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MINNESOTA DEPARTMENT OF
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DEC 14 1981
ST. PAUL, MINNESOTA

HOME ENVIRONMENT UNIT



Exploring Your Home

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Dear 4-H Member:

This is your booklet about your home environment. Home is where you live. A house or building gives you shelter. Your home is more than that. The home environment project describes things in and around your home. It helps you understand how you live and how you feel about the people in your home. It includes furniture, walls, curtains, pictures, the yard, and many other things. It also includes people—your family, your friends, and you.

You will do a variety of things this year. You will learn how to make a bed and care for your room, set the table, wash the dishes, make useful things for your home, help with tasks around the house, and make your home a safer place.

Some things you will do by yourself. Some things you will do with other members of your family. Some things you will learn and do with your project leader and other club members.

Your parents can help you learn. Your leader will have ideas for things you can do. Ask them to help you. Talk over project ideas with them. Find out how hard it will be to do some of the things you would like to do for this project. They will answer your questions and probably ask you a few to see if they think you are ready to tackle some of the things you want to do. They will help you choose things that are not so hard that you would become unhappy and discouraged, nor so easy that you would think they were dull and boring. They'll want you to set goals, "stretch" your thinking, and grow as a person while having fun!

You won't need to plan your entire year's project at one time. After you complete your first activity, your parents or leader can help you see how well you have done. They'll probably ask you to tell them what things you think you have done well and what you think you could have done better. This is called evaluating. This is the way to see how you are growing in the things you are able to do. It gives you clues to what you want to learn and do next. So, together with your parent and leader, you then are ready to decide on your next project or activity.

As you learn to do new things, tell others what you have learned. Show what you have made to friends and classmates. Sharing means friends. Sharing is fun!

We hope you will have fun learning about your home.

You and Your Family



Living in a home is a family activity. Everyone in your family helps make your home a happy place. People share the work and play in a happy home. Friends like to come to a happy home where people care about one another.

You can do many things in and around your home. Let's start with some things you can learn and do to show your family you care about them.

Manners

Good manners mean "I care." Think about people you like. They say and do things that make you feel good. They like to share. They know the secret for getting along with others.

*Hearts, like doors, ope' with ease
To very, very little keys.
And don't forget that two of these
Are "thank you, sir," and "if you please."*

Anonymous

The best place to use this secret is in your own home. Then caring about others becomes a habit for every day—not just for special occasions or for a best friend. People will enjoy being with you.

Here are more secrets that tell others you care.

1. Smile. Be happy yourself.
2. Be kind to others. Remember to say "Please" and "Thank you" for all the nice things people do for you.

3. Never use or wear belongings of other members of your family unless you are willing to share your own. Always ask before borrowing each item.
4. The telephone belongs to everyone in your family. Be considerate and share it. Keep your calls short.
5. Don't always insist on watching the TV shows you like. Other family members have favorites, too.
6. Be prompt for meals and other family events.
7. Greet friends that come to your home with a smile. Take their coats and hats. Make them feel welcome.
8. When introduced to someone, say "How do you do" or "Hello."

Are there other ways that you let people know you care? Write them here.

1. _____
2. _____
3. _____

Circle how you feel if you don't get to watch your favorite TV programs for several days.

excited angry sad
happy don't care enthusiastic

Circle how you think a little brother would feel if he didn't get to watch his favorite TV programs for several days.

excited angry sad
happy don't care enthusiastic

Write down things you could do to show people you care about them.

I could _____

I could _____

I could _____

4

Think about how other people could make you feel better. Write three wishes.

I wish _____

I wish _____

I wish _____



If you have younger brothers or sisters, or young children in your neighborhood, you may be interested in project 9100, Playing with Children-I, and project 9101, Working with Children-II.

In Your Room



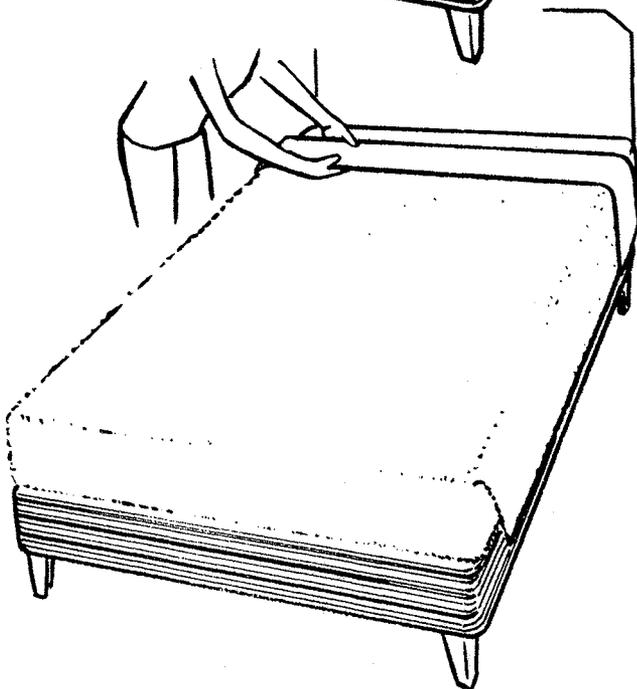
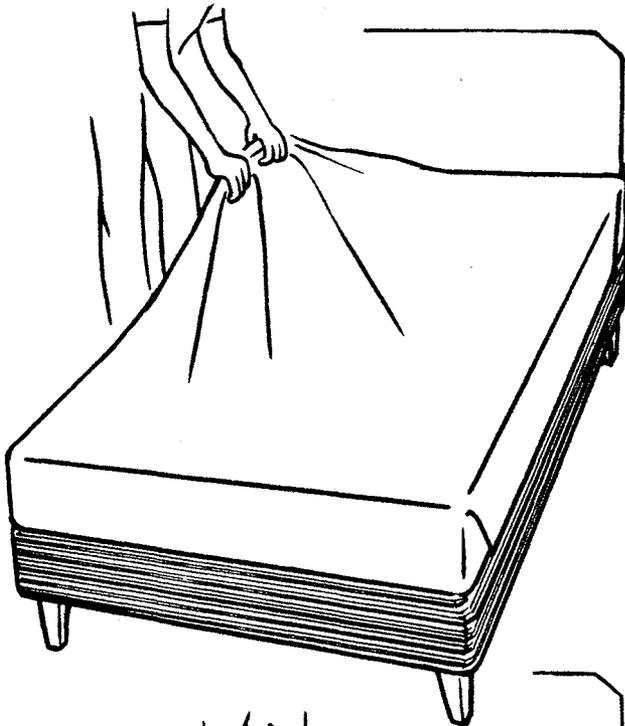
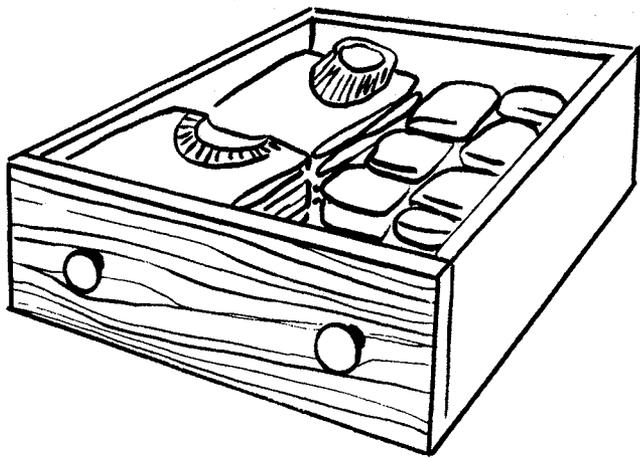
Take a look at your room. Is it neat and orderly? Can you find things when you need them? If you share your room with someone, you can work together to keep your room neat.

Put away or hang up your clothes as soon as you take them off. Clothes dropped on the floor are stepped on and kicked around all day. They become torn and dirty and may trip you. Clothes put away in their own places are always ready for work and play!

If two of you share a closet, decide which space is yours. Hang all of the hanger hooks pointing in the same direction. This makes it easier to take the hangers out of the closet.

Place dirty clothes in a laundry bag or clothes hamper. Shoes go on a shoe rack or shelf, not on the closet floor or under the bed.

Dresser drawers often get too full. Look through your dresser drawers. Do you need everything in them? Give away those clothes you don't need or use



to someone who can use them. Store out-of-season clothing in a box or on a high shelf. Label the box or shelf so you know where to look for an item when you want it.

Put like things together. Put all your sweaters in one place; put pajamas with pajamas, underwear with underwear. Fold and stack things neatly. Place the clothes you use most often on top and near the front. Then you can reach them easily.

To help keep dresser drawers in order, make drawer dividers from boxes. Use the box covers for small items in the top drawers. If you wish, cover the boxes with bright paper.

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Your Bed

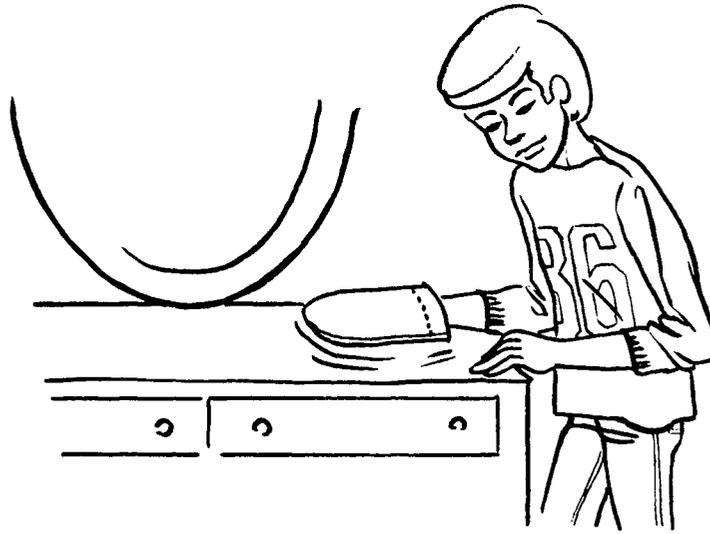
Your bed is one of the first things you see when you go into your room. It looks nicest when it's neat and smooth. Nobody likes to see or sleep in a wrinkled or lumpy bed.

You can make your bed each day.

Making Your Bed:

- Begin at one side of the bed and straighten the bottom sheet.
Pull it tight and tuck it under the mattress. If it is a fitted sheet, smooth out the wrinkles.
- Straighten the top sheet and blankets. Pull them up into place.
- Fold the end of the sheet over the top of the blankets at the head of the bed. This helps keep blankets clean.
- Pull the bedspread into place and fold the top of the spread back on the bed.
- Fluff the pillow and put it on the bed.
- Pull the spread over the pillow. Tuck it under the pillow to hold it in place.
- Go to the other side of the bed. Make that side the same way.

Making your bed each morning helps keep your room looking neat.



Dusting

Make your room sparkle! Dust at least once a week.

You will need two kinds of dust cloths:

- A dry, clean lintless cloth for pictures, lamps, and small articles. Cheesecloth, knit fabric, or terry cloth can be used.
- A treated dust cloth or dust mitt for furniture. If you'd like to make your own treated dust cloth, ask your leader or your mother to help.

Dusting will go faster if you follow a plan. Start at one corner and work around the room. Make both hands work. Use a mitt on each hand! Go from top to bottom on each piece of furniture. Be sure to dust the whole piece.

Turn off lighting fixtures before dusting them. Unplug lamps before dusting light bulbs. Don't miss the window sills and pictures.

Empty wastebaskets and wipe them out with a damp cloth. Neglected wastebaskets can be fire hazards. Overflowing ones can be stumbling blocks.

Put everything back in place. Look around the room. Do pictures hang straight? Are window shades even? Are lampshade seams turned to the wall? Good job!

Shake dust cloths outdoors. Then put the treated ones in a closed glass or metal container and wash separately when needed. The untreated ones can go into the regular laundry.

Remember to store treated dust cloths in covered glass or metal containers so they will not start fires.

THINGS TO MAKE

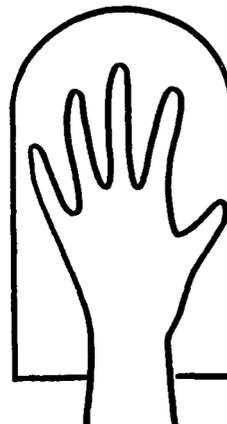
Dust Mitt

You probably will want to make a dust mitt for each hand. You will need:

- Heavy plain paper to make the pattern
- Soft, lint-free fabric (old flannel pajamas, old terry cloth towels, or old T-shirts can be used)
- Thread to match
- Pencil, needle, scissors, and sewing machine

What to do:

1. Making a pattern.
 - a. Place your hand on a piece of paper. Spread your fingers apart. Draw around the outline of your hand as shown. Draw straight down at the sides for a wide opening. Draw another line $\frac{5}{8}$ inch outside of the first line. This is for the seam allowance.
 - b. Cut the pattern out on the outside line.



STEP 1
Making a Pattern

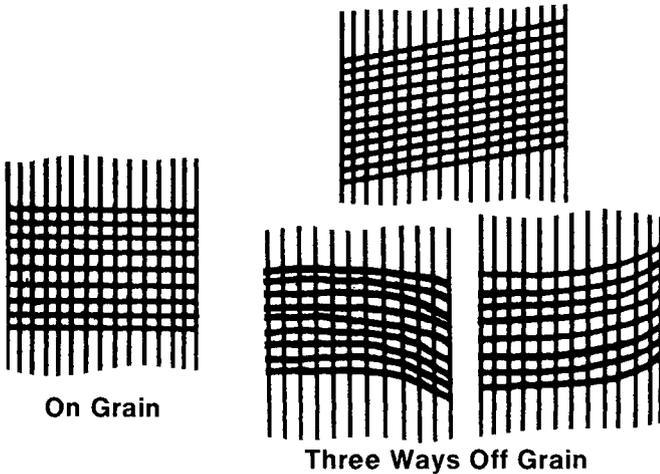
2. Pinning.

- a. Find the straight grain line of the cloth. Look at a piece of cloth. Some threads or yarns go up and down the length of the material. These are called lengthwise threads or grain. Others go across the cloth and are called filling threads or crosswise grain.

Along the sides are tightly woven threads called selvage. This means self-edge. The selvage is always the lengthwise edge of the cloth.

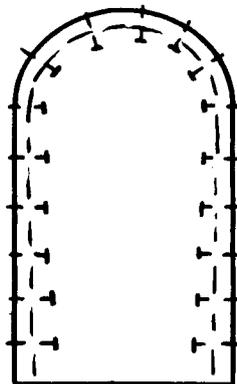
When lengthwise and crosswise threads are woven together they should go straight across each other. The crosswise threads form right angles with the lengthwise threads. Such fabrics are on grain.

However, if the threads slant or curve across one another, the fabric is off grain (see figure).



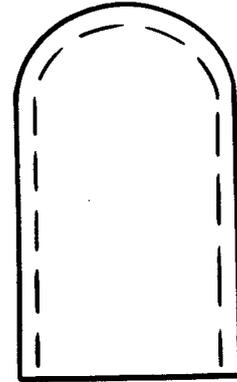
- b. Fold fabric in half so you can cut the front and back of the mitt at the same time. Place right sides of the fabric together. Lay the pattern on the straight grain line of the fabric and pin.
- c. Place pins around the sides and top as shown in the drawing. Place the pins with the heads toward the center of the mitt. Place them far enough in so you do not stitch over the heads.

STEP 2 Pinning
Raw Edge



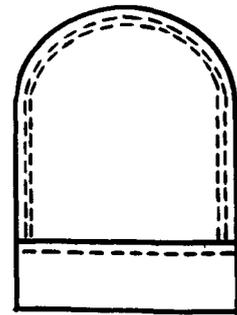
3. Sewing. Set seam guide on the machine for $\frac{5}{8}$ inch. Keep fabric edge on seam guide. This will help you make an even seam all the way around. Start stitching at one side, go around the top, and finish the other side. If the fabric ravel easily, stitch a second time in the seam allowance $\frac{1}{4}$ inch from the first stitching. Tie the threads.

STEP 3 Sewing



4. Finishing. Turn mitt right side out. Turn hem $\frac{1}{4}$ inch to the inside. Press. Turn hem again $\frac{1}{2}$ inch. Pin hem in place. Baste hem with long stitches. Remove pins. Then stitch $\frac{1}{8}$ inch from the edge of the hem. Backstitch and tie threads if needed.

STEP 4 Finishing



Your dust mitt:

- Does it fit your hand? ___Yes ___No
- Is the hem neat and even? ___Yes ___No
- Is it made of soft fabric that
will pick up dust? ___Yes ___No

Hint: If your mitt's open edge is made from the hem of a towel or T-shirt, you won't need to hem it.

DID YOU REMEMBER TO . . . ?

Mark each day you remembered to do these things.

Before Going to Bed: **Day 1** **Day 2** **Day 3**

- Pick up things in your room. _____
- Hang up the clothes you take off and put your shoes away. _____
- Lay out fresh clothes for the next day. _____

In the Morning: **Day 1** **Day 2** **Day 3**

- Turn back blankets and top sheet to air your bed. _____
- Put away night clothes. _____
- Leave dresser drawers and closet in order. _____
- Make your bed. _____

At Least Once a Week: **Day 1** **Day 2** **Day 3**

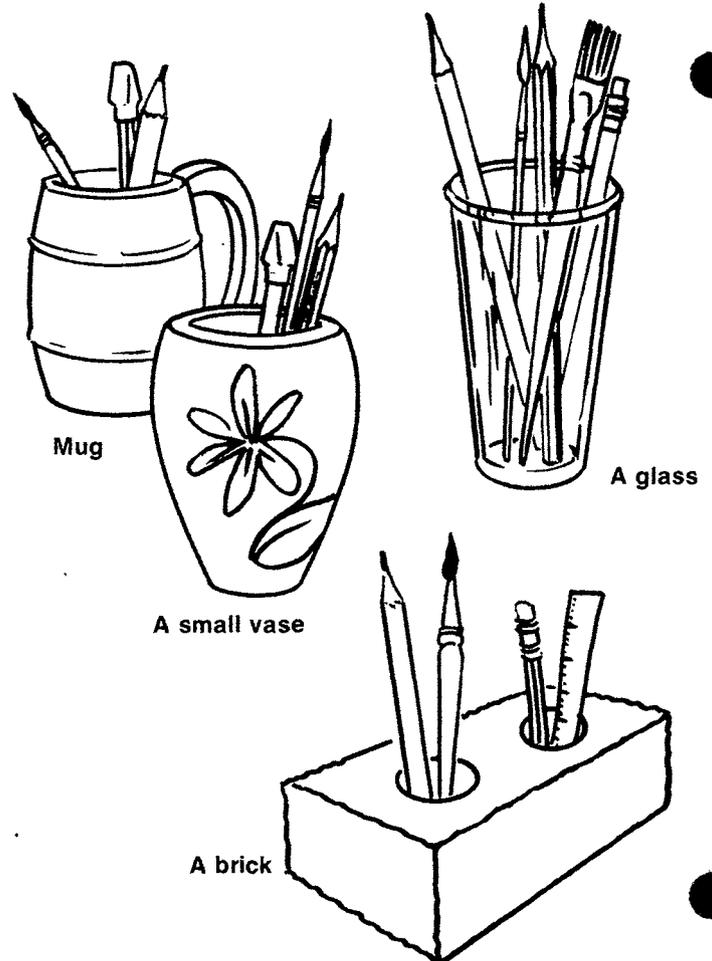
- Dust your room. _____
- Empty the wastebaskets. _____

Containers

Containers keep things organized. A container can be used to store like things together. Things that are used together can also be stored together.

You may need a place to store pencils to help keep your room looking neat. A small box or can makes a good pencil caddy. Here are other ideas for making a pencil caddy.

Pencil caddies keep pencils handy and save you time. You won't need to search for a pencil every time you need one. Place your pencil caddy near the place you use the pencils.



THINGS TO MAKE

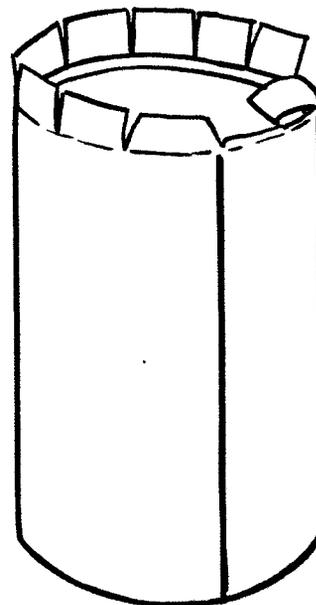
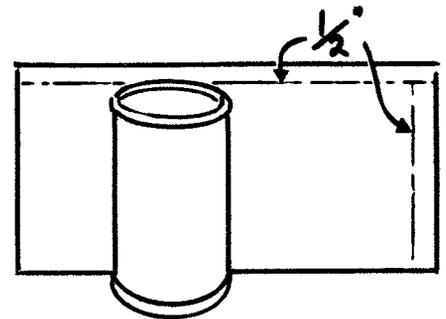
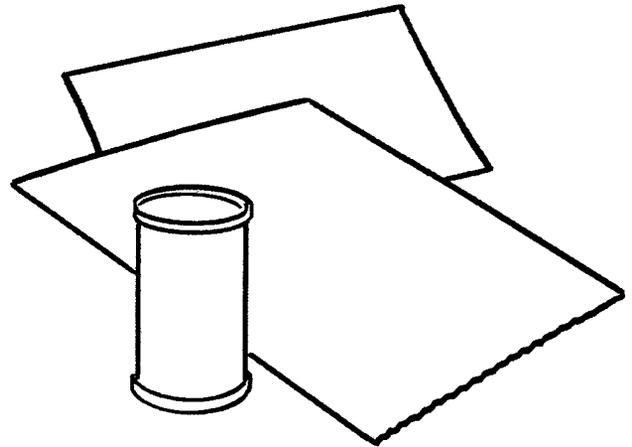
Covered Pencil Caddy

You will need:

- An empty, clean can—smooth, not dented
- Fabric or paper—(may be adhesive-backed) for covering
- Plain paper to make the pattern
- Pencil, ruler, scissors, and glue

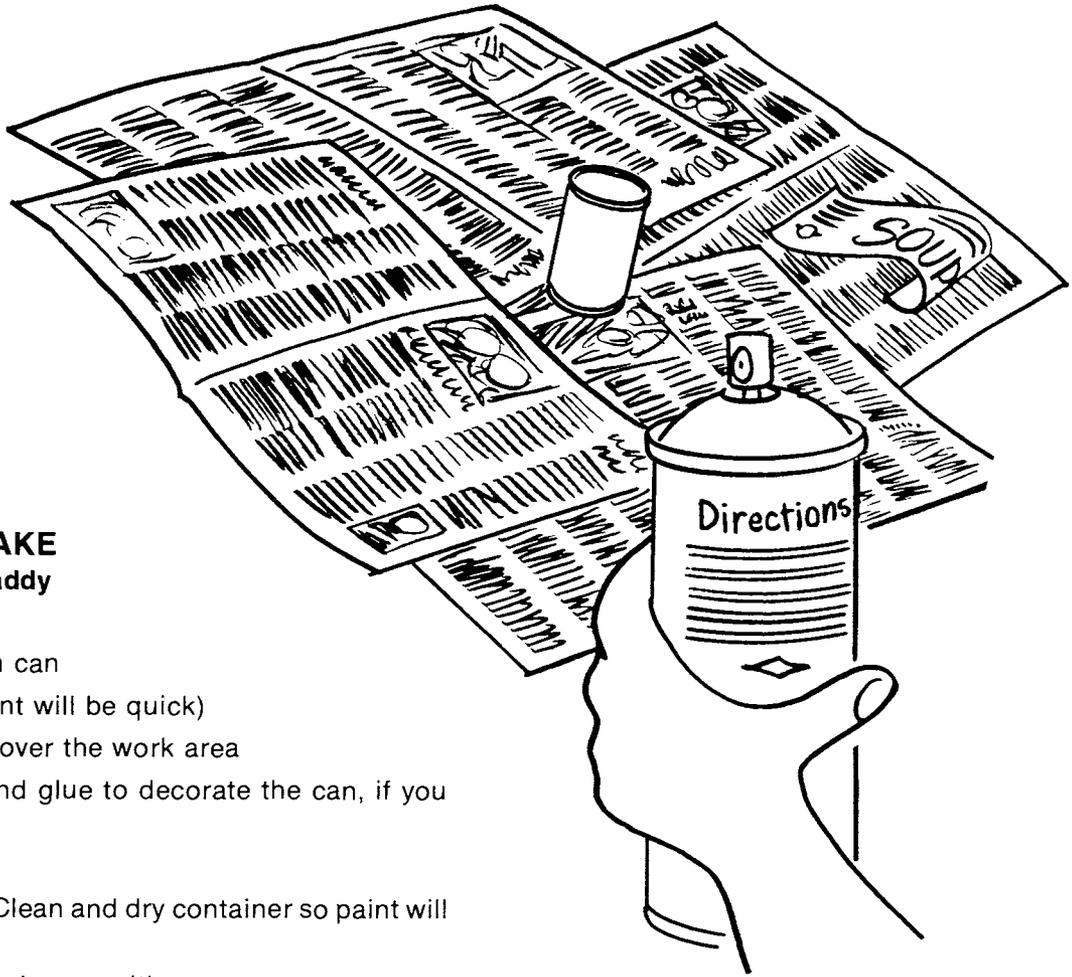
What to do:

1. Check can to be sure the edges are smooth. Remove labels.
2. Make a pattern. Wrap the pattern paper around the can. Draw a line where both ends of the paper meet. Then add $\frac{1}{2}$ inch along this line to lap over for a seam. Mark the height of the can on the paper. Add $\frac{1}{2}$ inch to this line. Draw lines. Cut along the outer line.
3. Place pattern on wrong side of covering and draw around the pattern. Use a ruler to make straight lines.
4. Cut out covering.
5. Apply glue to wrong side of covering.
6. Starting along the bottom of the can, attach covering to can. Overlap at the side. Don't do the top yet. Smooth out wrinkles as you go along.
7. Clip the top edge of the covering every $\frac{1}{2}$ inch. Then fold the clipped edge to the inside of the can. Let dry.
8. If you use adhesive-backed paper, peel off paper backing and apply covering to the can.



Your pencil caddy:

- Is it attractive in your room? ___Yes ___No
- Is it useful? ___Yes ___No
- Is it neat and carefully done? ___Yes ___No



THINGS TO MAKE

Painted Pencil Caddy

You will need:

- An empty, clean can
- Paint (spray paint will be quick)
- Newspaper to cover the work area
- Small picture and glue to decorate the can, if you like

What to do:

1. Remove label. Clean and dry container so paint will stick.
2. Cover entire work area with newspaper.
3. Read and follow directions on the paint can. You may want to ask your leader or another adult to help you.
4. Paint the container.
5. Let it dry.
6. Glue picture to side of the can if you wish.

Your painted pencil caddy:

- Is it attractive in your room? ___Yes ___No
- Is it useful? ___Yes ___No
- Is it neat and carefully done? ___Yes ___No

Other Ideas for Containers to Paint or Cover

- An oatmeal box holds letters.
- A large metal can makes a fire-proof wastebasket.
- An egg carton holds 12 things!

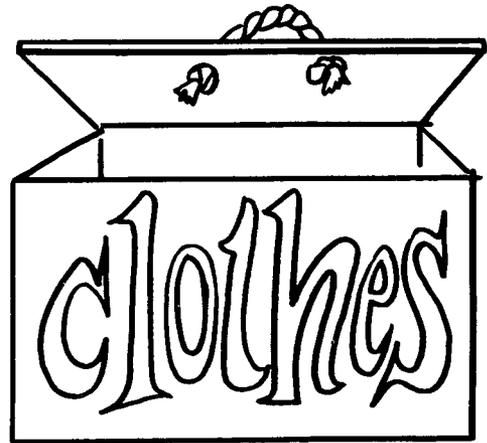
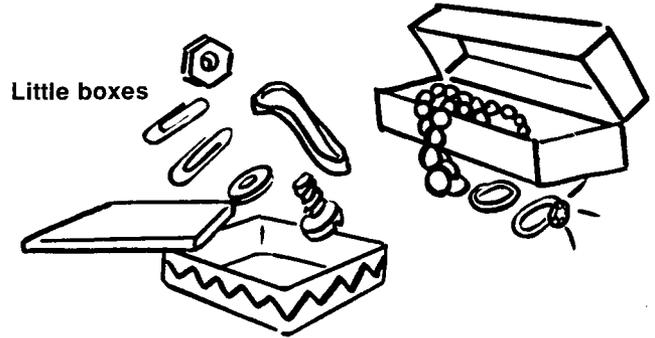
Look around your room. What other things can be stored together in a box or container?

1. _____
2. _____
3. _____

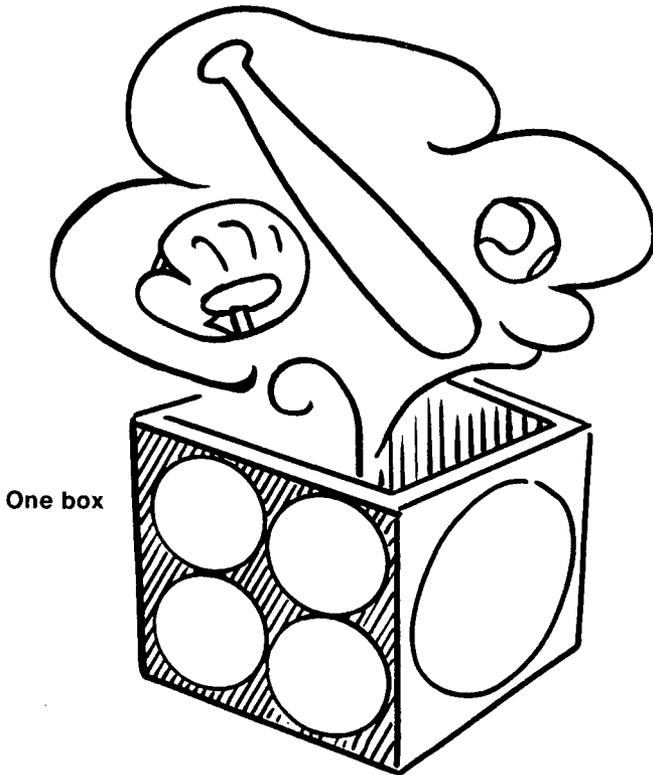
What can you think of to use as containers?

1. _____
2. _____
3. _____

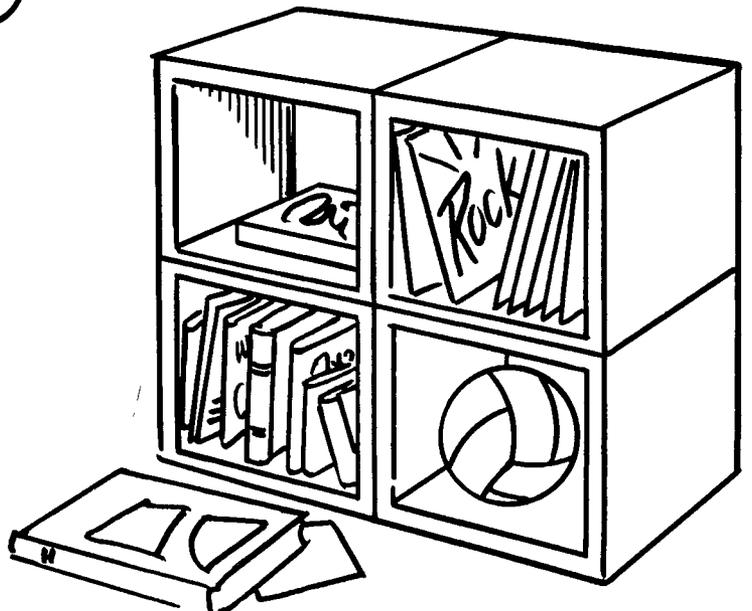
You can make attractive containers by covering or painting cans and boxes. Look for empty soup, juice, or vegetable cans to hold small items. Boxes can hold clothes, rock collections, or rubber bands. Here are some ideas.



Big boxes



One box



Several boxes

Helping in Your Home

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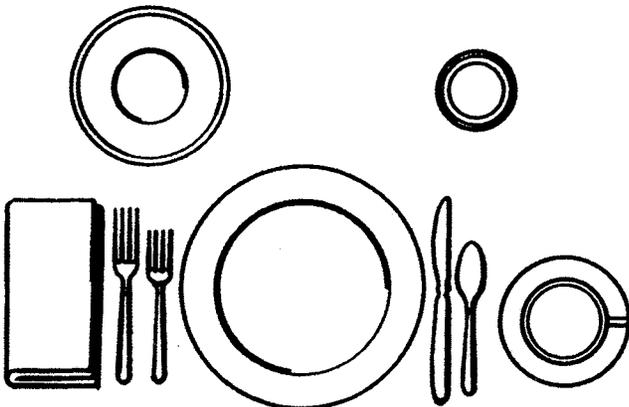
There are many ways you can help in your home. Working together helps each family member grow and learn. They will learn more about you, and you will learn more about them. As you share the work in and around your home, you can be proud of your new skills. Your family will be proud of you, too. And when you work together, you have more time to have fun together.

You also can make many things for your home that are both attractive and useful. Look around your home to see what you could make. Talk over your ideas with your parent and leader.

Setting the Table

Food looks and tastes better if it is served on a clean, neat, and well-set table. This is how to set the table for a meal.

Wash your hands before starting. Put a clean tablecloth or place mats on the table. If they are cloth, be sure they are nicely ironed. If they are made of plastic, be sure they are wiped clean. The colors and patterns should look nice with the dishes you plan to use.



Place some kind of decoration in the center of the table. This is called a centerpiece. You may want to use:

- a plant
- a bowl of fruit or vegetables
- nuts, dried leaves, seashells
- an interesting piece of bark or wood
- flowers

Now you're ready to place the dishes and flatware for each person. Each place setting takes about 24 inches. This gives room for elbows. How many place settings does your family need?

The plate is placed in the middle of the space for the place setting. Place the plate about 1 inch from the table edge.

Flatware is next. The knife goes to the right of the plate with the cutting edge facing the plate. Place spoons to the right of the knife with the bowl up. Place forks to the left of the plate with the tines up. Flatware should be about 1 inch from the table edge.

Place the napkin to the left of the fork. Fold it with the hems toward the plate and the table edge.

Set the water glass at the tip of the knife. If a cup and saucer are needed, place them to the right of the spoon.

Place a fruit juice or other beverage glass to the right of and down a little from the water glass.

If a fruit or salad plate is used, place it just above the napkin. Place salad fork to the left of the dinner fork.

In the Kitchen

The dish washing job comes at least three times a day—after each meal. Because it must be done so often, it may become boring. If you organize your work, it will take less time.

CLEAR THE TABLE

You will need:

- Plate scraper—scrape food from dishes before washing.
- Paper towels—to remove grease from dishes and utensils.

First clear the table of all the dishes and food. A tray will save steps. Store leftover food in small, covered containers in the refrigerator. Scrape, sort, group, and stack dishes in neat piles by the sink or dishpan. Rinsing dishes will help keep your dishwasher clean.

Arrange dishes and flatware in the following order:

- Glassware
- Flatware
- Cups and saucers
- Plates
- Serving dishes
- Cooking utensils



LET'S WASH DISHES

You will need:

- Sink or dishpan
- Drain rack—set in sink or on pan or tray
- Soap or detergents
- Scouring pad or brush—to remove hard and sticky food
- Dish cloth, sponge, or brush—clean and sanitary
- Dish towel—soft and absorbent
- Hot water—change water when necessary, use very hot water for rinsing dishes

A cereal or soup bowl generally is placed on the plate.

Place salt and pepper shakers and the serving dishes where they can be reached easily. Set chairs in front of each place.

Now you know how to set the table. But—how long did it take you to do it? How many trips did you have to make around the table before you finished setting it? Here's how to do it more quickly.

- Save time by using a tray. Place flatware, glasses, plates, and napkins on the tray. Make one or two trips do.
- Place settings can be set from the tray. Completely set one place before you go on to the next. You make only one trip around the table.

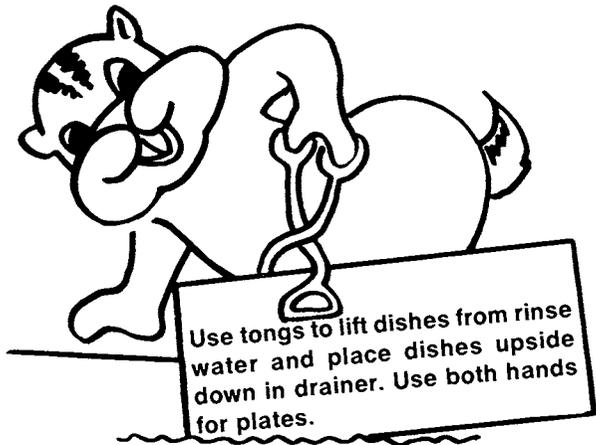
Can you think of other ways to make setting the table quicker and easier?

If you use an electric dishwasher, be sure to follow carefully the instructions in the book.

What to do:

1. Wash your hands.
2. Partly fill sink or dishpan with hot, sudsy water.
3. Partly fill the rinse pan with scalding water. Place rinse pan and drainer by sink or dishpan. Be careful with hot water. It may be easier for you to work from right to left. If you are left-handed, arrange dishpan and drainer so you can work from left to right. Or try it both ways and see which is easiest in your kitchen.
4. Wash and rinse all glassware.

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5. Wash flatwear and place in rinse pan.

Place flatwear in a sink strainer to avoid burning hands while rinsing.

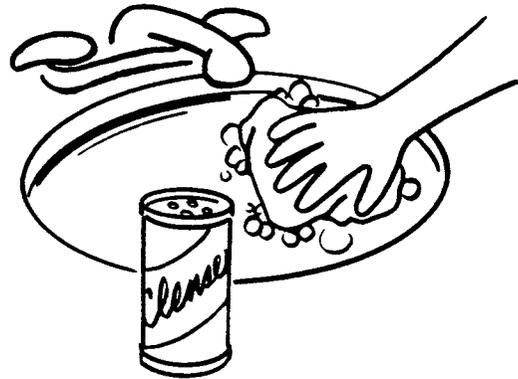
6. Wash cups, saucers, and plates. Rinse and drain. Turn cups and bowls upside down.
7. Wash serving dishes.
8. Wash kitchen utensils and pans. Leave the dirtiest for the last. Rinse and dry or let drain.

SAFETY REMINDER: Wash sharp knives one at a time. Rinse and dry without letting go of them. Handle carefully.

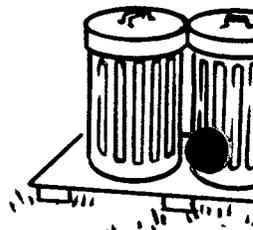
Leave the kitchen sparkling! Put away dishes, pots, and pans. Wipe counter tops, kitchen table, range, and refrigerator door. Drain the sink or empty rinse and wash water pans. Wipe and put away pans and drainer. Rinse dishcloth and scouring pad in sudsy water, then in clean water. Hang towel and dishcloth to dry.

Clean sink with a powdered cleanser and rinse. Empty garbage. Wash hands. Is everything in place? Good job!

There are many jobs that need to be done in a home. Can you think of other ways to help in your home? Check the ways you have helped in your home this year. Circle the thing you like to do best.



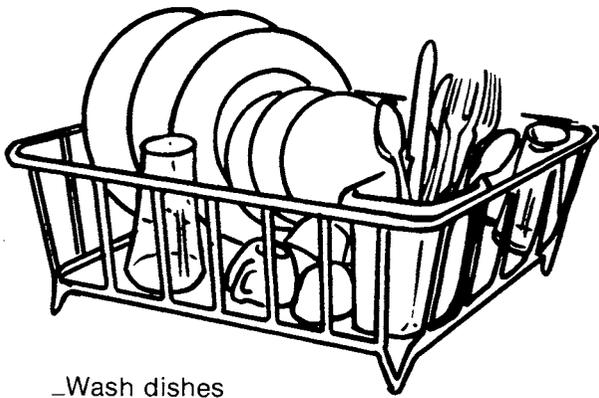
_Clean bathroom sink



_Take garbage out

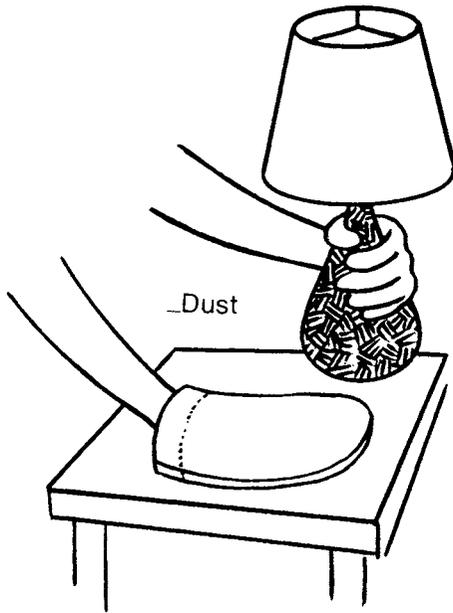
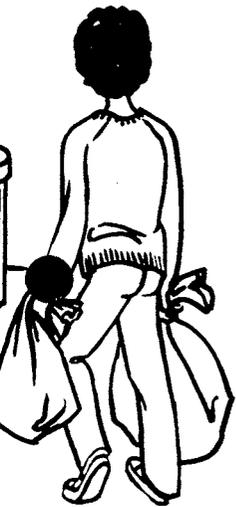
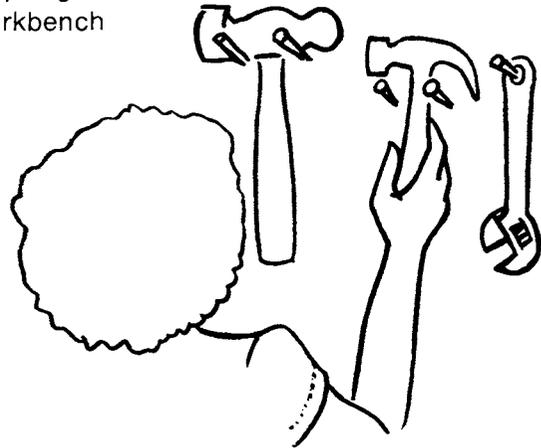


_Watch little brother or sister



_Wash dishes

_Help organize workbench

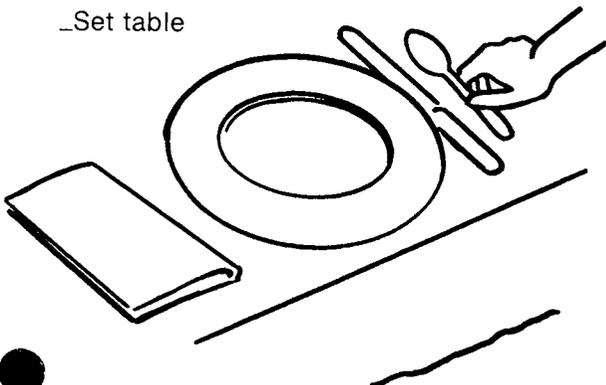


_Dust



_Pick up papers and toys

_Set table



Write down any other ways you have helped your family in your home this year.

1. _____

2. _____

How do you feel when you help other people? Circle one.

- | | | | |
|--------------|---------|-------|---------|
| proud | happy | bored | angry |
| enthusiastic | nothing | tired | excited |

THINGS TO MAKE

Fringed Table Cloth

A cloth serves as a background for the dishes, flatwear, and centerpiece. If the dishes have patterns, the cloth should be plain. A patterned cloth may be used with plain dishes.

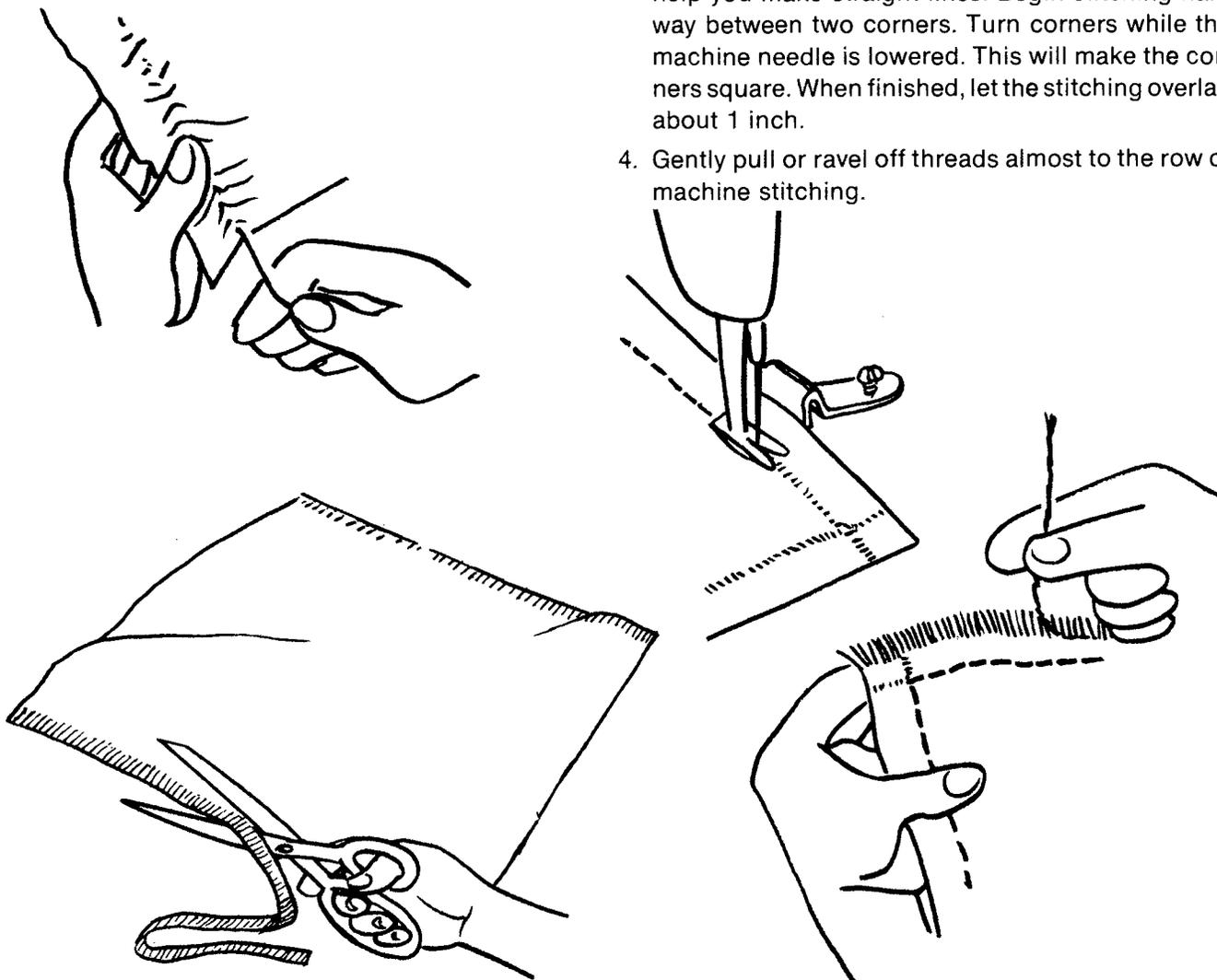
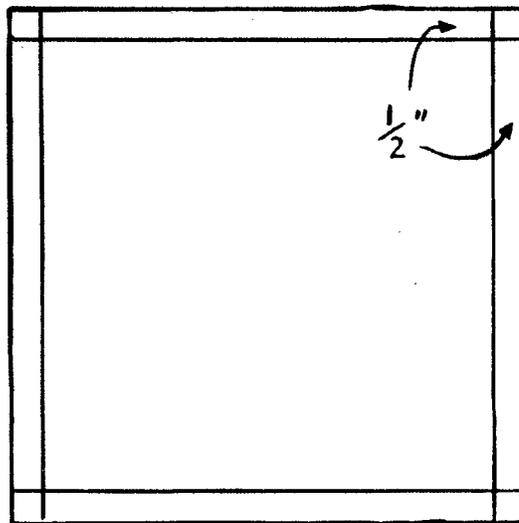
You will need:

- 16
- Washable fabric, enough to cover table and hang down 8 to 12 inches on all sides.
 - Thread to match
 - Scissors
 - Sewing machine

What to do:

1. Straighten fabric by pulling thread on both ends. Ask your leader or mother to help with this. Cut material on the line left by the drawn thread. Cut off the selvages.

2. Measure about $\frac{1}{2}$ inch from edge of cloth. Pull out one thread. Repeat on other three sides.
3. Place seam guide on sewing machine for $\frac{1}{2}$ inch. Use about 10 to 12 stitches to the inch. Stitch along the lines made by pulling out the threads. Keep fabric edge on seam guide. The seam guide will help you make straight lines. Begin stitching half-way between two corners. Turn corners while the machine needle is lowered. This will make the corners square. When finished, let the stitching overlap about 1 inch.
4. Gently pull or ravel off threads almost to the row of machine stitching.



Your table cloth:

- Is the material washable? ___Yes ___No
- Is the cloth clean and well pressed? ___Yes ___No
- Does the cloth look nice with the dishes? ___Yes ___No

Other Ideas for Table Coverings

- Fringe place mats using the same method. Make the place mats 12 by 18 inches or 14 by 20 inches. All dishes for one person should fit on the mat.
- Napkins can match or contrast with place mats and table cloths. They should be at least 12 inches square and not over 22 inches square. Edges can be fringed.
- Imitation suede and polyester felt can be used to cut place mats in many shapes. Fabric must be washable and must not ravel. Fringing or hemming is not needed.
- A large beach towel can be used for a picnic table cloth. Hand towels in a pretty color make easy-to-clean place mats.

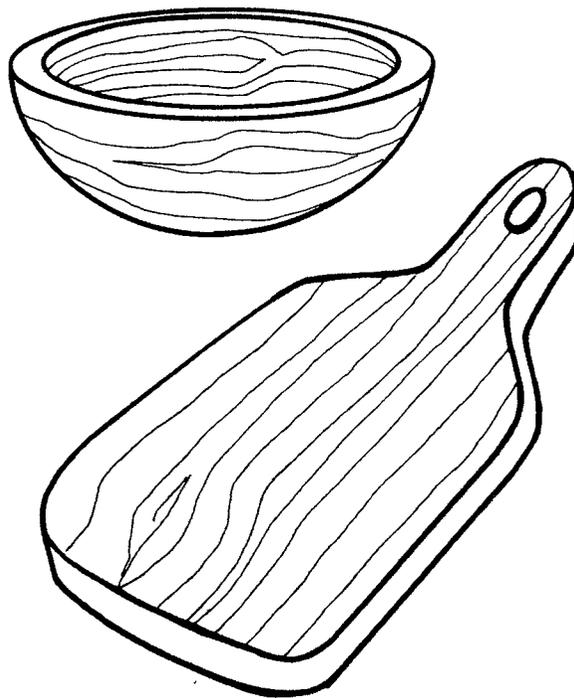
If you had fun making this, you may be interested in project 9211, The Clothes You Make-I.

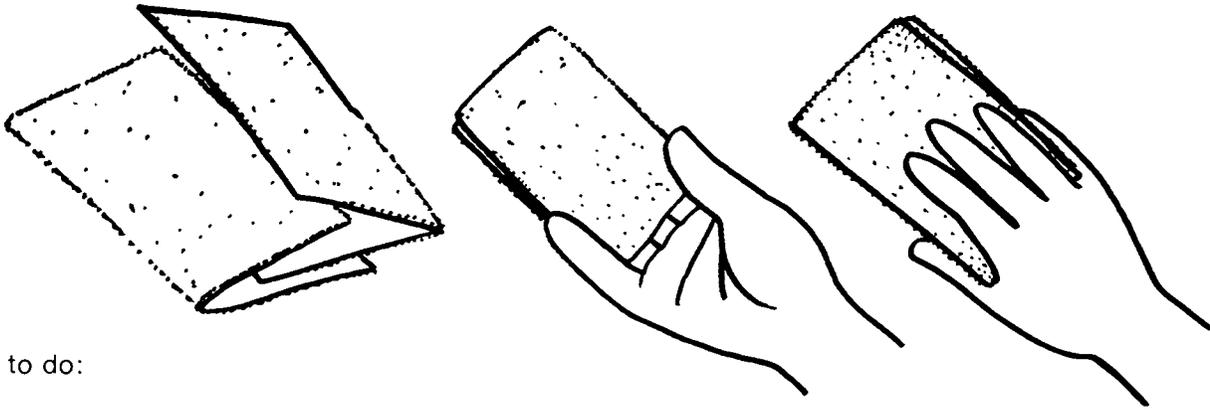
Wood Finishing

It's fun to work with wood. Many people work with wood as a hobby. You can make useful things that look pretty in your home. A wood salad bowl or cutting board would be useful in your kitchen or dining area.

You will need:

- Wood salad bowl or cutting board—unfinished
- 2 pieces of fine sandpaper (4/0 grit or finer)
- 1 small pad of fine steel wool—No. 0000
- 1 can clear penetrating seal
- Small dish or can—to hold small amount of finish
- Clean, lintless cloth—to apply and wipe finish
- Newspaper to cover work area
- Paper towels or rags—for spills and cleaning up
- Turpentine or hand cleaner—for cleaning up

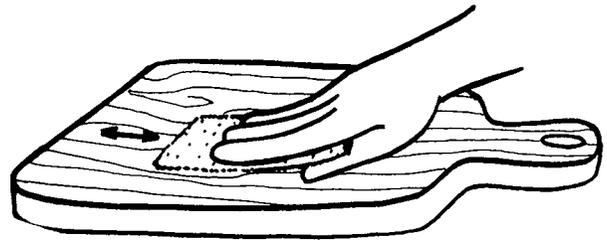




What to do:

1. Sand the finish until it is velvet smooth. Use two pieces of fine sandpaper, each piece about 4 inches square. Fold each piece in half with the rough side out. Fit one piece inside the other. The rough sides will keep the pieces together as you sand. Place your thumb and little finger under the edges of the paper. Place your other three fingers on top. This helps you sand evenly. **ALWAYS SAND WITH THE GRAIN OF THE WOOD.**
2. Rub the wood with your hand. How does it feel? Does it feel like velvet . . . or a kitten . . . or the skin on your arm? Then you're ready to apply the finish.
3. Dust the wood with a:
 - clean, soft brush,
 - tack rag (you can buy or make one), or
 - lintless cloth dampened with turpentine
4. Read directions on can of penetrating seal. You may want to ask an adult for help. Be sure to follow the directions. In general, they will be as follows.
5. Pour some penetrating seal in a small, clean can or dish. A shallow one will be easier to use.
6. Apply penetrating seal with a cloth pad. Let stand 10 or 15 minutes for the penetrating seal to soak in. (Old nylon hose can be used for the pad.)
7. Wipe wood surface with a clean, dry cloth. This will even the coat of seal. Let dry for 24 hours.
8. Rub the surface with fine (0000) steel wool. Always rub with the grain of the wood. This buffing smooths the finish and prepares it for the next coat.
9. Repeat steps 3, 4, 5, 6, 7, and 8 until you have applied at least three coats.
10. Use your bowl or cutting board.

Sand with grain of wood, rough sides folded out.



Your salad bowl or cutting board:

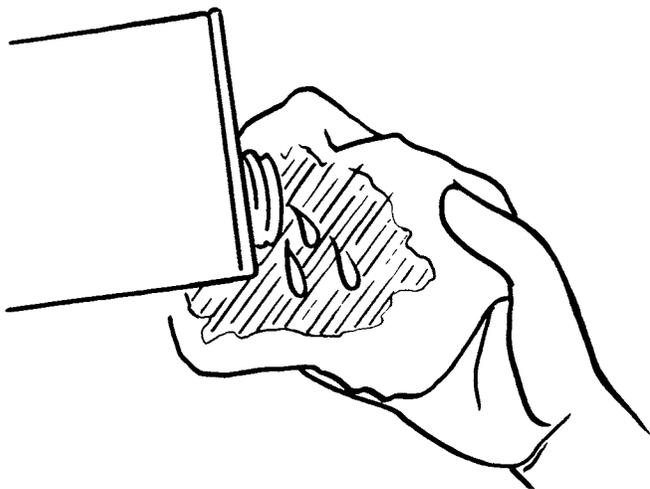
- Is it attractive? Yes No
- Is the surface smooth? Yes No
- Is the finish even and spotless? Yes No
- Are you proud of what you did? Yes No

A final wax coat is often used on wood projects. Do not apply wax to your salad bowl or cutting board because these pieces will be used for foods.

You can use a tack rag for removing dust from furniture before you apply finishes. To make one, wash a piece of closely woven cheesecloth several times. Dip the clean cloth in warm water and wring it out. Then wet the cloth with turpentine.

Sprinkle varnish on the rag until it is quite yellow. Then fold and twist the rag into a tight roll to force out the water and allow the varnish and turpentine to saturate the cloth. Twist the rag a second time.

A tack rag should be sticky enough to pick up dust, but dry enough not to leave moisture on the furniture. If your rag dries out in use, sprinkle a few drops of turpentine and water on it. If it is too moist, shake it in the air for a few minutes. Fold the rough edges of the cloth inside as you use it. Store your tack rag in a quart jar with a tight-fitting lid or in a plastic bag folded up very tightly at the top.



CARE HINT: Dip wooden bowls and cutting boards in warm, sudsy water. Wash quickly. Rinse well. Dry thoroughly.

If you had fun making this, you may be interested in project 4411, Adventures with Woodworking.

Fabric Weights

These weights are colorful and fun to use. Use one as a paperweight. Two weights make bookends. And four hold down the corners of a picnic cloth on a breezy day.

You will need:

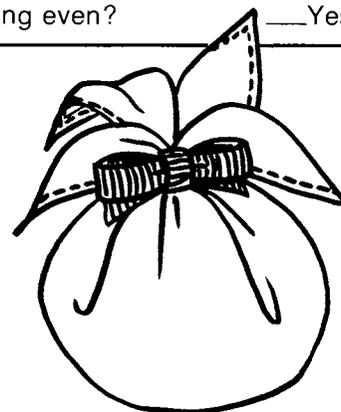
- Fabric—a color and pattern you like
- Thread to match or decorate
- Heavy rock
- Scissors
- Sewing equipment or sewing machine
- Iron, pins, needle, ruler, and pencil or tailor's chalk
- Ribbon to go with fabric (if you wish)

What to do:

1. Measure a 20-inch square of the fabric. Use ruler and pencil or tailor's chalk to draw outside lines of the square. Edges should be straight and on grain. Cut fabric square.
2. Hem edges. Fold each edge $\frac{3}{8}$ inch. Pin and press with iron. Remove pins. Fold under $\frac{3}{8}$ inch again. Pin and press.
3. Stitch hem by hand or by machine.
4. Find a heavy rock. Place the rock in the center of your square. Tie fabric around the rock. Knot the corners or tie a ribbon to hold the fabric in place.

Your fabric weight:

- Do you like the color and pattern? ___Yes ___No
- Is it heavy enough to use? ___Yes ___No
- Is the stitching even? ___Yes ___No



Towel Tricks

You can make many things with towels and wash cloths. Here are two ideas for hand towels.

GUEST TOWELS

You will need:

- 20**
- One solid-color towel
 - Thread to match
 - Ribbon or edging—the width of the towel plus $\frac{3}{4}$ inch
 - Sewing equipment or sewing machine

What to do:

1. Turn each end of the ribbon or trim under $\frac{3}{8}$ inch. Pin. Sew by hand or by machine. The ribbon should now be the same length as the towel is wide.
2. Place ribbon or trim about 2 inches from one end of the hand towel. Measure to be sure the trim is straight and even. Pin.
3. Stitch by hand or by machine.

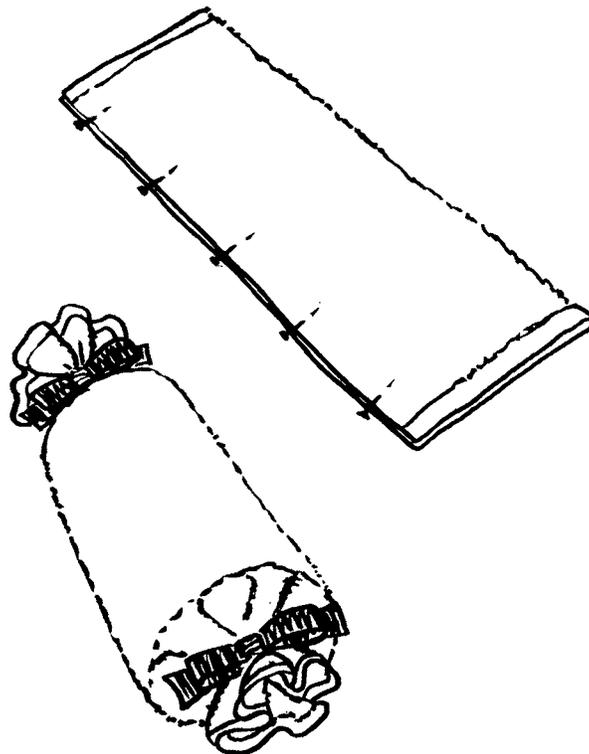
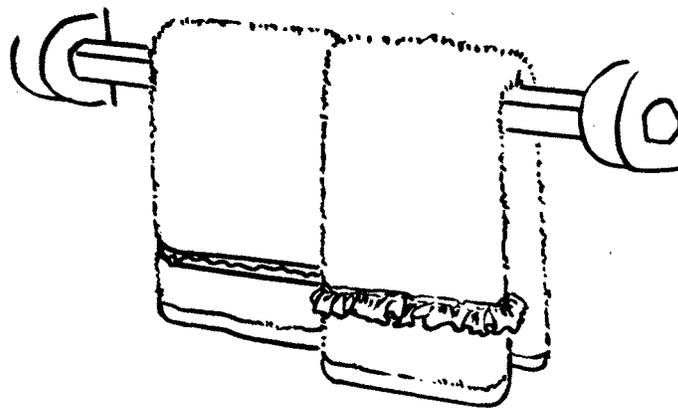
SMALL BOLSTER PILLOW

You will need:

- One hand towel
- 1 pound polyester batting
- Thread to match
- Sewing equipment
- 1 yard of 1-inch grosgrain ribbon

What to do:

1. Fold towel lengthwise with right sides together. Pin selvage of long side.
2. Sew a seam $\frac{1}{2}$ inch in from the selvage. This will form a tube that is open on both ends. Turn right side out.
3. Stuff tube with polyester batting until it is very firm and round.
4. Tie both ends with ribbon.



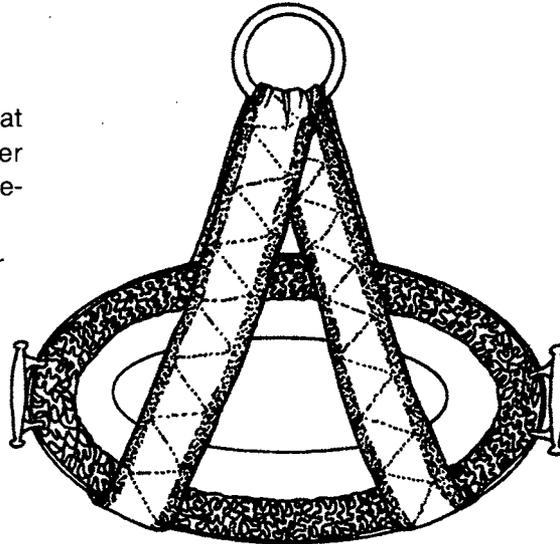
Your towel tricks:

- Do you like the colors? ___Yes ___No
- Is the stitching straight? ___Yes ___No
- Does the ribbon or trim look nice with the towels? ___Yes ___No

Tray Holder

This sling can be used to hold serving trays or other flat decorative objects. Adjust the size, if necessary. Other ideas include using quilted fabric, stitchery, or needle-point. You will need:

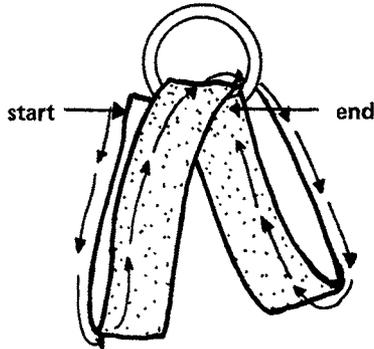
- One round plastic or wooden ring, 3" in diameter
- 2 1/3 yards woven trim, 2 1/2" wide
- Tape measure
- Scissors
- Pins
- Thread



What to do:

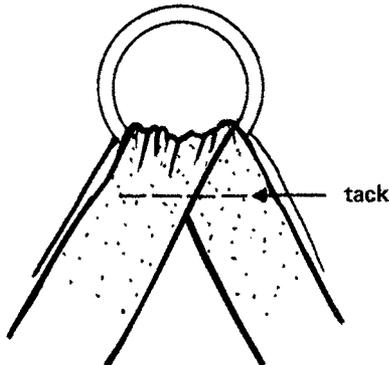
1. Press trim. Pull trim through the ring to form a double loop (see figure 1). Pin-baste to hold trim in place. Stitch ends together. Place ends underneath trim so they don't show.

Figure 1



2. Spread loops apart as if they were holding a tray or other object. Tack with thread to hold in this position (see figure 2).

Figure 2



3. Hang on wall.

Your tray holder:

- Does the trim used look nice with the object displayed? ___Yes ___No
- Do the colors go with the room? ___Yes ___No
- Are the stitches firm and inconspicuous? ___Yes ___No
- Does the size of the holder fit the object displayed without looking too large or too small? ___Yes ___No

Log Carrier

You will need:

- 1 yard heavyweight canvas or fabric, 42" to 45" wide
- Tape measure
- Scissors
- Pins
- Tailor's chalk or pencil
- 3 yards heavy braid 1¼" wide
- Heavyduty thread

What to do:

1. Press fabric. Measure a rectangle of fabric 27" x 36". Watch for straight grain line. Mark with tailor's chalk or pencil. Cut with scissors.
2. Hem long sides of rectangle by turning raw edges under ⅝ inch. Press. Then turn edges under ¾ inch and press. Stitch hems.
3. Hem short sides of rectangle. Measure and turn raw edges under ¾ inch. Press. Turn edges under 1 inch (see figure 1). Press. Sew hems in place.
4. Pin one end of braid to right side of rectangle near the middle, 6 inches from one long side. Pin braid in place, making 20-inch loops at each short side (see figure 2). (These loops are handles for your log carrier.) Measure to be sure that braid is placed 6 inches from each edge. Turn under raw edge where braid meets. Stitch along both edges of braid. Press.

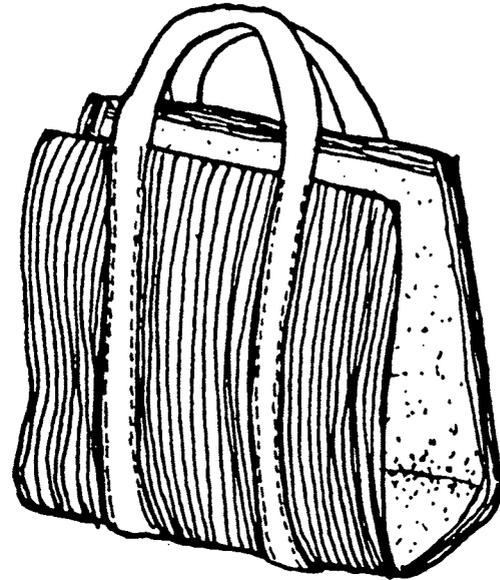


Figure 1

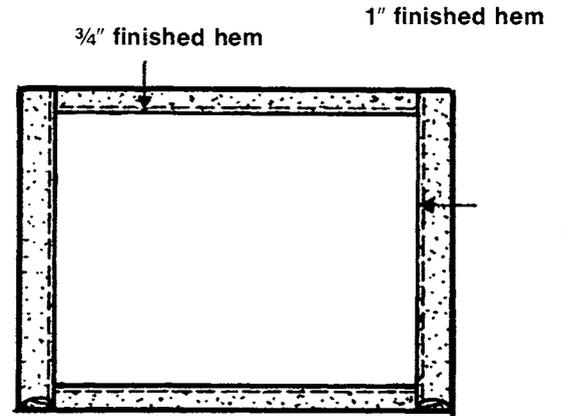
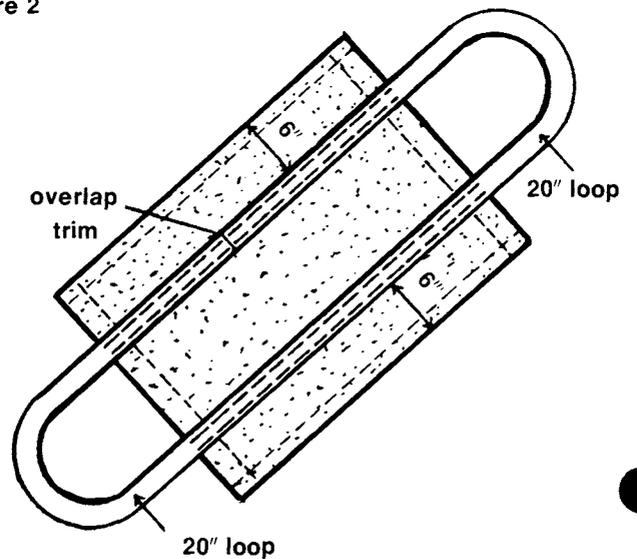


Figure 2



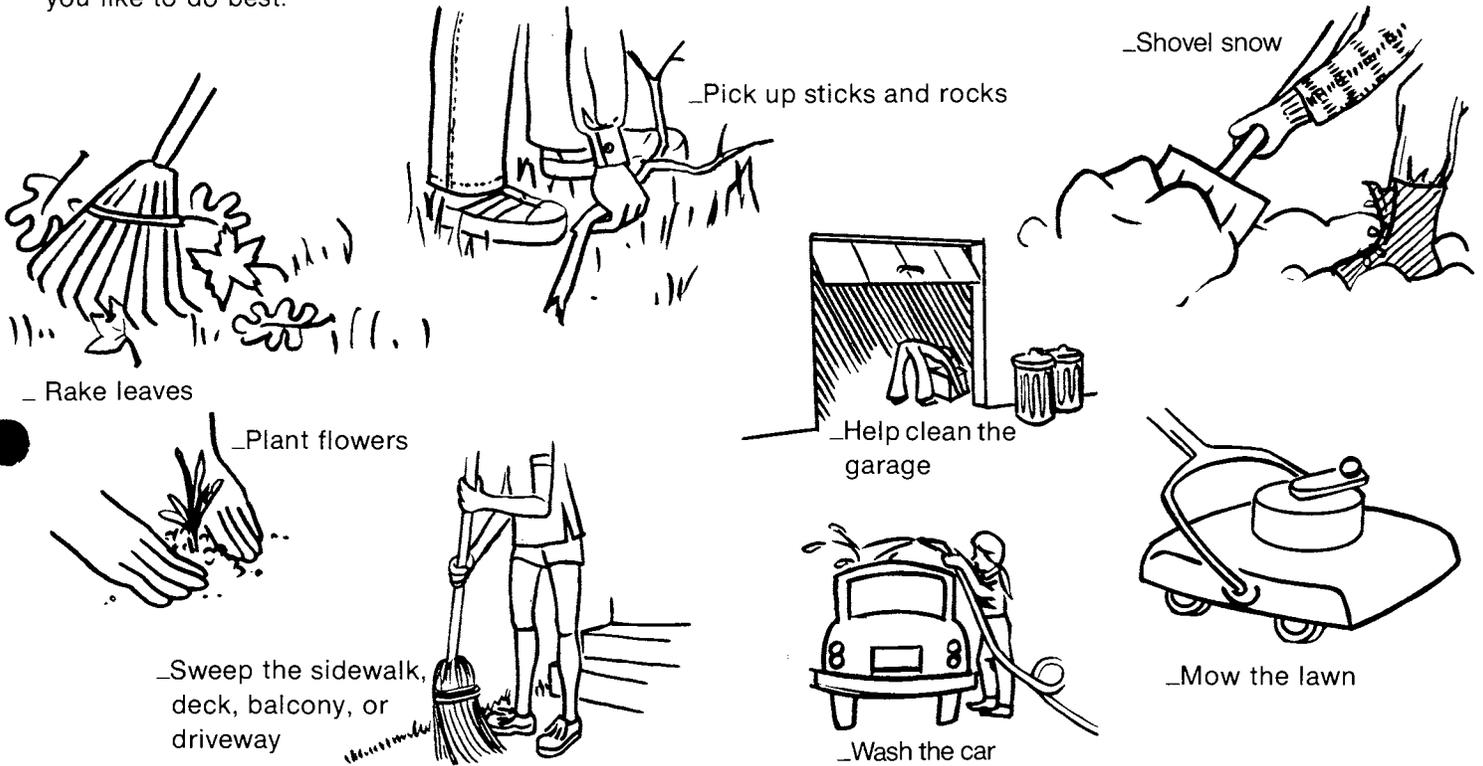
Your log carrier:

- Is it attractive in the room? ___Yes ___No
- Is the stitching straight? ___Yes ___No
- Is it serviceable? ___Yes ___No

Helping— Outside A Home

There are many things you can do outdoors to help family and friends care for a home. Check ways you have helped care for homes this year. Circle the thing you like to do best.

If you like working outdoors, you may be interested in project 2311, Flower Gardening (Beginner), and project 2211, Lawn and Landscape Design (Beginner).



Have you done other things to help family and friends around your home? If so, draw or sketch what you have done.

Safety First!

24

Look all around your home. Is there anything you can do to make your home a safer place? This is one way to let people know you care about them and about your home.

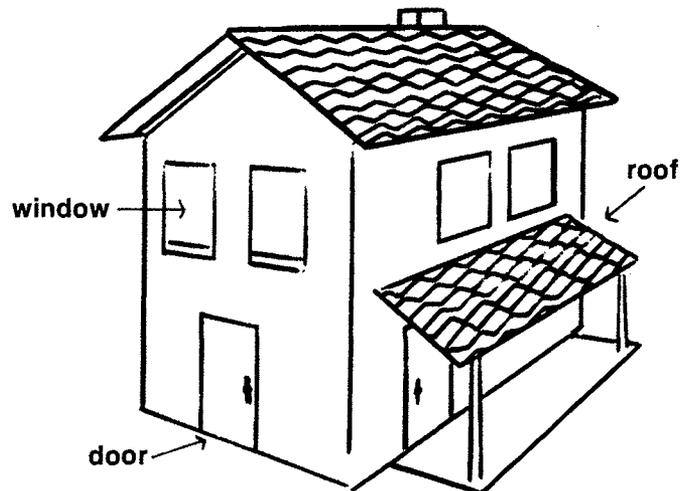
Sometimes accidents happen in the home. Do you know what to do in case of an accident? This is another way to tell people that you care. This is called being responsible.

Let's pretend what you would do if . . .
You are at home with your mother. There is no one else at home. Suddenly your mother falls down some stairs. She is unconscious. What would you do?

You are babysitting for your little brother. Your TV program is over and you go to check on what he is doing. You find he has been playing with matches and has started a small fire in your bedroom. What would you do?

Why is it important to think about what you would do in an emergency?

Talk to other members of your family. Do they know at least two ways out of your home in case of fire? Do you? Knowing this may save your life someday!



Draw a floor plan of your home. Mark two ways you can get out of the house from your bedroom.

In an emergency it is important to get help fast. Make a list of all the important telephone numbers to call in an emergency. Place a copy of this list by each telephone in your home.

Emergency Numbers

Fire Department _____

26 Sheriff or Police _____

Doctor _____

Poison Control Center _____

Ambulance _____

Nearby neighbor _____

Parent's business phone _____

Poisons are dangerous. Mothers and fathers are sometimes too busy to watch everything. Little brothers and sisters don't know the dangers. Help other members of your family be safe. Look for poisons in your home. Be sure they are placed in locked containers or on high shelves. Then little brothers and sisters can't reach them.

Place Mr. Yuk labels on as many poisons as you can or wherever poisons can be reached. County Health Centers often have Mr. Yuk labels. They are bright green and help warn people about poisons.



Let's Look at Safety

How safe is your home? Many accidents happen in the home because people are in a hurry or they forget about safety. Look around your home. Can you help make your home a safer place? Check for these things.

1. Are all steps and stairways open without boxes, papers, toys, or shoes piled on the steps? Yes No
2. Are all matches stored in an airtight glass or metal container? Yes No
3. Are clothes, boxes, and bags stored away from light fixtures and electrical outlets? Yes No
4. Are medicines clearly marked and stored on a high shelf or in a locked container? Yes No
5. Are household cleaners, insect sprays, and other poisons clearly marked and stored on a high shelf or in a locked container? Yes No
6. Are knives, scissors, and other sharp objects stored in a safe place? Yes No
7. Are all guns stored unloaded and in a safe place? Yes No
8. Do all family members know at least two ways out of the home in case of fire? Yes No
9. Does your home have a fire extinguisher? Yes No
10. Does your home have a smoke detector? Yes No

Write down other ways you can make your home a safer place.

If you had fun doing this, you may be interested in project 6701, 4-H Safety (Beginner).

Energy in Your Home

ENERGY IS POWER! ENERGY IS HEAT!
ENERGY MAKES THINGS MOVE!

Some things make energy. Other things use energy. How many things in the picture can you find that make energy? How many use energy? You may wish to color them in. Use one color for each kind. Hint: Some may do both.





Appliances use energy. Do you know how many appliances are in your home? Go on an appliance hunt Look in the kitchen, high and low, and don't forget to look inside drawers. Write the appliances found in each room in the space below.



28 Room: Kitchen

refrigerator

Blank lined area for writing appliances found in the kitchen.

Room: My Room

Blank lined area for writing appliances found in the room.

What appliances do you use for food preparation, for enjoyment, and for personal care? What appliances will make your work easier? Circle three appliances you need the most. Cross out three appliances you could give up.