

# Annual 4-H Club Spring Fair Will Be Held April 22-23-24

By PATI O'CONNOR

Beginning today and continuing through Saturday evening is the annual 4-H Club Spring Fair, designed to acquaint the entire Basin with the work of 4-H; to provide an incentive to club members through viewing the work of other members in the county, and to give club members an opportunity to display publicly their accomplishments of the year's work in 4-H.

Oregon 4-H Club work is the youth program of the Oregon State College Extension Service in co-operation with the U.S. Department of Agriculture and the various counties and cities in Oregon. It cooperates with schools, churches and other youth organizations in the development of boys and girls. It helps youth become responsible citizens who will live useful, enjoyable lives.

Among the aims of 4-H Club work are the following: To teach boys and girls desirable skills, attitudes and ideals for better living; responsibility for self, family and community; cooperation and ability to work with others; leadership; courtesy; health habits for healthful living; good grooming for better looks; confidence in themselves; pride in a good job well done; perseverance to finish what is begun; appreciation of nature, beauty, music and life itself; conservation and proper use of natural resources; ambition and desire for better things and better living.

Four-H offers an opportunity for

adults interested in the welfare of boys and girls to become 4-H leaders and help parents guide the development of their sons and daughters.

Projects included in the Spring Fair display range from clothing, food and homemaking to handicraft, livestock and posters.

Exhibits in the exhibit building at the Fairgrounds give the public an idea of the work 4-Hers have done through the year; demonstrations in the various fields give the contestants confidence and experience in appearing before a public, and an opportunity to share their knowledge with others.

Scholarships are provided by the Klamath County Fair Board for entrants judged deserving, and the scholarships send boys and girls to 4-H Summer School at Oregon State College for two weeks or to 4-H Summer Camp at Lake of the Woods for two weeks, or defray expenses of a trip to the State Fair to compete in state contests.

One of the most popular divisions in 4-H is the cookery division. Appropriately entitled "The Breakfast Club," it requires club members to prepare two foods in each of nine groups—toast, cereals, milk, quick breads, eggs, fruits, breakfast meats, sandwiches, cookies and small cakes—and each food twice. It also requires preparing two breakfasts or two school lunches or one breakfast and one school lunch. Members exhibit at the Spring Fair and turn in a complete or up-to-date record book.

Even in this beginning class, 4-Hers are taught to measure accurately, to compute the cost of a dish, to keep records of work accurately, to bake simple things, to conduct a business meeting and to show others what they have learned. As they progress in 4-H Club work, members progress in living their motto—"Make the Best Better."

In the second division, entitled "The Luncheon or Supper Club," members learn to prepare and serve soup, vegetable salads, eggs as a main dish, milk dishes, fruit delicacies, sponge cakes; to plan, prepare and serve meals; and to judge the food prepared. They exhibit a plain sponge cake, angel cake or sunshine cake at Spring Fair.

"The Dinner Club" is the third step, and it is divided into junior and senior clubs. Members prepare and serve vegetables, meats,

yeast breads, pastries. They plan, prepare and serve meals for family and guests; judge foods, take part in club demonstrations. Juniors exhibit at Spring Fair a loaf of light bread; senior members exhibit a loaf of whole wheat bread.

In this more advanced club, members learn to schedule their work so that all foods are properly cooked and ready to serve at a certain time. They figure the cost of foods and learn to spend money wisely by planning meals appropriate to the season. They learn variety in food preparation, combinations, textures; keeping in mind attractive color combinations.

Division 4 gives club members experience in planning and preparing the three meals for a day so that the necessary foods for good health are included and the food is palatable and attractive in appearance. Members plan, prepare and serve breakfast, luncheon and dinner for the family on each of 14 days.

They add to the recipe book begun in first division cooking, make a scrap book, learn to plan, prepare and serve an emergency meal and enter a Dollar Dinner contest, a Dairy Food or Cooking demonstration contest at Spring Fair. In addition they enter a scrap book which contains menus for all 14 days, purchases, time schedules for three days, cost of meals, story of their work, cards with ten favorite recipes, a menu for an emergency meal with a list of supplies for it.

The world's great chefs are men, and designed strictly for men, junior size, is the Camp Cookery division. Here boys learn to plan and prepare five camp meals, using at least five new recipes in their preparation.

At Spring Fair Camp Cookery I and II members exhibit four baking-powder biscuits baked in an oven or in a reflector. Club members in Camp Cookery III exhibit a proper camp set-up, consisting of a two-man tent and a map of the camp area; CC IV members exhibit a horse pack complete and diamond hitch and weather covers.

Some of the favorite recipes included in the project books will be found in these pages. You are urged to try them yourselves and to visit the three-day Spring Fair to see the exhibits of these young 4-Hers, who have also tried them—and are still trying—to "Make the Best Better."

## upstairs and downstairs In Milady's Kitchen FLORENCE JENKINS, Editor Herald and News



LUNCHEON OR SUPPER CLUB MEMBERS in 4-H work learn to plan, prepare and serve meals. Betty Sturgeon (left) and Jerrylyn Olson, club members in the Altamont district, have learned the value of vegetables in the diet, and with hot days ahead, they know the cooling and nutritive values of crisp lettuce, firm tomatoes and calcium-crammed cottage cheese. Quick and easy, it's a cool pick up for a hot afternoon, an excellent main dish with whole wheat bread and butter, sponge cake—all made in 4-H Club work—and accompanied by a tall glass of wholesome milk.

Heat canned hominy in the top of a double boiler with salt, pepper, butter or margarine and a little cream. Serve with baked ham.

## 4-H Cooks Begin With Tasty Dishes

Beginning cooks in 4-H learn to bake quick breads, sources of Vitamin B1 when made of whole or enriched flour. Here is a recipe for bran muffins using sour milk and one for brownies, always a favorite.

**4-H BRAN MUFFINS**  
USING SOUR MILK  
2 cups milk (sour or butter-milk)  
2 eggs  
2 cups bran  
2 teaspoons salt  
1½ cups flour  
3 tablespoons sugar  
1 teaspoon soda  
2 teaspoons baking powder  
3 tablespoons melted shortening

Beat eggs lightly. Add milk. Sift together dry ingredients, except bran; add to liquid. Add bran; then last, the melted shortening. Bake in muffin pans in a moderate oven (350 degrees F). If they are a little heavy use a very little more flour next time. If they are too stiff, leave out a bit of flour the next time you bake them.

**4-H BROWNIES**  
1 cup sugar  
¼ cup melted butter or other shortening  
1 egg (unbeaten)  
2 squares chocolate (melted)  
¼ teaspoon vanilla  
½ cup flour  
½ cup walnuts (cut in pieces)  
Mix ingredients in the order given. Bake in a sheet in a pan 9" x 12" x 2". Bake in a medium hot oven until the cake is a delicate brown, but not hard. Cut while still hot before removing from the pan.

Division 2 Luncheon or Supper Club members learn to prepare luncheons, and possibly include the following recipes in their luncheon menu, all selected from their Division 2 project book.

**4-H WELSH RABBIT**  
1 cup milk  
½ cup cheese (finely cut)  
2 tablespoons flour  
2 tablespoons butter  
½ teaspoon salt  
Dash paprika  
½ teaspoon mustard (if desired)

Put all but about 2 tablespoons of the milk in the double boiler to heat. Mix the flour, mustard

and the small quantity of milk to a smooth paste. When the milk is very hot, stir in the flour mixture. Continue stirring until the mixture thickens a bit. Add the butter and paprika. Cook for 15 minutes. When smooth, add the cheese. Cook until cheese is melted. Serve on crisp crackers or toast. This is good served with bran muffins, a green salad and some kind of fresh or stewed fruit.

**4-H SPONGE CAKE**  
4 eggs  
1½ cups cake flour  
¼ teaspoon cream of tartar  
1 teaspoon vanilla  
¼ cup sugar  
¼ cup water  
¼ teaspoon salt

Sift flour, measure 1½ cups and add ¼ cup sugar and salt again. Separate eggs, putting whites in a large bowl and yolks in a smaller bowl. Add vanilla and water to egg yolks and beat until very light and foamy. Beat in ¼ cup sugar, gradually. Beat until mixture thickens.

Add salt to egg whites and beat until foamy. Add cream of tartar to egg white mixture and beat until they hold up in stiff, shiny peaks. Beat in ¼ cup sugar, ¼ cup at a time.

Fold in gently the beaten egg yolks. Fold in gently the flour (sift about ¼ cup of flour over the egg mixture at a time). Use as few strokes as possible to blend the mixture.

Pour the batter into an ungreased tube pan. Waxed paper may be fitted into the bottom of the pan if desired. Bake for 45-50 minutes at 325 degrees F. (slow oven). Invert pan until cake is cold.

Dinner Club, Division 3, members will display a loaf of bread at Spring Fair, made from the

(Continued on page 19)

**\* PICTURE FRAMING**  
*Underwood's*  
CHERRY SHOP  
700 Main St. Phone 7000

### Thawing Frozen Fruit

To serve frozen fruit at the peak of its fresh flavor and color, leave it unopened in its package until it thaws to the ice crystal stage and then serve immediately, home economists of Deepfreeze Home Appliances advise.

If the package is inverted while thawing, more uniform flavor and color will result, say these food experts.

Several methods of thawing are recommended. The quickest way is to place unopened water-tight packages in a pan of cool water, or even better, in running cold water for about 15 minutes.

Other methods include setting the unopened package in front of an electric fan for 30 minutes. A very satisfactory way, although the longest, is to leave it on a refrigerator shelf for 2½ hours.

"I use Clorox every time for added health protection!"

**CLOROX makes linens more than white ... it makes them sanitary, too!**

Clorox not only protects the snow-whiteness of your linens... by removing dinginess, stains, even scorch and mildew ... Clorox protects family health as well. For Clorox makes linens hygienically clean. No other home laundering product equals Clorox in germ-killing efficiency!

And Clorox protects fine fabrics, too! First, because Clorox is free from caustic... made by an exclusive, patented formula. Second, because Clorox, a liquid, contains no gritty particles to damage wash and washer.

**A Clorox-clean bathroom is a sign of good housekeeping!**

In routine cleaning, Clorox not only removes stains and discolors, it disinfects... helps protect your family against infectious germs. And Clorox is a non-poisonous disinfectant... a type recommended by hundreds of public health departments. See label directions for the many uses of Clorox... America's favorite!

**You get all these benefits in a Clorox-clean wash!**

1. Snowy-white linens... Clorox removes gray and yellow dinginess.
2. Bright fast colors... Clorox removes dulling dyes.
3. Lively-looking linens... Clorox removes ugly stains, even scorch and mildew.
4. Fresh, clean-smelling linens... Clorox deodorizes.
5. Sanitary linens... Clorox is the most efficient germ-killer of its kind.

**When it's CLOROX-clean... it's SAFER for family health!**

**Special Feature**

# Butter-Brickle

## ICE CREAM

IT HAS A REAL BUTTERY FLAVOR!

No one but Medo-Land gives you a surprise treat like BUTTER BRICKLE ICE CREAM! It's a new taste delight made with crunchy, buttery candy that has sweet nut meats for added flavor. Mixed into satiny-smooth Medo-Land vanilla ice cream that is always made with "Farm-Fresh" cream, BUTTER BRICKLE makes an outstanding dessert or snack. Buy it in the red, white and blue package... taste it and you'll see why everyone goes for BUTTER BRICKLE ICE CREAM. Your grocer has it now!

**MEDO-LAND CREAMERY CO.**  
BEND, CORVALLIS, EUGENE, KLAMATH FALLS, OREGON