetable forms a contrast with the yellow of the sweet potatoes. Can you give other examples?

Variety in Shapes

Foods in one meal should vary in shape. If mashed potatoes are being served then it might be wise to cook squash in the shell and serve it in the shell. The contrast in the shapes of the servings is attractive. Can you think of other examples?

Let's look at your dinner menus. Would you change your menu after studying the points above?

Plans for the Next Meeting

1. Members to decide DATE:
- HOUR:
- PLACE:

2. Decide which member or members are to give a demonstration at the next meeting. (Member who decides to give a demonstration should practice before the next meeting.)

Suggested Demonstrations for the Next Meeting

- How to make a foamy cheese omelet
- How to prepare meat for the refrigerator
- How to make stew

To Do Before the Next Meeting

1. Look for good menus for a day in recipe books, magazines, and newspapers. You might use these menus at home.
2. Fill out the first page of your project report. (Some 4-H leaders keep the project reports and plan for members to work on them at each meeting.)

Meat, Fish, Poultry and Eggs

THIRD MEETING

Let's read aloud.

Meat, fish, poultry and eggs, along with milk, are necessary foods for body building. We talked about milk in the breakfast unit. You will notice it is group four of your "Basic Seven" chart. Milk is important and should be served at dinner as well as breakfast and supper.

Meat, poultry, fish or eggs are an important part of every dinner. You will notice that these foods are group five in your "Basic Seven" chart. These foods will help build good blood and muscles and give you pep.

How to Select These Foods

Most of the meat, poultry, and eggs that your family eats may be produced on your farm. You should know how to choose good quality whether you buy them or produce them. Here is a guide to help you select good quality.

Beef

Lean beef—cherry red
in color
Marbled with fat
(fat distributed
throughout lean)
Fine-grained

Pork

Fat distributed through-
out the lean

Fish

Firm and elastic flesh
Gills should be red

Veal

Light pink in color
Covered with white fat

Poultry

Clean
Skin, slightly yellow
due to fat

Eggs

Yolks should stand up
White should keep
an oval shape

Care of Meat and Eggs

Remember:

1. Remove meat from paper or cardboard tray before storing in the refrigerator.
2. Wiping meat with a damp cloth is better than washing. Natural juices aren't lost this way. Poultry and fish will need washing, but take them out of the water quickly.

3. Lightly wrap with wax paper and place in the meat compartment or in the coldest spot in your refrigerator.

4. Ground beef may be made into patties before putting it into the refrigerator. Separate the patties with squares of wax paper. Why?

5. Use meat within four days after you buy it unless you freeze it.

6. Eggs should be cleaned and kept in a cold place between 32° F. and 55° F.

Methods of Cooking Meat

ROASTING

Only poultry, meat loaf and *tender* cuts of meat should be roasted.

Method—

1. Season with salt.
2. Place on a rack in a shallow pan, fat side up.
3. Baste fowl to prevent drying out.
4. Do not baste roasting meat.
5. Roast in a slow oven, 325° F., until meat thermometer shows it is done. If you haven't a thermometer, follow a meat cookery timetable.

PAN-BROILING

Only tender cuts of beef, pork (including chops, steak and liver), and fish should be pan-broiled.

Method—

1. Slash fat edges in several places to prevent meat curling.
2. Place meat in a moderately hot frying pan.
3. Do not add fat or water. Do not cover. Meat patties and liver require a small amount of fat rubbed into the pan to prevent sticking.
4. Turn stove to low temperature. Cook slowly, and turn meat occasionally.
5. Season well with salt.

OVEN-BROILING

Only tender cuts of beef, pork, and fish (Usually not more than 1" thick) should be oven-broiled.

Method—

1. Set oven regulator for broiling temperature which is approximately 350° F.

2. Slash fat edges of meat in several places to prevent curling.
3. Place meat on a rack three inches from the heat. The thicker the meat, the farther it should be from the heat.
4. Broil until the top is brown.
5. Season with salt and pepper.
6. Turn and brown on the other side.
7. Season and serve at once on a hot platter.

BRAISING

Braising is cooking in steam in a small amount of liquid. Braising is used for pot roast, swiss steak, pork chops, and veal chops. Use a heavy iron kettle with a tightly fitting cover on it. Water, vegetable juices, tomato pulp or juice, milk, cream, bouillon, or stock may be used as a liquid.

Method—

1. Using a small amount of fat, brown meat on all sides. Meat may be floured first.
2. Season with salt and pepper.
3. Add a small amount of liquid. If liquid cooks down, more should be added.
4. Cover tightly.
5. Cook at low temperature until tender.

STEWING

Stewing is cooking in liquid. Less-expensive cuts may be used for stewing. Moist cookery makes the meat fibers more tender than when the meat is cooked in dry heat, such as in roasting or broiling.

Method—

1. Brown the meat on all sides, in fat. Large cuts such as corned beef are not browned.
2. Season with salt and pepper.
3. Cover with liquid. Cover kettle. Simmer (cook below boiling temperature) until tender. Vegetables should be added just long enough before serving so that they will be well cooked. Carrots, potatoes and onions are favorites for stew. Does your family like other vegetables in stew? If so, what are they?

Eggs

Remember that eggs should be cooked at a low temperature. They are a protein food and will become tough and leathery if cooked at a high temperature. In the breakfast unit we learned how to poach eggs, cook eggs in the shell, fry eggs, and make a foamy omelet. Let's go back to the breakfast unit and read the directions for cooking eggs.

Below is a recipe for a foamy cheese omelet which is delicious for a dinner or lunch.

Foamy Cheese Omelet

6 eggs separated	6 T. milk
$\frac{1}{4}$ t. salt	2 t. fat
$\frac{1}{2}$ c. grated cheese	

1. Beat whites of eggs until the peak flips over when you pull out the beater.
2. Beat yolk until thick like cream. Add seasoning and milk.
3. Fold yolk mixture into beaten whites.
4. Pour immediately into a moderately hot, greased frying pan and spread mixture evenly.
5. Cook over low heat on top of stove until it is raised and is golden yellow on the bottom.
6. Sprinkle finely grated cheese over the top and immediately put pan in a moderately hot oven, or beneath the broiler, for about three minutes to dry the top of the omelet and melt the cheese.
7. Make a crease in the omelet with a spatula or turner.
8. Fold one half over the other at the crease.
9. Serve immediately on a hot platter.

A good foamy omelet should:

Be light golden brown.
 Be tender and fluffy.
 Be cooked throughout.
 Have a pleasing flavor.

Demonstrations by club members on the care of, preparation, and cooking of meat, eggs, poultry or fish.

Vegetables



FOURTH MEETING

Let's read aloud.

Vegetables add color to our meals. They also give variety in flavor and crispness. They give us the variety of vitamins and minerals that we need, too.

We learned in the lunch or supper unit that vegetables are needed every day in our meals. Everyone may have vegetables for they are easily grown. Root vegetables can be stored. Tomatoes and many vegetables are easily canned. Also many vegetables can be frozen. Name some. Vegetables should be a part of every dinner and supper.

A salad should be a part of dinner, too. But, a salad doesn't take the place of a vegetable. A cooked vegetable should be served for dinner every day.

In the lunch or supper project we learned the rules for cooking fresh vegetables and how to cook frozen vegetables.

Now, we will learn different ways to prepare some of our common vegetables.

Ways to Prepare Common Vegetables

CARROTS

Let's start with carrots. Carrots are known as the king of vegetables. Carrots are bright in color, firm and wear a green crown on their heads when they are growing. Lucky is the family that has carrots served to them two or more times each week because carrots taste good and are good for you.

Here are three carrot combinations that you may like:

- Cooked carrots sprinkled with parsley
- Carrots glazed with sugar
- Carrots with lemon butter

Can you name others?

GREEN BEANS

Green beans are a great favorite with Americans. Green beans are known as the gold mine of the vegetable kingdom. Inside of each pod of green beans you will find rich bean nuggets.

Many people tire of green beans because they serve them only one way. Let's think of all the ways to serve green beans.

Green beans and butter
 Green beans and crisp bacon
 Green beans and vinegar
 Green beans and celery

Can you think of other ways?

OTHER VEGETABLES

Below are ways to serve other vegetables. Which ones do you think that you will like? Try the others just for fun and you will learn to like most of them.

Stuffed green peppers
 (Ham - rice - tomato sauce)
 Halved squash baked with sausage
 Corn and lima beans combined
 Carrots and peas combined
 Leaf lettuce wilted with bacon fat and vinegar
 Baked white onions stuffed with sausage
 Six-minute cabbage
 (Slice thin, then boil six minutes; add salt,
 top milk or cream)
 Broccoli with lemon and butter

Demonstration by club member on "My Favorite Way to Cook Vegetables."

Plans for the Next Meeting

- Members to decide DATE:
 HOUR:
 PLACE:

2. Decide which member or members will give a demonstration on salads at the next meeting.

Suggested Demonstrations for the Next Meeting

My favorite Gelatin Salad
How to make a tossed salad

To Do Before the Next Meeting

1. Help prepare and serve at least one dinner.
2. Keep a record of foods prepared and meals prepared and served.
3. Work on project report.

S

Salads



FIFTH MEETING

Let's read aloud.

We learned about salads in the lunch or supper unit. A salad or relish plate should be served with every dinner. They provide something raw and crunchy in contrast to the other cooked foods in the meal.

Types of Salad

We learned that there are four types of salads: They are fruit, vegetable, fish and meat.

Rules for Salad Making

Let's review the rules for salad making:

If you use canned foods or fresh foods that have juice, be sure to drain them.

Be sure that you use a sharp knife and a cutting board.

Use two forks to toss a salad, rather than a spoon.

Use two forks to serve the salad on the salad plate.

Garnishes should be small and dainty.

GELATIN SALADS

In addition to what you learned about salad combinations and salad dressing in the lunch or supper unit, you may want to know how to make a gelatin salad.

Gelatin salads are particularly nice for special occasions such as birthday dinners or holiday dinners. They may be prepared the day before serving.

Gelatin salads may be made from unflavored gelatin or flavored gelatin.

Unflavored gelatin is sold in small envelopes, packed six to the box. Just as the name indicates, the gelatin has no flavor, hence the flavoring must be added.

Flavored gelatin may be bought in raspberry, strawberry, cherry, lemon or lime flavors. They are meant for fruit salads or fruit gelatin desserts. Lemon and lime are often used for vegetable salads. Others are too sweet for a vegetable or meat gelatin salad.

Vegetable Gelatin Salad Suggestions

Shredded cabbage, grated carrot and chopped peanuts
 Diced celery, and diced apples
 Grated carrot and diced green peppers
 Cooked lima beans and chopped sweet pickle

Fruit Gelatin Salad Suggestions

Diced apple and grated carrot
 Melon cubes and berries
 Pears and pineapple
 Sliced bananas and peaches

Meat, Fish or Egg Gelatin Salads

Diced chicken, celery, and peas
 Diced ham and celery
 Salmon, sliced hard cooked eggs, sweet pickles and diced celery
 Sliced hard cooked eggs, sweet pickles, diced celery, diced cabbage
 Cooked peas, cheese cut in cubes, onions

A Good Salad

Cold, crisp pieces, sharply cut.
 Light and fluffy.
 Small dainty garnishes.

Demonstration by club members on salad making.

Plans for the Next Meeting

1. Members to decide DATE:

HOUR:

PLACE:

2. Find out before the next meeting where the club dinner may be prepared and served.

3. Decide which member, or members will give the demonstration at the next meeting on desserts.

Suggested Demonstrations on Desserts for the Next Meeting

How to Make Plain Cup Cakes

How to Make Chocolate Cup Cakes

How to Make Seven Minute Icing

How to Make an Orange Frosting

(Members who decide to give a demonstration should practice at home before the next meeting.)

To Do Before the Next Meeting

1. Prepare and serve at least three salads for dinner; one should be a gelatin salad.

2. Plan and help prepare and serve one dinner for your family.

3. Keep a record of salads prepared and meals planned and served.

Desserts



SIXTH MEETING

Let's discuss.

We had a lesson on simple desserts such as baked custard, rice pudding, tapioca cream and fruit whip in the lunch or supper project. We also learned how to make cookies.

We shall learn to make cake in this lesson. The plain unfrosted cup cake is the exhibit for this dinner project.

Cake is a favorite American dessert. Cake is often served at festive occasions such as birthdays, Christmas and Hallowe'en. Can you name other occasions at which you might serve a decorated cake?

Plain Cake

1½ c. sugar
½ c. fat
2 eggs
1 t. vanilla

1 c. milk
3 c. cake flour
3 t. baking powder
½ t. salt

1. Cream fat and vanilla.
2. Add the sugar slowly with constant beating to form a creamy fluffy mass.
3. Add thoroughly beaten egg and beat for 75 strokes.
4. Sift dry ingredients.
5. Add one-fourth of the dry ingredients to the egg mixture.
6. Add one-fourth of the milk and one-fourth of the dry ingredients and beat.
7. Repeat until all the milk and dry ingredients have been added.
8. Bake at 375° F.
 - A layer cake 30 minutes
 - Cup cakes 25 minutes
 - Loaf cake 45 minutes

Variations

1. Add 3 tablespoons grated orange rind to the fat.
2. For a spice cake add to the flour—
 - 1 teaspoon cinnamon
 - 1 teaspoon nutmeg
 - $\frac{1}{4}$ teaspoon cloves

Chocolate Cake

$1\frac{1}{2}$ c. sugar	2 c. flour
$\frac{1}{3}$ c. fat	$1\frac{1}{2}$ t. baking powder
2 eggs	$\frac{3}{4}$ t. soda
1 t. vanilla	3 squares chocolate
$\frac{2}{3}$ c. buttermilk or sour milk	$\frac{1}{2}$ c. boiling water

1. Cream the fat and vanilla.
2. Add the sugar gradually and cream together.
3. Combine chocolate and boiling water until a smooth paste is formed.
4. Add the chocolate paste to the sugar and fat.
5. Sift dry ingredients.
6. Add one-third of the buttermilk or sour milk and one-third of the dry ingredients and beat.
7. Repeat until all the milk and dry ingredients have been added.
8. Bake at 350° F.
 - Layer cake 25 minutes
 - Cup cakes 20 minutes
 - Loaf cake 45 minutes

Fondant Icing

$\frac{3}{4}$ c. granulated sugar	2 T. water
1 t. light corn syrup	1 egg white

1. Place all the ingredients in the top of a double boiler.
2. Place the top of the double boiler over boiling water.
3. Beat with a rotary egg beater for 7 minutes or until the icing stands in peaks.

Orange Frosting

1 T. fat	2 T. orange juice
1 egg yolk	1½ t. lemon juice
1/16 t. salt	1½ c. confectioner's sugar
¾ t. grated orange rind	

1. Cream fat, egg and salt.
2. Add orange juice, rind and lemon juice.
3. Slowly add sugar.
4. Beat until it is of spreading consistency.

Demonstrations by club members on making cakes.

Plans for the Next Meeting

1. Members to decide DATE:
 HOUR:
 PLACE:
2. Start talking about the 4-H Club dinner which is planned, prepared and served by all the members.

To Do Before the Next Meeting

1. Make and serve at least one cake or cup cakes. Bring three plain cup cakes to the next club meeting.
2. Plan, help prepare and serve one dinner.
3. Keep a record of cakes made and meals planned and served.
4. Continue to work on project report.

P

Planning "The Club Meal"

SEVENTH MEETING

Let's read aloud.

Cup cakes are one of the three classes judged at the 4-H foods judging schools.

You and your family members judge food every day. Have you heard brother or sister say, "My, I like those cakes!"? Actually, they are judging your cakes.

Let's go a little further with judging. Each member judge three cup cakes on a plate.

Score Card for Cup Cakes

Appearance

Slightly rounded top
Uniform in shape
Fine-grained surface

Taste

Delicate
Well-blended flavor

Color

Light golden brown

Texture

Small holes evenly distributed

Lightness

Light and fluffy

Plans for the Club Dinner

- Members to decide DATE:
HOUR:
PLACE:

2. Decide who will be the guests. Each member invite one guest. You might invite your mother, father, big brother, big sister, or a friend. The leader should also be a guest.

3. Plan the 4-H Club dinner menu.

4. How shall we pay for the food?

(Members may bring the supplies from home.)

5. Make a grocery and equipment list. Read recipes carefully to find out what will be needed.

List below what each member will bring.

Groceries	Amount	Equipment	Member
-----------	--------	-----------	--------

6. Plan the table setting. Try to choose articles for the table that will look well together. Place the name of the member below the articles that she will bring from home. List the number of articles that she will bring.

Linen	Centerpiece	China	Glassware	Silverware
-------	-------------	-------	-----------	------------

7. Plan for work to be done. Decide who will do each task.

Job	Time Needed	Member Responsible	Remarks
-----	-------------	--------------------	---------

(Examples:)

Prepare and Cook Carrots	45 min.	Frances	Ellen will help
Set Table	30 min.	Jane	Ann will help

To Do Before the Next Meeting

1. Go over the plans for the Club meal with your mother.
2. Be sure to do the tasks that you agreed to do.
3. Work on the project report.
4. Keep a record of desserts made.
5. Practice at home the job that you agreed to do at the club meal.

The 4-H Club Meal

EIGHTH MEETING

Time has come for our 4-H Club dinner.

Let's read aloud the plan that we made at the last meeting so everyone will know what to do. Do we have to make any changes? Now we are ready to prepare and serve the dinner.

Be sure to cooperate with the leader and other members of the club.

Discussion After the Dinner

After the dinner is over and dishes are washed, let's talk about the Club dinner. Ask the guests to join in the discussion.

1. Did the Club dinner have all foods in the "Pattern for Dinner" found on page 5?
2. Was the Club dinner served on time?
3. Were hot foods hot?
4. Were cold foods cold?
5. Could the food that you helped cook have been better? If so, how?
6. Did you make the best use of your time? If not, how could you have done better?
7. Was the conversation at the table pleasant?
8. What did you like best about the looks of the table? What could have been improved?
9. Did you learn something new at the Club dinner about table manners? If so, what?
10. How has this dinner project help you develop —

YOUR HEAD
 YOUR HEART
 YOUR HANDS
 YOUR HEALTH

Let's plan to join another 4-H Foods Club next year. It may be "Baking I," "Outdoor Meals," or "4-H Club Entertains."

4-H CLUB MOTTO—"To Make the Best Better"

4-H CLUB



EMBLEM

4-H CLUB COLORS—Green and White

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.

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