4-H DEMONSTRATION SUGGESTIONS

These are a few demonstrations which might be put on by 4-H members. Other ideas are acceptable as demonstrations. Check carefully to make sure it isn’t an illustrated lecture.

HOME ECONOMICS

**Clothing**
- Using a needle and thimble
- Sewing on snaps, hooks or eyes, buttons
- Darning socks or stockings
- Making a good worked or bound buttonhole
- Making a hemmed or machine stitched patch
- Laundering a garment
- Removing stains from garments
- Care of the hands, hair, or skin
- How to select a garment that is a good buy
- Use of cosmetics
- Making a pressing aide, as a ham or pounding block
- How to iron a garment

**Food Preparation**
Preparation of a food dish (salad, muffins, bread, eggs, beverages, dessert, meat, or other)

- Prepare a snack
- Packing a lunch box
- Milk drinks and other beverages
- Preparing raw vegetables or fruits
- Serving at the table
- Table setting and centerpieces

- An attractive sick tray
- Making bread or rolls
- Ready mixes vs. homemade foods
- Variations of a basic recipe
- Party foods

**Food Preservation**
- Using a pressure cooker
- Preparing jars for canning
- Canning vegetables or fruit
- Preparing products for freezing

- Care of the freezer
- Wrapping or packaging food for the freezer
- Freezing cooked and uncooked food
Home Managers
Organizing a dish cupboard using step shelves
How to wash dishes
Good cleaning methods

Making silver polish
Making a bed
Dusting with two hands

Child Care and Babysitting
How to make a child’s toy or scrapbook
Feeding a young child
Bathing a baby

Dressing a child
Preparing a child’s simple meal

Color
Making a color notebook and applying it to a Room, Clothes, Arts and Crafts, or Food, such as Room Color Scheme, Choice Accessories for Basic Dress.

Serving an attractive meal or party.

Better Rooms
How to paint or paper a room
How to combine colors
Making drapery or curtains
Making a desk or vanity table from orange crates, old table, shelf
Making bookcase
Organizing storage in closet, shelves, or drawers
Refinishing furniture

Caning a chair
Making a lamp shade
Braiding a rug
Remove scratches and stains on furniture
Improving lighting arrangement
Make a waste basket

Arts and Crafts
How to make any simple craft article
How to knit or crochet

Poster making

Bachelor’s Clothing
How to use and care for a sewing machine
How to hang clothes correctly
How to prepare clothes for laundry

How to care for shoes
Good grooming for boys
Making simple repairs

Chef’s Project
How to measure
How to set a table correctly

How to prepare any breakfast food in a project

Outdoor Cookery
Building a campfire

Cooking over an open fire
Ways to extinguish a fire

**Health**
- How to achieve good posture
- Good grooming practices
- Home nursing techniques

**AGRICULTURE AND GENERAL**

**Citizenship**
- How to display American flag

**Dairy**
- Make a rope halter
- Make a show box
- Clean milk utensils
- How to distinguish milk flavors
- Make a calf blanket
- Tattoo dairy calf
- Test milk for butterfat

**Dog Husbandry**
- How to Groom
- Obedience work

**Electricity**
- How to read a meter
- Replace lamp cord
- Make a trouble light
- Clean and oil electric motor

**Entomology**
- How to mount insects
- Control of insects: home, garden
- How to preserve insects

**Forestry**
- Mount leaf collection
- Mount wood collection
- Mount twig collection
- How to tap a tree
- How to shape a Christmas tree
- How to plant a tree
- How to prune a tree

**Gardening**
- How to clean, sharpen garden tools
- How to transplant seedlings
- How to test seeds for germination
- Effect of fertilizers on plants
- How to make a compost pile

**Horsemanship**
- How to clean tack
- How to mount
- How to groom horse
Livestock
Construct hay rack, grain feeder, salt box, brooder, blocking stand, self feeder
How to cut up lamb, beef, port
How to handle rabbits properly
Construct rabbit hutch

Mechanics
Auto Maintenance
Sharpen rotary lawn mower
Bicycle lubrication

Photography
How to develop, print photos
Loading a camera
Proper lighting
Uploading a camera

Plan and Plant for Beauty
Reseed a lawn (model)
Start shrubs from cuttings
Feeding house plants
Weed control
Repot a house plant

Poultry
Grading eggs
Make poultry feeder or waterer
How to open grain bag
How to eviscerate a bird
How to cut up chicken for a barbeque

Safety
Construct safe medicine cabinet
First Air - artificial respiration
How to use fire extinguisher
Construct a litter bag
How to flame-proof draperies
How to apply reflector tape
How to properly handle a gun

Shop and Handyman
Make a bread board, bench hook, letter rack and others
How to use tools
How to sharpen tools
How to sand wood

Soil, Water and Wildlife Conservation
Show erosion control measures
Bird feeders
Stream pollution control
Food birds and other wild animals in winter