



Laura Bender, a member of the Afton-Elberon-Vicksboro 4-H Club, uses the boiling water bath to process canned tomatoes and fruits and the pressure canner to process low acid vegetables. Here she is taking tomatoes out of the boiling water bath canner.

Food Preservation Her Most Important Project

By LAURA BENDER
Afton-Elberon-Vicksboro 4-H Food Preservation which includes both canning and freezing is one of the most important projects in which I am enrolled through the 4-H Club. I have carried the freezing project five years and the canning project two years.

I have found that freezing and canning are two very economical methods of storing food. It is not only more economical to do your own freezing and canning than to go to a store and buy them but it is much more convenient.

If you follow the correct procedures in canning and freezing, you can preserve the color, flavor, quality, and most of the nutritive values of the fresh

fruit or vegetable. There is no "out of season" for products from your garden and orchard if you have a freezer and/or storage area for canned foods.

My Food Preservation project has benefited me by helping me to acquire knowledge and skills that I will later be able to put to good use. It has also helped my family, especially my mother who really appreciates trusted help with this household task.

In preserving fruits or vegetables, there is a choice between freezing and canning. What you freeze or can must be decided on the basis of family needs and desires, on freezer space, cost of freezer storage, and on other storage facilities available. Therefore, we freeze what

we prefer frozen and can the other foods.

As a result of five years of experience, I have gained much confidence in the kitchen. I can handle most of the freezing and a rather large amount of the canning done in my home.

I have also been able to enter many of my products in the county fair and in this way have won ribbons and prize money.

To sum up my Food Pre-

servation project, I would say that it is a valuable project in terms of economy, convenience, and enjoyment of the frozen and canned foods.

Through 4-H, I believe I have become a better, person and citizen. Not only have I gained knowledge in freezing and canning, but I have gained needed self-confidence and have developed a deep appreciation for my home and its surroundings as well as for nature in general.

Boys Home Improvement

Curtis Gore, Jr., a member of the Bethania 4-H Club, Forsyth County, thought home improvement projects were for girls until his leader pointed out that "there are many things a boy can do to improve his room that require carpentry work." Curtis agreed and decided that his room needed more storage areas. So he made a

list of the various types of storage equipment needed and looked through decorator magazines to get ideas on how to build his bookcase, shoe rack and desk.

The 4-H project book gave him ideas about partitioning drawers, making letter racks, pencil holders, trash cans and other items.

After deciding what was need-

ed, Curtis measured the room, decided where each storage piece would go and started to work. Mrs. Joanne J. Falls, assistant home economics extension agent, says.

Curtis and his mother, who incidentally is his 4-H leader, agree that the project will be rewarding for everyone. Things will be organized in Curtis's room and there will be less work involved in keeping it neat.

About 95% of U. S. cotton is mechanically harvested.

Extension Bulletin Board

Wednesday, Sept. 3: The Churchill Extension Homemakers Club will meet at 2:30 p. m. at the home of Mrs. L. E. Thompson.

Thursday, Sept. 4: The Paschal Extension Homemakers Club will meet at 2:00 p. m. at the home of Mrs. Mag King.

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Home Improvement Is Girl's Choice For Project

By LINDA HILL
Ridgeway Com. 4-H

4-H club members have a variety of projects from which to choose the ones they would like to do special work in. I chose Room Improvement this year as one of my projects because it fitted well into my home situation. We have recently added some rooms to our house and I wanted to do something to make my room more tidy. I needed a place to put my hobby collection, dolls, books, etc.

When 4-H Activity Day was discussed in our club, my leader asked me about giving a demonstration. When I asked her what I could do, she suggested I give one in home improvement. She suggested I make a book case and this would help me in several ways. It would give me something to put in my room, it would provide a place to put my books and I could learn how to re-

finish wood and show and tell others how I did it and make an inexpensive bookcase.

To make my bookcase, I got some unfinished boards and sixteen smooth bricks. Daddy cut the boards to the length I needed to fit the space I wanted to use for the bookcase. I sanded the boards and finished them with a penetrating seal and shellacked the bricks. The shelves were assembled by laying two bricks at each end and placing a finished board on them, putting three more bricks on each and directly above the other bricks on each end with another board on them.

I learned a lot about finishing wood in making this bookcase and find it very useful in my room. When I gave the demonstration at District Activity Day in Wilson, I was real happy to receive a blue ribbon on it. This phase of my room improvement project has been both educational and beneficial.



Linda Hill, a member of the Ridgeway Community 4-H Club, is taking a book from the bookcase she made as part of her Room Improvement Project.