

*Keepers of the Faith
Girls*



by

Susan D. Zakula

Keepers at Home and Keepers of the Faith Girls
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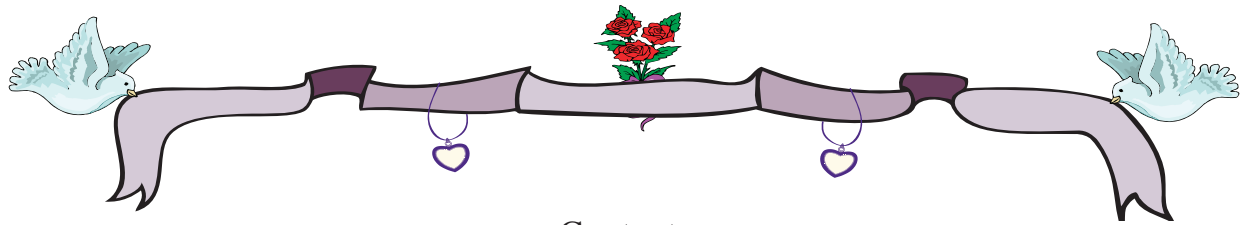
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Dedication

Forty-five years ago, I dedicated this book to my own dear daughter, Sue, for whom this program was originally designed. Now, I would like to include my dear daughters-in-love, Amanda and Elley, who are wonderful keepers of their home for my sons, Nick and Tony. I would also include my nine granddaughters who are working or have worked through this book.



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A Letter to Mothers

Dear Mothers,

This is the most important time in your life, for it is the only time God has given you to “mother” your dear, precious daughters. They are only with you for a few short years, and, in these few short years, they have so much to learn about our Lord Jesus Christ—about being a Christian woman—and about being prepared to be a wife, manage a home, and rear their own future children.

We mothers certainly have a job to do. This handbook can be a real help in teaching many of the basics in both a structured and creative manner. The girls will have a great deal of fun learning new skills, all the while building character and good habits. Being a “keeper at home” is a very worthwhile job, and quite an enjoyable one.

Do not let the list of skills intimidate you. If you do not know some of them, why not learn right along with your daughters? Instructional books are a great help, but you also might find an older woman in your fellowship who would be happy to share her particular skill with you.

If you spend time with your daughters by sharing in feminine activities such as cooking, crafts, and learning new skills together, you will not only be close with your daughters during this learning process, but you will be creating memories and closeness with lasting effects.

There is nothing more important than teaching our daughters to love the Lord and live godly lives by serving Him and living for Him. We can best live for Him by living our lives in the role that He has designed for us—being helpmeets and keepers of our homes. May God bless you as you begin the wonderful journey of teaching your daughters, and becoming lifelong friends in the process.

*Because of His mercy to me,
Susan Zakula*



A Letter to Girls

Dear Girls,

This book is for you! It is your stepping stone to becoming all God would have you to be. Because you will not always be a young girl but will grow up to become a lovely Christian woman, this handbook will help prepare you for your future. As you work through its pages, you will learn how to have a consistent spiritual life, how to make beautiful things with your hands, become competent through the knowledge of many skills, become an accomplished keeper of your home, and develop a servant's heart through learning how to love others.

Now is the most important time in your life, for you are now becoming what you will be in the future. The things you enjoy doing now will be the things you will enjoy doing in the future. There is not a moment to waste in preparing to be a godly woman. So now is the time to be busy! My prayer to God for you is that this handbook will be a "stepping stone" to becoming a Christian woman prepared to be a helpmeet and servant of God.

Mrs. Susan Zakula

How to Use This Handbook

You will find that this book will make it easy to learn new skills. It will usually explain the skill, tell you what you will need to know, tell you what materials or tools you need, tell you how to use them, offer requirements to gauge your accomplishments, and even give you a place to record your progress.

You will want to take time to browse through the different skill sections, and see all the wonderful things you can learn to do. Next, pick out a skill you would like to learn. Then, just plunge in!

If you find that you still have some free time in your weekly schedule, you may wish to begin learning another skill too. You may find that it is convenient to practice different skills at different times, while working on several simultaneously.


When you have learned a few skills, you might begin a few new ones. Just do not start too many at one time. It is always better to work on a few things and complete them than to have many projects started and none finished.

You might be wondering how you will learn all the new skills you find here. It is easier than you think! This handbook will tell you nearly everything you need to know in order to learn each skill. Many skills require few or no materials, and you usually will find most of what you need to learn the skill, and even do a project, explained right in the handbook. For skills which require more commercial materials or patterns, such as needlepoint or embroidery, you likely will want to purchase a pattern or a kit, which will contain any additional information or instructions that apply to that project. Many such project kits are available. These kits contain all the required materials, they offer step-by-step instructions, and they often contain any tools needed.

Whether you use this handbook as a personal curriculum, or meet regularly with others from a few kindred families, or are part of a larger church or homeschool group, you will never regret any effort that you spend learning the skills in this handbook.

And what an opportunity this is for mothers and daughters to spend enjoyable, wholesome, fruitful time together! Sometimes a mother teaches, and sometimes mother and daughter share precious times learning together.

That is all there is to it! It is easy as can be! You have browsed through the skills. Think about all the things that you may soon know!



The *Keepers Companion Notebook* is designed to go along with this handbook. Each requirement in the handbook that directs the young person to do work in a notebook is recreated in the *Companion Notebook* with adequate space provided to complete the requirement. A blank notebook or 3-ring binder may be substituted for the *Companion Notebook*.

*If you have questions or need help, you can always email us at sales@keepersofthefaitth.com.
May God bless you as you are learning to be a keeper at home!*

The Friends at Keepers

Levels of skill difficulty



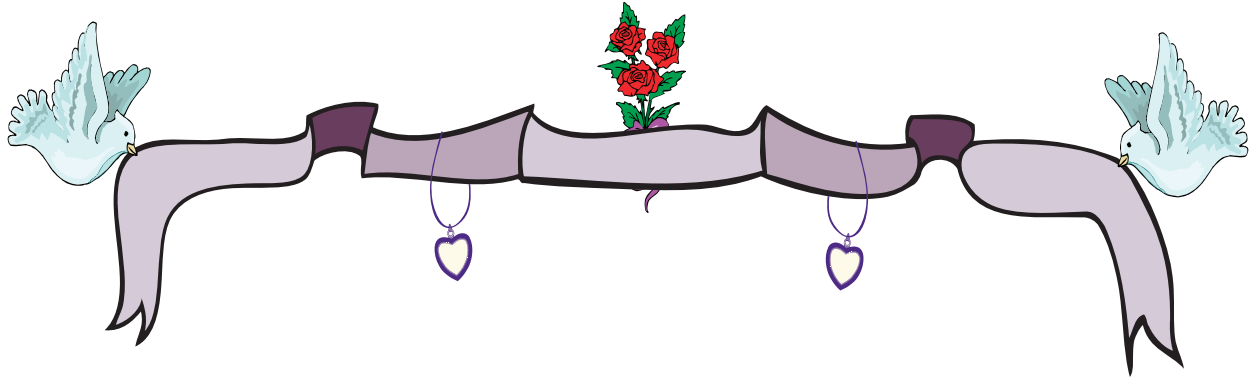
1 Flower—Easy



2 Flowers—Intermediate



3 Flowers—Advanced



Keepers of the Faith Girls

***Purpose:** To learn to walk in the steps of our Lord and Saviour, Jesus Christ, day by day, moment by moment, in every situation.*

***Goal:** To have a teachable spirit so that I can master the different crafts and skills, which will enable me to become a competent, well-balanced Christian girl who loves God, and who will one day be a proper helpmeet and keeper of her home.*

***Verse:** I Peter 2:21, "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps."*

***Prayer:** Dear Lord,
Teach me the way to make each day a stepping stone as I learn to walk in Your steps, and with Your help I will make of my life a harmony of love, joy, and service to Thee, my family, and others.*

Stepping in the Light

ELIZA E. HEWITT

WILLIAM J. KIRKPATRICK

1. Try - ing to walk in the steps of the Sav - ior, Try - ing to fol - low our
 2. Press - ing more close - ly to Him who is lead - ing, When we are tempted to
 3. Walk - ing in foot - steps of gen - tle for - bear - ance, Foot - steps of faith - ful - ness,
 4. Try - ing to walk in the steps of the Sav - ior, Up - ward, still upward we'll

Sav - ior and King; Shap - ing our lives by His bless - ed ex - am - ple,
 turn from the way; Trust - ing the arm that is strong to de - fend us,
 mer - cy and love, Look - ing to Him for the grace free - ly prom - ised,
 fol - low our Guide; When we shall see Him, "the King in His beau - ty,"

CHORUS

Hap - py, how hap - py, the songs that we bring.
 Hap - py, how hap - py, our prais - es each day. How beau - ti - ful to walk in the
 Hap - py, how hap - py, our jour - ney a - bove.
 Hap - py, how hap - py, our place at His side.

steps of the Sav - ior, Stepping in the light, Step - ping in the light; How

beau - ti - ful to walk in the steps of the Sav - ior, Led in paths of light.

Category I

Spiritual Life Skills

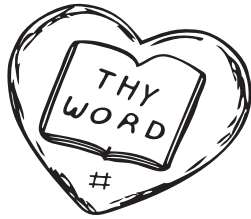
“The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment,” —Mark 12:29-30.

As a Christian girl, your relationship with God is the most important relationship in your life. If you keep this relationship right, putting God first in all that you think and all that you do, all other aspects of your life will simply fall into place, for you will be walking in grace and truth. By always keeping God first, you will have both serenity and joy. If you will walk step by step, day by day, loving God with your whole heart, soul, and mind, you will find that at the end of your life, you will have been in His perfect will throughout your life.





Bible Memory



“Thy word have I hid in mine heart, that I might not sin against thee,” — Psalm 119:11. Hiding God’s Word in our hearts is an excellent way to keep our thoughts focused on Him all the day long. Plus, memorizing Scripture allows God’s Holy Spirit to work with God’s own Word during times of searching, trials, and testings. It gives Him words hidden in our hearts to recall to memory when we need them most. God’s Holy Spirit teaches, leads, and comforts us through God’s Word. Girls will truly be different girls when they hide God’s Word in their hearts. Will you begin today to hide God’s Word in your heart?

Things to Learn

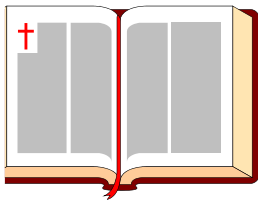
Each memory work, when completed, must be recited “word perfect” to your leader. Only one memory work per year is required to earn the Outstanding Achievement Award. However, we hope you will learn more than one Bible memory work per year. We can never memorize too much of God’s Word.

Choose from the following selections. You are also free to memorize any other portions of Scripture not listed. You may receive an award which simply states “Bible Memory” for any other passages authorized by your leader.

- | | |
|---|--|
| 1 Corinthians 13 | Living Water (John 4:7-15) |
| Abiding (1 John 2:24-29) | Loaves & Fishes (Matt 14:15-21) |
| Armor of God (Eph 6:10-20) | Lord’s Prayer (Matt 6:9-13) |
| Beatitudes (Matt 5:1-11) | Luke 2 |
| Bible Memory General (You select verses.) | Marriage (Gen 2:18-24) |
| Birth of the Saviour (Luke 2:1-15) | Matthew 5 |
| Body & Blood (Luke 22:14-20) | Matthew 6 |
| Books of the Bible | Matthew 7 |
| Books of the New Testament | Memoria Biblia (Memorize verses in Spanish.) |
| Books of the Old Testament | Mote & Beam (Matt 7:1-5) |
| Born Again (John 3:1-18) | Overcoming Evil (Rom 12:9-21) |
| Build on Rock (Matt 7:21-29) | Peace of God (Phil 4:4-8) |
| Creation (Gen 1:1-31) | Philippians |
| Ephesians 6 | Philippians 4:1-13 |
| Fig Tree (Matt 21:18-22) | Prodigal Son (Luke 15:11-24) |
| Four Seeds (Luke 8:5-15) | Proverbs 3:1-24 |
| Fruits of the Spirit (Gal 5:22-26) | Proverbs 31:10-31 |
| Godly Servant (Phil 2:3-11) | Psalms 1 |
| Good Samaritan (Luke 10:35-37) | Psalms 15 |
| Isaiah 53 | Psalms 19 |
| John 15 | Psalms 23 |
| Keepers at Home (Titus 2:3-5) | Psalms 37 |
| Lazarus’ Reward (Luke 16:19-31) | Psalms 51 |



Bible Reading



A Christian girl is special because she belongs to God. If she desires to show her love to God, she must obey God, and before she can obey God, she must learn what it is that God wants her to obey. The very best way to know what God expects from her is to know His Word. She can know His Word by studying it. *“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth,”* —2 Timothy 2:15.

Do not ever think, “But I am just a girl; how can I understand God’s Word?” God says, *“Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not,”* —Jeremiah 33:3. God tells us to pray, *“Open thou mine eyes, that I may behold wondrous things out of thy law,”* —Psalm 119:18.

Did you know that spending fifteen minutes a day reading the Bible will take you through the entire Bible in a year? Most girls are awake for an average of fifteen hours each day. Surely a girl who claims to love God can spend fifteen minutes to read the most important Book in her life, in order to *know* Him.

Dear girls, this is one of the most important skills in this entire handbook. Do not fail to earn this award each year. It is even more important than Bible memory, because without an understanding of the whole of God’s Word, we may not really understand its passages.

Reading the Bible is the key to understanding its verses. We should always remember that the whole Bible fits perfectly together. If we do not understand a particular passage or concept, we can pray and ask God to help us in learning His Word. He will answer, for He has promised to do so. Just be willing to be patient and wait. In time, you will come to know God and His Word, *if* you are diligent to read and study it faithfully.

Things to Learn

You may choose one or more of the following portions of the Bible to read. Each portion will entitle you to a Bible reading award. You may earn more than one award each year. Each portion of the Bible that you read may be counted toward a larger portion until you have accomplished the final goal of reading through the entire Bible. For example, if you read through the Gospels, you may receive that award. If you read the Epistles and Revelation, you may receive that award. These both can count toward the New Testament award. You should continue working through each portion of the Bible in this way until you have completed the entire Bible.

Once you have completed the entire Bible, you should begin reading it again. Perhaps now your goal will be to read the entire New Testament. Because you have set this for your goal, you would not receive an award for the Gospels and Acts, and the award for the Epistles and Revelation. You would receive the New Testament award. Your goal each year should become higher and higher, until each year you are reading through the entire Bible and earning that award. We always want to be reading God’s Word. We are never finished reading it. We should continue to read God’s Word throughout our entire lives.

Spiritual Life Skills

- ◆ Read through the Pentateuch (the first five books).
- ◆ Read Joshua through Esther.
- ◆ Read Job and Psalms.
- ◆ Read Proverbs, Ecclesiastes, and Song of Solomon.
- ◆ Read through the major prophets (Isaiah through Daniel).
- ◆ Read through the minor prophets (Hosea through Malachi).
- ◆ Read through the Gospels and the Book of Acts.
- ◆ Read through the Epistles and Revelation.
- ◆ Read the Old Testament.
- ◆ Read the New Testament.
- ◆ Read the entire Bible.

*“The entrance of thy words
giveth light; it giveth
understanding unto the
simple,” —Psalm 119:130.*

Each time you read through the entire Bible you are entitled to an additional Bible Reading award.

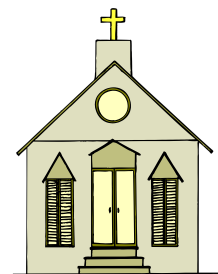
- ◆ There are also awards for each individual book of the Bible.

Section of the Bible Read	Date



Church

The church is a place where Christians come together to worship God and encourage each other in the things of the Lord. Scripture admonishes us—*“Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching,”* —Hebrews 10:25.



Christians are to share each other’s burdens and pray for each other. Often, the gathering of God’s people is a way of outreach to people—old folks in rest homes, the sick, the poor, widows, orphans, and many others whom God loves. He loves them so much that He sent His only Son, Jesus, to die for their sins, and to redeem them to Himself, and give them everlasting life with Him in Heaven.

Christian young people should learn to be involved in an active way in reaching people for Jesus. Our purpose here is to learn the valuable aspects of church, the gathering of God’s people.

Things to Learn

1. Faithfully attend services of your local church.
2. If your church has a bus ministry, ride a church bus route once to know the value of the bus ministry.
3. Attend a rest home service.
4. Attend visitation.
5. If possible, help one time in the toddler nursery.
6. If the church has a cleaning committee, clean the church one time.
7. If the church has other ministries, try to attend each ministry one time to see all that others are doing to reach people for Jesus or to serve other believers.
8. Send a card to a sick member. Do this four times.
9. Send a card to a shut-in. Do this four times.
10. Make and give something to a needy member.

Fill out the dates, ministries, and actions taken. Have the appropriate adult sign his/her name indicating that you have completed the appropriate task.

Ministry or Action	Date	Signature
Ride a bus route, if possible.		
Attend a rest home service.		
Attend visitation.		
Work in the nursery.		
Clean the church.		
Attend other ministries if possible and name them below.		
1.		
2.		
3.		
4.		

Spiritual Life Skills

Send cards to sick members and name them below.		
1.		
2.		
3.		
4.		
Send cards to shut-ins and name them below.		
1.		
2.		
3.		
4.		
Make and give something to a needy member.		
Name		
Gift		

✓ *Date Completed* _____



Church Service



Church service or service to the church—what does this mean? The church is more than a building. It is where the “church” or God’s people come together to worship Him, and encourage one another to follow Him. In Hebrews 10:24-25, it says, *“And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.”* Thus, the church is people assembling.

In Galatians 5:13-14, it says, *“For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another. For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.”*

We are called to serve one another, which means we should serve our brothers and sisters in Christ, as well as our neighbors. How can we serve our church? Instead of coming to church and looking for our needs to be met, we should come to church looking to meet the needs of others. Let’s see just how we can do this!

Things to Learn

1. When we belong to Jesus, we have many brothers and sisters in Christ. In essence, God has given us a ministry to them, to love and serve them. We can begin by being faithful to the place where believers meet, and that is the church.
 - Memorize 1 Timothy 1:12.
“And I thank Christ Jesus our Lord, who hath enabled me, for that he counted me faithful, putting me into the ministry.”
 - Be faithful to your church’s services. Others may count on your being there, and if you are not there, it is for sure that you won’t have any opportunities to serve.
2. The Bible has much to say about greeting other believers. We should greet them warmly and with affection. We should greet all of them and not just our friends. They should all be our friends. We really should strive to know as many of them as possible and to learn their names. Did you know that the Bible says to greet the friends by name?
 - Memorize 3 John 1:14
“But I trust I shall shortly see thee, and we shall speak face to face. Peace be to thee. Our friends salute thee. Greet the friends by name.”
3. Be friendly to visitors and members. List three ways you can be friendly to your fellow church members, and do each at least once.

Things You Can Do	Date
1.	
2.	
3.	

Spiritual Life Skills

4. A physical church building needs maintenance work to keep it looking nice and comfortable for people. The floors need to be kept clean, the bathrooms need regular cleaning, dusting is a regular chore, lawns need cutting, bushes need pruning, and litter must be picked up. Ask what you can do on a regular basis to help maintain the property for two months.

	Month 1	Month 2
Maintenance Job		

5. A church usually has ministries of outreach to people. There might be a nursery, or child care might be needed for special services. There might be a rest home ministry or a ministry to help the elderly. Kitchen help might be needed for a banquet or missionary meeting. Sign up for one such ministry or service.

✓ *Date Completed* _____



Missionary

It is very interesting to learn about the lives of missionaries. It can be exciting to share in their needs, joys, and sorrows. They are truly living out the command, “Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost,” —Matthew 28:19.



As we learn about these things, it can aid us in examining our own lives. It can even encourage us to do more for God. After all, this command applies to all of us. Perhaps we will never travel overseas, but we all have mission fields right in our own neighborhoods. Also, we certainly can help support those who go into foreign lands while we try to be good missionaries for our Lord Jesus Christ right where we are.

Things to Learn

1. Read at least three books about missionaries. In your notebook, write the answers to the following questions for each book.
 - (1) What is the book title?
 - (2) Who is the author?
 - (3) Who is the subject (which missionary) of the book?
 - (4) Name a particular character trait exemplified by the missionary.
 - (5) Write a short essay on something you learned from the missionary’s life.
2. Correspond with a missionary of your choosing at least three times.
3. Put together a box of goodies for a missionary family. The box can contain music, Bibles, books, personal supplies, or items for the family’s children. Be sure to check with the missionaries *first* on how and where to mail the box.
4. Pray for your missionary regularly.

✓ *Date Completed* _____



Prayer Warrior

God loves each girl very much. He desires to be a real, personal Father to her. That is why Jesus taught His disciples to pray to God saying, *“Our Father which art in heaven.”* God wants each girl to pray to Him as her Father in Heaven. God will be just as close to her as she chooses to be to Him.

God’s Word tells a girl to pray continually. *“Pray without ceasing,”* —1 Thessalonians 5:17. She is to pray for the lost, for the leaders of her country, for wisdom, for her loved ones, for every need she has, and about every decision in her life.



It is interesting that the Bible tells us that although Jesus was God the Son, He still spent much time in prayer to God, the Father. How much more do we need to spend time praying to our heavenly Father! Girls, earnestly set time aside each day to spend in prayer.

Lastly, God cares about each girl in a personal way. He answers specific prayers. It is an excellent idea to keep a record of the prayers God has answered. It is an encouraging reminder of God’s love and faithfulness.

Things to Learn

1. Jesus taught us specifically how we should pray. Memorize Matthew 6:9-13.
2. Keep a prayer notebook for six months. List specific prayer requests and record how God answered each prayer. Show your prayer notebook to one of your parents.
3. *“But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;”* —Matthew 5:44.

Jesus tells us to pray for our enemies. Yes, even for those who are unkind to us, or who take advantage of us. In your prayer notebook, write down any names of people who you think might be your enemy. This may just be someone who has been unfair or unkind to you. Pray for this person regularly during this six month period. After this six month period, notice if there have been any changes in your relationship with the person. Even if God does not change this person’s heart, you very likely will have much more peace in your own heart regarding this person.

4. *“But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly,”* —Matthew 6:6.

Why does Jesus tell us to pray in secret?

✓ *Date Completed* _____



Witnessing

“And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever,” —Daniel 12:3. No explanation is needed for a Christian to understand the need to be able to communicate the gospel and its promise of eternal life to another. Yet beyond the ability to communicate such good news is an obligation to do so.

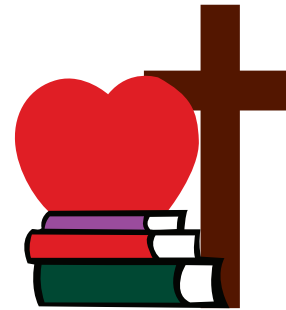


Things to Learn

1. Know how to explain the plan of salvation and demonstrate this to your parent or leader.
2. Thoroughly explain God’s plan for redemption to someone, and explain to that person exactly how he or she can become a believer and begin life as a new creature serving a new Master, Jesus Christ. Do this at least once.
3. Invite this person to church so that he or she might continue to be encouraged and taught to grow in the Lord.

✓ *Date Completed* _____

Category II Character Studies



What is character? Why do we say that one person has good character and another poor character?— or that someone has character and someone else does not? What is being measured? It is not really a person's actions—for people often make mistakes acting in good faith, and we do not consider that bad character. No, it has to do with who a person is—or has become. It is due to the *habits* that he or she has formed.

Where can we look to find the best essence of good character? How about God's Word? It has the essence of everything good. Jesus was an example of *perfect* character. "*For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps,*" —1 Peter 2:21. As we study the life of our Saviour and God's Word, they will give us the guidelines by which to form our own character.

In this section, you will learn many traits that comprise good character. Keepers of the Faith has many excellent character studies for young people, and more are being produced each year. We encourage you to select one trait at a time, and choose a corresponding study, if available, or complete the choice of your parents or leaders.

Character Studies

<input type="checkbox"/> Attentiveness	<input type="checkbox"/> Initiative
<input type="checkbox"/> Character	<input type="checkbox"/> Integrity
<input type="checkbox"/> Charity	<input type="checkbox"/> Joy
<input type="checkbox"/> Cheerfulness	<input type="checkbox"/> Kindness
<input type="checkbox"/> Compassion	<input type="checkbox"/> Long-suffering
<input type="checkbox"/> Contentment	<input type="checkbox"/> Love
<input type="checkbox"/> Courage	<input type="checkbox"/> Meekness
<input type="checkbox"/> Deference	<input type="checkbox"/> Mercy
<input type="checkbox"/> Dependability	<input type="checkbox"/> Modesty
<input type="checkbox"/> Determination	<input type="checkbox"/> Obedience
<input type="checkbox"/> Devotion	<input type="checkbox"/> Orderliness
<input type="checkbox"/> Diligence	<input type="checkbox"/> Patience
<input type="checkbox"/> Discernment	<input type="checkbox"/> Peace
<input type="checkbox"/> Discretion	<input type="checkbox"/> Peacemaking
<input type="checkbox"/> Enthusiasm	<input type="checkbox"/> Perseverance
<input type="checkbox"/> Faith	<input type="checkbox"/> Purity
<input type="checkbox"/> Faithfulness	<input type="checkbox"/> Respectfulness
<input type="checkbox"/> Forbearance	<input type="checkbox"/> Responsibility
<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Self-Control
<input type="checkbox"/> Generosity	<input type="checkbox"/> Sincerity
<input type="checkbox"/> Gentleness	<input type="checkbox"/> Steadfastness
<input type="checkbox"/> Godliness	<input type="checkbox"/> Temperance
<input type="checkbox"/> Goodness	<input type="checkbox"/> Thoughtfulness
<input type="checkbox"/> Gratefulness	<input type="checkbox"/> Trustworthiness
<input type="checkbox"/> Helpfulness	<input type="checkbox"/> Truthfulness
<input type="checkbox"/> Honesty	<input type="checkbox"/> Willingness
<input type="checkbox"/> Hope	<input type="checkbox"/> Wisdom
<input type="checkbox"/> Humility	



Category III

Personal Skills

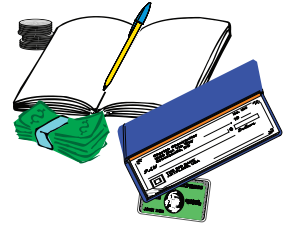
“Personal” is an adjective, and its primary meaning is “of, relating to, or affecting a person.” This means that “personal” is about you—you as a private individual. Developing good personal skills is essential to a Christian girl’s life. The opposite of good is bad, so we surely want our personal skills to be good! A Christian girl should be a reflection of Jesus in all that she is and she does. Even the little things are important.

“Length of days is in her right hand; and in her left hand riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her,” —Proverbs 3:16-18. This is speaking about wisdom. When we have wisdom and we apply wisdom to our lives, all our ways will be pleasant, and our lives will be peaceful. These skills may seem to be unimportant, but again, there are no little, unimportant skills. They all are important!



Budgeting

“Honour the LORD with thy substance, and with the firstfruits of all thine increase: So shall thy barns be filled with plenty, and thy presses shall burst out with new wine,” —Proverbs 3:9-10. All that we have belongs to God. It is ours to use, but a godly person will use it as God would, to help and bless others with it as needed. A godly woman will become a good steward of the things God has given her.



“House and riches are the inheritance of fathers: and a prudent wife is from the LORD,” —Proverbs 19:14. A man can inherit riches from his father, but a skillful wife who knows how to protect and use those riches wisely is from the Lord. If you would like to be used of the Lord someday, you will need to know how to handle the things of this world wisely and skillfully. Learning how to handle money—spending it wisely, and learning the principles of thrift and economy—will go a long way in preparing you to be a steward of the things with which the Lord wants to entrust you.

Things to Learn

1. Even as a young person, you may receive gifts or have the opportunity to earn money. Decide with your parents how much you will give back to God in tithes, offerings, and gifts to others.

2. Open a savings account.
3. Make regular deposits in your savings account over a period of six months. Save at least 10% after your tithes, offerings, and gifts.

	1 st	2 nd	3 rd	4 th	5 th	6 th
Deposit Amount						

4. Compute the interest on \$100.00 in savings at 6% compounded annually for three years. _____
5. *“The rich ruleth over the poor; and the borrower is servant to the lender;”* —Proverbs 22:7.
 - Memorize this verse.
 - In your notebook, write a short essay explaining this verse.
6. Compute the interest on \$100.00 on a credit card at 18% compounded annually for three years.

7. Choose an item that you would like to buy and check its price at three stores. Decide from which store you would purchase it. How much savings is available between the highest and lowest prices?

Item _____

Highest Price _____

Lowest Price _____

Savings _____

Personal Skills

8. Choose three items that are on sale. Check the original price. Compute how much can be saved on each item by buying it when it is on sale.

Item	Original Price	Sale Price	Savings

*A penny saved is
a penny earned!*

9. In your notebook, write a short essay to explain what a budget is and why it is important for a good steward to stay within the confines of a budget.

*Never buy what you
cannot afford!*

✓ *Date Completed* _____



Dorcas

Dorcas was a very special lady who lived at the time of Christ. Dorcas was one of the very few people who died and was brought back to life again. That was awesome. Why did people care so much about her? Why was her life so important to others? Let's do a study on her to learn these answers and more!



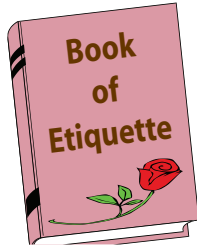
Things to Learn

1. Read the story of Dorcas in Acts 9:36-42, and answer the following questions in your notebook.
 - (1) What are good works?
 - (2) What are almsdeeds or deeds of alms?
 - (3) What did Dorcas make?
 - (4) What do you think that she did with those things?
 - (5) Do you think she made a profit from them? Explain your answer.
 - (6) Many believed in the Lord because of this simple widow. Why?
 - (7) What can you do for "good works"? Name at least three things.
 - (8) What can you do for alms? Name at least three things.
2. For your good works, do three things from your list.
3. For your alms, do three things from your list.

✓ *Date Completed* _____



Etiquette



“A good name is rather to be chosen than great riches, and loving favour rather than silver and gold,” —Proverbs 22:1. In order for a young lady to glorify God and earn a good name, it is important for her to always know how to conduct herself properly. That is why it is very important to study etiquette. Etiquette is the manner in which things are done. There are proper ways and improper ways to do things. Good manners, common courtesy, and proper behavior reflect a girl’s desire to bring honor to God.

Helpful Information

Most of the information for the knowledge needed to learn this skill can be found in a book on etiquette available from your local library.

Things to Learn

1. Demonstrate how to stand, walk, and sit like a lady. Demonstrate the proper way of picking an object up off the floor. Demonstrate how to get in and out of a car like a lady.
2. Demonstrate proper table manners (using utensils, drinking, sitting, using a napkin).
3. Demonstrate how to greet adults and others in your life.
4. Demonstrate how to answer a telephone properly and correctly take a message.
5. Demonstrate how to ask properly for something.
6. In your notebook complete the following:
 - (1) Explain the importance of dressing appropriately for different occasions and for different places. List several examples.
 - (2) Explain what good grooming is and why it is important.
 - (3) Explain when to write a thank you note.
 - (4) Pertaining to conversational manners: list five good conversational manners, and list five poor conversational manners.
 - (5) Explain what behavior is appropriate in public places such as a church or a restaurant.
 - (6) Write a short paragraph explaining the importance of punctuality and how it pertains to etiquette.
 - (7) Write a short paragraph explaining why good etiquette is as important in the home and with family as it is out of the home and with strangers.

Demonstrate all of the above knowledge to your parent or leader.

Remember! We should not reserve good manners and proper etiquette for company only. We should treat our family as company! We should always practice courtesy and etiquette with those of our own household.

✓ *Date Completed* _____



Fitness

Fitness means to keep one's body fit. Fit means to be put into a suitable state or made ready. Ready for what? Ready for anything the Lord has for us. If we are weak and not strong, we will tire easily. We will not be able to accomplish much work. We will want to quit working before a job is half finished because we will not have the energy to keep going. Thus, if we want to accomplish anything in life, we need to have strong, energetic bodies.

Exercise is essential for good health. Exercise increases blood circulation, increases stamina, and increases energy. And, we want to be energetic girls because one day girls will become wives and mothers and keepers of homes. These are very demanding jobs and require a great deal of physical strength and energy. So, let's get busy and get fit!

What You Will Need

A book on exercise

Helpful Information

- ◆ Be sure that you stretch at least five to ten minutes before and after you exercise.
- ◆ When developing an exercise routine, be sure to include exercises that work different parts of your body rather than always working the same muscles.

Things to Learn

1. Record the following information in your notebook:
 - (1) Write an essay explaining how physical exercise can improve your health.
 - (2) Explain the benefits of stretching before and after you exercise.
 - (3) List five different stretches you can do before exercising.
 - (4) List ten different exercises that you could do on a regular basis.
 - (5) Explain how each exercise that you listed will benefit your body.
 - (6) Create an exercise routine from your list of exercises that you can perform at least three times a week.
 - (7) Perform your exercise routine with stretching before and after it three times a week for two months. Keep a record in your notebook.
 - (8) Name three recreational activities that provide a good exercise workout.

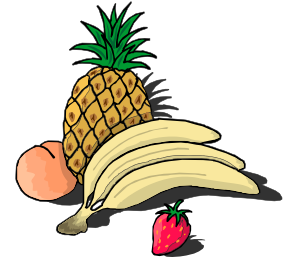


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Health

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth,” —3 John 1:2. Health is a great blessing and gift of God. It is our responsibility to take care of this wonderful gift. You might ask: “How is that possible? Either health is a gift or it is not. What have we to do with it?” The answer is simple. Our bodies run on fuel, and we put the fuel into our bodies. We can put good fuel or poor fuel into them. We can even put poison into them which would kill them. God places the responsibility on us. Some foods are nutritious and nourishing, and strengthen our bodies. Other foods are not nutritious, and actually weaken our bodies. Thus, we need to become good stewards of our health. In 1 Corinthians 4:2, we read, *“Moreover it is required in stewards, that a man be found faithful.”* We need to be faithful to God, even in this matter of eating. With each bite, we are either building health or destroying it. Which will you do?



What You Will Need

A book about nutrition

Helpful Information

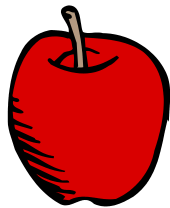
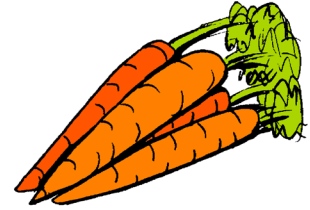
- ◆ If you are taking vitamin supplements, be sure not to take too many, as that can be just as harmful as not getting enough vitamins.
- ◆ Remember, the word diet does not solely mean to lose unwanted weight. The purpose of a healthy diet is to keep healthy, not to lose weight.
- ◆ When researching foods, remember that natural is usually better. The more a food is processed or refined, the more nutrients are usually lost.

Things to Learn

1. Complete the following in your notebook:
 - (1) What is nutrition?
 - (2) Name the five basic food groups.
 - (3) Explain the importance of vitamins and minerals in our diets.
 - (4) List five common vitamins our bodies use daily.
 - (5) Explain how our bodies benefit from consuming the proper amount of each of these five vitamins.
 - (6) List five common minerals our bodies use daily.
 - (7) Explain how our bodies benefit from consuming the proper amount of each of these five minerals.
 - (8) List ten “healthy” foods (those rich in vitamins and minerals) that our diets should include to keep us healthy and strong.
 - (9) List ten common “unhealthy” foods that we should limit in our daily diets.
 - (10) Why is the proper amount of sleep important?

Personal Skills

- (11) Why is it important to eat a well-balanced diet of healthy food?
- (12) God listed many dietary laws in the Bible. List five of them.
2. In your notebook, keep track of your daily diet every day for one month. At the end of the month look over your lists. Can you classify your diet as “healthy”? If you can, that is wonderful! You are doing your part to be a faithful steward of your health.



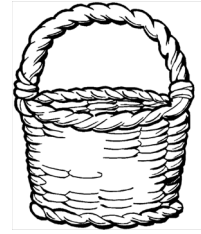
An apple a day keeps the doctor away, or so they say!

✓ *Date Completed* _____



Hope Chest

Hope chests are special chests that were given to daughters by their parents in which young girls would put things that they would need for their future home. The items were most often handmade. Special mementos, family heirlooms, and even furniture were also saved and passed from generation to generation. You might wish to preserve a special Bible, favorite poem, or a journal you have written. These things you can bring to your new home in hopes that your next generation will be blessed. Of course, the greatest thing we can pass on to the next generation is our faith in the Lord Jesus Christ.



What You Will Need

1. Hope Chest — This can be a special chest made for you, a purchased chest, a cardboard box with a lid, a plastic bin, a vintage trunk, a dresser drawer, a closet, or a shelf.
2. These can be various items that you have made, been given, or purchased for your hope chest.

Helpful Information

- ◆ Perhaps someone in your family will be able to make a hope chest especially for you, or maybe you will be able to purchase one. If not, there are many different containers that also could be used instead of a chest. The important thing is to have a designated place that you can put the things that you are saving for your own home. Isn't that exciting? Once friends and family know that you are starting a hope chest, they also may give special things to you to add to your collection.
- ◆ Think of each important room in a house, and what basic things you might need for each room. What could you make? What should you buy? Use the skills that you have learned to make things for your hope chest. Crochet an Afghan, knit some dishcloths, embroider some pillowcases or a table runner, make a quilt, stitch a sampler, collect favorite recipes—these are just a few ideas with which you can begin to add to your hope chest. Start saving to purchase the linens and towels that you will need. Also, things of sentimental value can be saved—a scrapbook, favorite books that you enjoy, family photos, journals, or something that is part of your family's heritage. Family traditions also are fun things to remember and save.

Things to Learn

1. Designate a container or a place to collect things for your hope chest.
2. Make three different items for your hope chest using three different skills that you have learned.
3. Purchase something for your hope chest.
4. Start a recipe collection of favorite family meals, or add a favorite cookbook.
5. Save a special book that you will enjoy reading to your family.
6. Do you have a special family tradition that you would like to continue when you have your own family? Write it down and save it in your hope chest.

✓ *Date Completed* _____



Hygiene

Hygiene is the science of supplementing our health through cleanliness, proper conduct, and habits that help to keep our bodies free of germs. We all want to be healthy, so this is a very important science to learn. There is “community hygiene,” which involves keeping communities or groups of people healthy. There is “personal hygiene,” which is the science of keeping ourselves healthy. This skill is all about personal hygiene.

Cleanliness is next to godliness.

There is an old adage which says, “Cleanliness is next to godliness.” When people say this, they mean that God, Who is perfect, Who allows no sin (spiritual dirt) in Heaven, would probably not permit Heaven to be dirty or messy either. In fact, the Bible describes our future heavenly garments to be spotless, shining white robes.

God knows that sin can dirty our spiritual lives, and make us sick Christians. God also knows that dirt, germs, bacteria, and viruses can make us sick physically. It is important to learn how to be physically clean so that we might be as healthy as possible.

Things to Learn

- Write the answers to the following questions in your notebook:
 - (1) What are bacteria?
 - (2) What is a virus?
 - (3) What is a fungus?
 - (4) God also stressed personal cleanliness in the Bible. Read Leviticus 15:1-5. God knew that invisible things like germs and bacteria could not only make a person sick, but could also infect others. Write down three things a person should do if she has an “issue” or “running sore” in her body.
 - (5) Why is it important to bathe frequently?
 - (6) How often should we wash our hair?
 - (7) Why is it important to brush our teeth?
 - (8) Describe how to care for your nails on both your hands and feet.
- Put together a personal basic hygiene kit. Your kit might consist of hair brush and comb, toothbrush, fingernail file, nail clippers, soap, shampoo, etc.

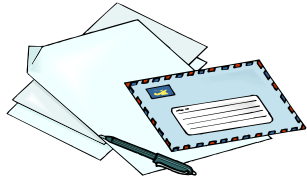
Tip! It is often easier to maintain good hygiene habits by setting a basic schedule for yourself. An example might be to take a bath each evening. If you make it your habit to bathe each evening, you will never have to ask yourself the question, “Do I need to take a bath?” This eliminates having to decide to do what is right. Set a time for all your personal hygiene needs.



✓ *Date Completed* _____



Letters



Letter writing has always been an important way to communicate with others. *“And they wrote letters by them after this manner; the apostles and elders and brethren send greeting unto the brethren which are of the Gentiles in Antioch and Syria and Cilicia,”* —Acts 15:23. Many of these early letters written by the apostles became part of the collection of writings known as the *New Testament*.

Everyone loves to receive letters and cards, but few take time to write them. Letter writing is an effective method of communicating with loved ones. We are often able to say things to loved ones in letters that we may find difficult to say in person. People the world over save and treasure letters, which contain thoughts and expressions that they hold dear. Develop the habit of taking time to keep up with friendships, and to remember those family members who are separated by distance.

Helpful Information

- ◆ Learning how to write a letter and address an envelope is so easy that it takes only a few minutes.

Address — The address belongs in the center of the envelope. It should contain the person’s name, address, city, state, zip code, and country if it is a foreign country.

In the upper left corner, write your own address in the same manner. This is called the return address. If your letter cannot be delivered for some reason, the postal service will return it to the return address.

Susan Smith
27 Third Street
Little City, MI 50215

Mary Doe
123 Fourth Street
Big City, NY 54321

- ◆ There are several parts to a letter. They are as follows:

Date — The date should be at the top of your letter.

Salutation — The salutation should be under the date. The salutation is the greeting. It would say something like “Dear Mary.” The salutation is followed by a comma.

Body —The body comes next. The body of the letter contains what you want to say.

Closing — The closing is a place to say good-bye at the end of the letter. The closing might say, “I love you,” “Thank you,” or “Sincerely.”

Signature — The signature comes last and is your name.

May 3, 2000

Dear Mary,

*I will be looking forward
to seeing you next month.*

Your friend,

Susan

Personal Skills

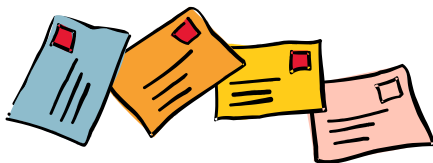
Things to Learn

1. Demonstrate the proper format for letters including date, salutation, closing, and signature.
2. Demonstrate how to address an envelope properly.
3. Explain why a return address is important.

4. Write notes of appreciation to three adults in your life.
5. Write eight letters. Fill in the chart, writing the names of the people to whom letters were written. Letters can be sent to different people each week. Suggestions are grandparents, relatives, or friends.

Letter Writing Chart

Letters	Names
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	



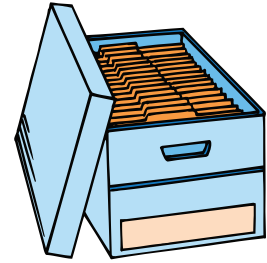
“As cold waters to a thirsty soul, so is good news from a far country,” —Proverbs 25:25.

✓ Date Completed _____



Organization

It is essential for anyone who would be a real keeper at home to learn good organizational skills. Our God is a God of structure and order, and God expects us to be likewise. “*Let all things be done decently and in order,*” —I Corinthians 14:40. God’s people do things in an orderly fashion, and our homes, our rooms, our dress, and our lives should reflect this quality. An orderly room would always be clean and neat. Messiness and chaos are the opposite of orderliness and godliness, and they always hinder accomplishment. So, if we want to follow the pattern our God has set, one way to begin is to learn to keep things in a state of order.



If you want to learn to get things done quickly and easily, rather than having them drag on, learn to be organized! Life, itself, will become easier.

Helpful Information

There are several basic principles to learn about organizing things. These principles, once learned, will help you throughout your life to stay organized and keep your life operating decently and in order.

- ◆ *Grouping* — Group like things together. For example, keep all your school books in one place, your crafts in another, your music in another, your sewing supplies in another, and so forth. This way, when you are looking for a book or a sewing needle, you will be able to find it quickly. You will always know where everything is if you always return it to its place! This alone would eliminate the bulk of the messiness from most people’s lives.

Whenever possible, use containers or dividers to store your things, keeping them separated. For example, file folders will keep your papers separated. If your dresser drawers are always jumbled, try using shoe boxes to sort your socks, belts, and other small items.

- ◆ *Sorting* — Much of our time seems to be spent sorting through things. For example, each year we sort through our clothes determining what still fits, what is still good, and what should be discarded. We often have paperwork from school, magazines, and old letters, to name a few, which are constantly piling up, filling up our spaces. We must sort through these things on a regular basis to keep these items moving. Otherwise, we will be buried in them. Our closets will overflow, our dresser drawers will not shut, and there simply will not be enough containers to hold all our things.

Sorting requires decisions—what to keep, what to pass on to others, or what to discard. A good rule is to keep as little as possible. That means we have less to clean and fewer things for which to care. Always sort things immediately. Never put them where they do not belong, even “just for now.” “For now” almost always turns into “nearly forever.” Placing everything timely and accurately is the first essential step to orderliness.

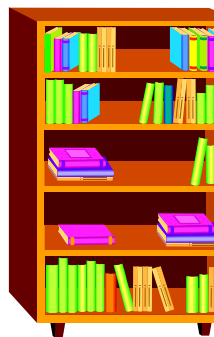
- ◆ *Motion-mindedness* — This means organizing your things in such a way as to use fewer motions in the future. For example, if you read your Bible every day, you would not want to store it in your closet on the top shelf. You would want to keep it closer to you, so you quickly can reach it. If you sew only a couple of times a year, you would not want to keep your sewing things on your desktop or dresser. The things you use daily or weekly should be the easiest to retrieve.

Personal Skills

However, these things can be retrieved as easily from the first or second drawer of the dresser as they can from its top, and your room will be more orderly if they are stored appropriately.

Things to Learn

1. Organize your dresser drawers. Sort through everything. Group like things together. Use as many containers as possible. Discard everything not needed. (Ask your mother what you should do with your discards.)
2. Organize your closet. Sort through everything. Group like things together. Use as many containers as possible. Discard everything not needed. (Ask your mother what you should do with your discards.)
3. If you have a desk, organize it.
4. If you have boxes with school papers, old letters, pictures, and miscellaneous stuff, sort through these and decide what to keep and what to discard. Use file folders to organize your remaining papers.
5. If you have crafts, sewing supplies, or other hobby materials, sort through and group these items. Decide where they belong and never put them anywhere else, even “just for now.”
6. Ask your mother if there is a room you can sort and clean for her. Perhaps the linen closet or basement could use a good going over. If your mother does not need your help, perhaps your grandmother would.
7. Check each week for four weeks to see if all of your belongings are placed and sorted properly, and all of your areas of responsibility are properly organized. If not, sort and organize as needed to develop good habits.



Remember!

- ★ Group
- ★ Sort
- ★ Discard
- ★ Be Motion-minded

✓ *Date Completed* _____



Personal Journal

“Thus speaketh the LORD God of Israel, saying, Write thee all the words that I have spoken unto thee in a book,” —Jeremiah 30:2. Dozens of times in the Bible God instructs people to write things in a book. Of course, God was writing His infallible Word through the pens of men. However, it is still a very good practice to keep a record or a journal of what God is teaching us through His Word, and how we can apply it to our everyday lives.

Daily activities, sorrows, joys, victories, and defeats can all be recorded in this journal. It is important to take time to think about each day, and what went wrong with it, and what went right with it. We can write down new truths learned from God’s Word, and record how God helped us through special problems, or answered prayers. The Word of God says, *“We spend our years as a tale that is told,”* —Psalm 90:9. Begin that journal now!



Things to Learn

1. Keep a journal for six months. Write in it at least three times a week.
2. When it is completed, show the journal to your parent or leader. It is not necessary for her to read it, only to know that the requirements were completed.

✓ *Date Completed* _____



Proverbs 31 Study for Girls



Proverbs 31 has always been an important chapter for ladies. It discusses many of the things a woman should be busy doing. It is a chapter with which girls should become familiar, because girls very likely will be wives and mothers someday. Proverbs 31 describes the womanly traits that God finds important. Although there are many practical skills a girl needs to learn, the most important thing to be gained from this study is that this Proverbs 31 woman was a woman who *feared the Lord*. Becoming a godly woman is impossible without fear of the Lord. Keeping that thought in mind, let us see what we can learn from this chapter.

Remember that even now, every day, a girl is becoming what she will be. If she is lazy now, she will be lazy later. If she tells lies now, she will tell lies later. If she works hard now, she will become more valuable as time passes. If she is responsible now, she will be trusted later. If she cares about God and others now, she will become a good and faithful servant of Him.

This is a very important time in a young lady's life. It is important to begin becoming the kind of woman you hope to be someday. Will that be a woman whom God finds virtuous? I hope so, because that is what God created you to be! Begin now to become a Proverbs 31 girl by completing this study.

Things to Learn

1. Memorize Proverbs 31:10-31. Recite this to your leader.
2. "*Who can find a virtuous woman? for her price is far above rubies,*" (10).
(1) *Who can find a virtuous girl?* In your notebook, explain what "virtuous" means.
3. "*The heart of her husband doth safely trust in her, so that he shall have no need of spoil,*" (11).
(1) *The heart of a girl's father will trust in her.* In your notebook, explain what "trust" means.
(2) Can your father trust you?
4. "*She will do him good and not evil all the days of her life,*" (12).
Complete the following in your notebook:
(1) What does "do him good" mean?
(2) How can you do your father "good" now?
5. "*She seeketh wool, and flax, and worketh willingly with her hands,*" (13).
Complete the following in your notebook:
(1) How do you seek to work willingly with your hands?
(2) What is a willing spirit?
(3) Why is it important to have a willing spirit?

Personal Skills

- ◆ Ask your parents to assign you two extra jobs around your home besides your regular assigned jobs. Do these extra jobs for two months.

Extra Job	1 st Month	2 nd Month

6. *“She is like the merchants’ ships; she bringeth her food from afar;”* (14).
Complete the following in your notebook:

- (1) Merchants’ ships traveled a long way to bring good things such as food to people. They went out of their way for people. How can you go out of your way to bring or make good things for your family? List three ways.
- (2) From your list, select one thing and do it three times, or do each thing once for your family. List what you did.
- (3) Prepare and serve one dinner to your family. What did you make?

7. *“She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens;”* (15).

This woman was not lazy. She did not sleep late. She was up very early preparing good things for her family to eat.

- ◆ Establish an early rising time. Time _____
- ◆ Get up at this time consistently for two months.

First month — Did you succeed? _____

Second month — Did you succeed? _____

If not, keep trying until you have established the habit of rising early.

- ◆ Help prepare breakfast for your family for these two months.

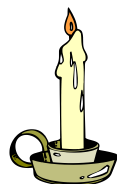


8. *“She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard;”* (16).

- (1) This woman was a busy woman. She was always working to benefit her family. As a girl, what types of productive things can you do to benefit your family? List three in your notebook.
- (2) From your list, select one thing and do it three times, or do each thing once for your family. List what you did.

9. *“She girdeth her loins with strength, and strengtheneth her arms. She perceiveth that her merchandise is good: her candle goeth not out by night;”* (17-18).

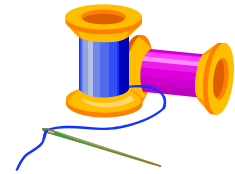
- (1) It requires strength to be an industrious, hardworking woman, and this woman worked longer than eight hours in a day. In fact, this verse says she worked after dark. What work can you be doing for your family after dinner? In your notebook, list three things.



Personal Skills

- ◆ Pick out one of the things on your list and do this work at least eight times. Place an X in the box each time you do this work.

Work	1	2	3	4	5	6	7	8



10. *“She layeth her hands to the spindle, and her hands hold the distaff,”* (19).
“She is not afraid of the snow for her household: for all her household are clothed with scarlet. She maketh herself coverings of tapestry; her clothing is silk and purple,” (21-22).

This woman was busy spinning thread so she could weave cloth, and then make fine clothing for her family. It is very important for girls to learn to sew because one day the responsibility will fall to them to clothe their families—especially daughters—with becoming, yet modest clothing.

- Make one dress or jumper.
 - Make one garment for a family member.
11. *“She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy,”* (20).

This Proverbs 31 lady cared about others. She used her resources to reach out and bless others. What resources do you have with which you could bless others? For example, can you fill a basket with a few baked goods to give to an elderly widow? Can you make a garment to give to a poor little child in your church fellowship? Can you make a get well card for someone who is sick?

- ◆ Make three things from your resources to bless others. List what you did in your notebook.
12. *“Her husband is known in the gates, when he sitteth among the elders of the land,”* (23).
 This is interesting because we learn that her husband was well known, not her. She was doing an excellent job managing his home, so that he, as the head and leader of a well-run home, was freed to do his job. And that is our job as girls and women—to be doing our job well so the boys and men can do their job!
 (1) What extra job or jobs can you do around your home for your father that will be a help to him? Write them in your notebook.

- ◆ Do one extra job eight times. Place an X in the box each time you do this work.

Job	1	2	3	4	5	6	7	8

13. *“She maketh fine linen, and selleth it; and delivereth girdles unto the merchant,”* (24).
 Because she was such a skilled, industrious worker in her home, she had materials that she could bring to a merchant who would sell them.

Personal Skills

- (1) This is an important time for you to learn to work hard and learn skills which may increase the profit of your home in the future. Can you think of three things that a girl could learn now which she could use later in life to increase the economy of her home? Write them in your notebook.
14. *“Strength and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness,”* (25-26).
A Proverbs 31 woman is a woman of great moral character possessing knowledge and wisdom. When she speaks, it is with the law of kindness. Answer the following in your notebook:
(1) What do you think the *law of kindness* is?
(2) How can you put the *law of kindness* into effect in your life?
15. *“She looketh well to the ways of her household, and eateth not the bread of idleness,”* (27).
As we have learned from the previous verses in Proverbs 31, this woman was busy all the time.
(1) Look over your daily schedule. Do you have idle time for just fooling around? If you do, why not learn how to turn that idle time into profitable time? List three changes that you will need to make to be busy doing good things. Write them in your notebook.
16. *“Her children arise up, and call her blessed; her husband also, and he praiseth her. Many daughters have done virtuously, but thou excellest them all,”* (28-29).
(1) Why do you think her husband and children praised her so highly? Write the answer in your notebook.
17. *“Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised,”* (30).
“Fear of the Lord” is the key to this woman’s life. *“The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction,”* —Proverbs 1:7.
Complete the following in your notebook:
(1) What is “fear of the Lord”?
(2) List and memorize seven Scriptures about “fear of the Lord.”

“Give her of the fruit of her hands; and let her own works praise her in the gates,” (31). This is the conclusion. At the end of every woman’s life, she will receive the fruit of her work. Some will have good fruit and great blessings, and others will have nothing. Why? Because they have been idle, and have not “feared the Lord.” Hence, they have done what they thought would be more fun or more fulfilling to them, instead of obeying God, but, alas, the end will come, and they will have nothing.

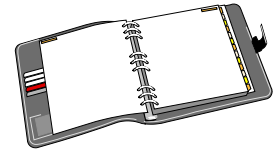
Please do not be foolish and despise wisdom and instruction. Use this time of girlhood to learn all you can—to be diligent, to work hard, and to prepare for your future. After all, God uses those who are prepared. If you desire to be used of God, you must use your time wisely and prepare now.

✓ *Date Completed* _____



Scheduling

Have you ever wondered why some girls seem to accomplish so many things, and others so few? One way to accomplish much is by learning to schedule time for Bible reading, prayer, work, studies, activities, and the extras you would like to do in an orderly manner.



God is a God of schedule. He has a timetable for everything to happen from eternity past to eternity future. Nothing with God is happenstance. Since we are made in the image of God, He is our perfect pattern. We should strive to follow the pattern He has set for us. Thus, whatever we hope to accomplish in life will be because we have planned it on purpose, by appointment, and with diligence and hard work.

Right now you have your parents to tell you what you should be doing, to remind you when you forget, and to help you accomplish things, but that will not always be so. One day you will be an adult, and no one any longer will tell you what you should be doing every hour of the day. The responsibility will be yours. Now is a good time to begin learning how to make use of a schedule to be a more capable woman one day.

What You Will Need

1. Calendar
2. Spiral notebook or 3-ring binder

Things to Learn

A schedule can help teach us to make a time for everything. It also will show us how much free time is available for other things, or, even more revealing, how much time is wasted with no accomplishment of anything profitable.

On the next page is a sample schedule for one week. You can take your notebook and make a much larger copy there. Fill in the squares with all the things that must be done in your life, such as getting up, having breakfast, doing school, completing chores, attending church, etc.

A Girl's Priorities —

1. *God — Always leave plenty of room in your schedule for the things of God. Spend much time reading and studying your Bible, memorizing Scripture, and praying.*
2. *Parents — With a willing heart, do all that your parents ask you to do, whether it is physical work around the home, watching your brothers and sisters, additional school work, music lessons, or whatever they encourage you to do. Heed their admonitions. They love you. They know you. They are responsible to God for you. You can trust them.*
3. *Others — Jesus always put people above things and activities. If someone needs your help, helping always comes before your choice of what you would like to do.*
4. *You — Yes, that is right. You are last on the list! When all else is done, if there is time left over, you might read or work on a craft, or do whatever you choose that your parents approve.*

Personal Skills

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6:00	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible	Wake Dress Bible
7:00	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup	Break- fast/ Cleanup
8:00		Chores	Chores	Chores	Chores	Chores	Chores
9:00	Church	School	School	School	School	School	Extra Jobs
10:00		School	School	School	School	School	Extra Jobs
11:00		School	School	School	School	School	Extra Jobs
12:00		Lunch/ Cleanup	Lunch/ Cleanup	Lunch/ Cleanup	Lunch/ Cleanup	Lunch/ Cleanup	
1:00		School/ Activity	School/ Activity	School/ Activity	School/ Activity	Keeper Club	Shopping
2:00		Music Practice	Music Practice	Music Lesson	Music Practice	Music Practice	
3:00							
4:00							
5:00	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup	Dinner/ Cleanup
6:00				Bible Study			
7:00							
8:00	Prayer Time	Prayer Time	Prayer Time	Prayer Time	Prayer Time	Prayer Time	Prayer Time
9:00	Bed	Bed	Bed	Bed	Bed	Bed	Bed

- ◆ “Getting up” might include straightening your room, dressing, and having a quiet thirty minutes of personal Bible reading and prayer.
- ◆ Meal time will always include any help for which you are responsible, such as setting the table and cleanup.

Next, look at all the blank spaces which remain. Add up the remaining hours of your schedule. How many free hours do you have? ____ Remember, the Proverbs 31 woman did not eat the bread of idleness. She was busy doing good.

What will you do with your time? Make a list in your notebook of all the things you would like to do. Your list might include writing letters, learning new skills, reading, sewing, trying new recipes, and finishing a needlepoint project.

Personal Skills

Next, place a time in your schedule for doing these things. You might choose an hour every evening for working on needlepoint or other skills. Thursday afternoons might be your time to write letters. Perhaps you can make dinner one night per week as you try new recipes. Fill in your schedule. Do you have any free time remaining? _____

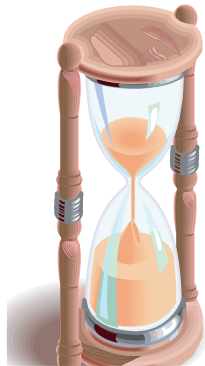
It is not necessary to fill in every hour, but if you happen to have free hours, do not daydream. Do not waste your time doing profitless things. Be helpful. Ask your mother if she has anything with which you can help her. Read to your brothers and sisters. Use spare minutes to do little things like straightening up the living room, watering the plants, or finishing up a craft.

What about when you want to add something new to your schedule? Well, you will need to discuss it with your parents, and you may find the following questions helpful in making these decisions.

- How much time does this new activity require?
- Do I have that much time?
- Where will it fit into my schedule?
- Are there any time conflicts?
- Do I have to eliminate anything from my schedule to take on this new activity?
- What has the most eternal value—the new activity or the one which may be eliminated?
- Will my family be inconvenienced in any way by my new activity?

It is better to do a little well than do more poorly!

The preceding questions will help you to begin to understand the relative importance of each activity or responsibility you accept, and help you to prioritize the items on your schedule. It will also help you to begin to be active in the planning of your life, instead of just waiting to be told what to do next.



Little Things
Little drops of water,
Little grains of sand,
Make the mighty ocean,
And the pleasant land.
Thus the little minutes,
Humble though they be,
Make the mighty ages
of eternity.
Selected

✓ *Date Completed* _____

Category IV

Serving Others

“And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these,” —Mark 12:31.

In the life of a Christian, God should always be the most important Person. He is to be at the center of all that we think and do. He is in first place. All “others” are to take second place to God. Fathers, mothers, sisters, brothers, teachers, friends, and neighbors are some of the “others” in our lives.



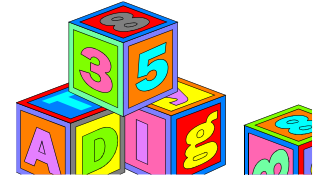
God does not command Christians to *like* others, but to *love* others. We can dislike what others do, but we are to love them. We are to love them as Jesus loved them. Jesus said, *“Greater love hath no man than this, that a man lay down his life for his friends.”* This is the example we are to follow. We are to lay down our lives for others. It is what we can do for Jesus and for them!

In order to really learn what love is, each girl must learn more about God. God *is* love. The skills in this section are designed to teach us how to begin to reach out and really love others.



Child Care

Caring for small children is not only enjoyable, but can also be educational for a girl in many ways. Caring for children prepares a girl for being a mother, a Sunday School teacher, or even a future Keepers at Home leader!



“I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully,” —1 Timothy 5:14.

What You Will Need

1. A book about child care
2. A book on first aid

Helpful Tips for Caring for Children

- ◆ Always have a phone number where the parents can be reached in case of questions or emergency.
- ◆ Remember, your job is to take care of the children. It is not time for you to read a book, watch television, or talk on the telephone.
- ◆ Make the children the focus of your attention. Read or play with them.
- ◆ Keep the house straightened. Put toys away after the children are finished playing with them.
- ◆ If there is a sink of dirty dishes, surprise the parents by doing them. It is always a pleasure for parents to come home and find some extra things done.

Things to Learn

1. Read your selected book on child care.
2. Read your selected book on first aid.
3. Develop a list of clients for whom you will provide child care services. List their addresses, phone numbers, children’s names and ages, and any special information which needs to be remembered, such as allergies or medication.
4. Prepare a special bag for your child care jobs which would include emergency phone numbers, a flashlight, bandages, a little money for an emergency, and a special book or game for the children to play.
5. Perform child care jobs six times. Write the date and family’s name on the lines provided.

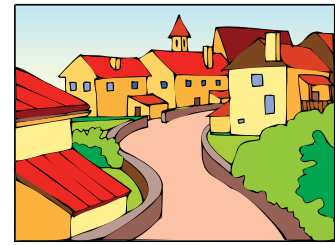
Date	Names

✓ *Date Completed* _____



Community Service

A common definition for community is a group of people living within geographic boundaries that legally describe them as a city, town, suburb, etc. Oftentimes, the word community means a group of people who have the same interests, goals, lifestyle, or belief system. For our purposes, the Community Service skill will involve the geographic community in which we live.



What You Will Need

You will need to gather information about your community. You also can visit your local chamber of commerce, and there you will find additional information about the town in which you live.

Helpful Information

Community Service is being involved in your community and helping with activities that help the local community. Do you enjoy something that your neighborhood has to offer—could you help with it? Is there something in your neighborhood that needs to be cleaned, repaired, or painted—how could you help? You could also raise money for a local charity by having a bake sale, car wash, or a group rummage sale. There are also many different places that accept and need volunteer help. Check with your church, chamber of commerce, food pantry, library, and nursing homes for volunteer work.

Things to Learn

- It is helpful to take some time learning about your community. The more you learn about your community, the easier it will be to find ways to serve it. As you conduct research about your community, try to answer the following questions in your notebook
 - (1) What are the best things about living in your community?
 - (2) What are the worst things about living in your community?
 - (3) What needs are present in your community?
 - (4) What are some of the businesses in your neighborhood or community?
 - (5) What do these businesses manufacture or what services do they provide?
 - (6) What organizations are present within the community that are trying to address various needs?
- Volunteer three times for a local organization. The organization could be a church, hospital, library, etc. Name of organization _____
- Volunteer for two miscellaneous events in your local community. The organization could be volunteering for nursery work at church, helping with a community event, serving a local family with needs, etc.
 Event _____ Event _____
- Help a neighbor with something.
- Clean up an area in your neighborhood.

Serving Others

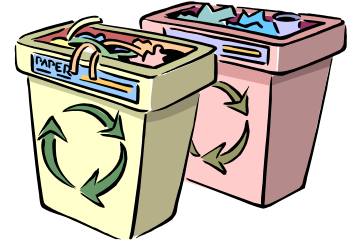
6. Write a report on your volunteer experience. Answer the following questions in your report:
- (1) Where did you volunteer?
 - (2) What did you do?
 - (3) Did you meet any interesting people?
 - (4) Did God use you in an unusual way?
 - (5) How was your overall experience?

✓ *Date Completed* _____



Ecology

The wonderful world in which we live was made clean and beautiful by God long ago. God personally created everything we see around us, and after He created it, He saw that it was good. *“And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit . . . and God saw that it was good,”* —Genesis 1:12. *“And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good,”* —Genesis 1:21. *“And God made the beast of the earth after his kind, and cattle after their kind, and every thing that creepeth upon the earth after his kind: and God saw that it was good,”* —Genesis 1:25.



After God created everything we see around us, He made man in His own image. Then He gave His world into man’s care to rule over it. *“And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth,”* —Genesis 1:26.

Ecology refers to the balance between man and his environment. A woman has a responsibility, both to God and others, to be a good steward of the environment that God has provided for her, and protect it from harm. The first job that God gave Adam was to take care of the garden. *“And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it,”* —Genesis 2:15. If we believe that we should obey God, then we should do all we can to keep our “garden” the way God made it. If we do not take care of our environment, then we show disrespect to God and our fellow man. Each person has a responsibility, and each person can make a difference!

What You Will Need

You will need at least one book on ecology. This book should contain information on how we affect our environment, and give information on what we can do to keep our environment clean.

Things to Learn

1. In your notebook, complete the following:
 - (1) Write an essay explaining recycling and the importance of it.
 - (2) List three things that can be recycled.
 - (3) Compose a list of six actions that you personally can take to help keep your environment clean.
2. Set up a schedule to do the six items on your list for eight weeks. Keep a record of your progress in the chart on the next page.

Serving Others

Action	Week							
	1	2	3	4	5	6	7	8
1.								
2.								
3.								
4.								
5.								
6.								

✓ *Date Completed* _____



Family

*HOME
SWEET
HOME*

Families are very important to God. In His infinite wisdom, He created the family as the place for boys and girls to have a protected environment in which to grow up into men and women.

Most young ladies, when they grow up, will marry and have families. This is good. God wants men and women to have families. He commanded man to be fruitful *and* multiply. When a man and wife have children they are being fruitful. When all their children have children, then the multiplication takes place.

The family is the unit of protection and nurturing from generation unto generation. You may be looking forward to growing up and being the next generation, but never forget that you are also part of the last generation. Even now you are to be a helpful part of your present family in this generation.

Consider the words of the psalmist, *“Lo, children are an heritage of the LORD: and the fruit of the womb is his reward. As arrows are in the hand of a mighty man; so are children of the youth. Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate,”* —Psalm 127:3-5.

Notice that children are helpful to their parents, like arrows or tools in the hand of a skilled man. Some young people think that their parents are to serve them. They often think, “I need to live my own life.”

No, this is not the family that God created. In His design for the family, every member does what he or she can do to help and support every other member. God’s design for the family is always the same. We are to care for the needs of other family members.

Because of this, our families should be very important to us. We should guard carefully our family relationships, and those in our family should be our very best friends. We must be very watchful not to allow other people or other things (even if they seem to be good things) to take us away from our family responsibilities. Our purpose here is to help each girl appreciate and value her family.

Things to Learn

1. Pray for each family member daily. Do this for two months. Put the initial of each family member’s name in the chart each time you pray for him or her.

Serving Others

First Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
Second Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

- Express love to each family member daily. Tell them you love them and give them a hug. Do this for two months. Put the initials of each name in the chart for each time you do this. This may seem awkward and hypocritical at first, but you are forming a habit, and if you faithfully perform it out of duty, you will soon be comfortable doing it out of love.

First Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Serving Others

Second Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

- Do one extra nice thing once a week for eight weeks for each family member. Write his/her name in the chart below. Place a check mark under the A (action) each week when you have done something nice for that person.
- Write each family member a note once a week for eight weeks thanking them for something they did for you. As you write the notes, place a check mark under the N (note) in the chart for the proper week and person.

Family Members	Week															
	1		2		3		4		5		6		7		8	
	A	N	A	N	A	N	A	N	A	N	A	N	A	N	A	N
Father																
Mother																

“Honour thy father and mother; which is the first commandment with promise,” —Ephesians 6:2.

✓ *Date Completed* _____



Friends



If we are Christians, our very best friend is Jesus. How do we know this? Because Jesus said, “*Greater love hath no man than this, that a man lay down his life for his friends,*” —John 15:13. Because Jesus loved each one of us, He laid down His life for us by dying on the cross to pay the penalty for our sins. No one else could have done this for us—only Jesus. He did not have to do it. He chose to do it because of His great love.

Jesus continued in the following verse, “*Ye are my friends, if ye do whatsoever I command you,*” —John 15:14. The way we show Jesus that we are His friends is by doing whatsoever He commands us to do. How will we know what He commands us to do? Well, we can start with His Word, the Bible. We will find pretty much everything we will ever need to know about being His friend in His Book. We can begin being His friend by reading it.

Earthly friends are important too. We should want to be a good friend to others, and we can be a good friend by being like Jesus to them. If we love people like Jesus loves people, we will be a good friend. In order to do that, we must learn more about Jesus. While learning to be a friend, think often about Jesus, and let Him be your Friend and your Pattern for friendship.

Things to Learn

1. Search the Bible and find five Scriptures that talk about friends. Write the Scriptures in your notebook.
2. Pray faithfully for your friends each month for six months.

Name of Friend	Months					
	1	2	3	4	5	6

3. Do one kind thing for each friend six times. This can be done over a period of weeks or months.

Name of Friend	Act of Kindness					
	1	2	3	4	5	6

Serving Others

4. Write one note to each friend expressing appreciation for that person or share a Scripture verse with her. Do this for six months.

Name of Friend	Months					
	1	2	3	4	5	6

5. Remember your friends' birthdays with cards or something special, such as candy bars or handmade gifts. It is the thought that counts.

Name of Friend	Birthday

6. *"I am a companion of all them that fear thee, and of them that keep thy precepts,"* —Psalm 119:63. In your notebook, explain what this verse means to you. Is this verse true about you?
7. *"By this we know that we love the children of God, when we love God, and keep his commandments,"* —1 John 5:2. This is one of the most important verses in the Bible regarding friends. In fact, it is a test verse of sorts. It is a test of our love for our friends.
- (1) Memorize this verse.
- (2) Answer the following questions about 1 John 5:2 in your notebook.
- 1) How do we know that we love our friends?
 - 2) Can we love our friends without loving God?
 - 3) How do we show our love for God?
 - 4) How do we show our love for our friends?
 - 5) If we sin by breaking rules, disobeying parents, or doing any other type of wrong (sin) when we are with our friends, are we showing our love for them? Explain.
 - 6) Can we ever show our friends that we love them by giving in to peer pressure? Peer pressure occurs when our friends are wanting us to do something. Sometimes that "something" is not a good thing. If we give in, are we showing them we love them?

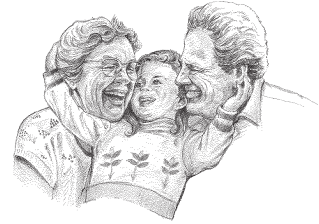
We are never a friend to Jesus when we sin. We are never a friend to our friends when we sin. We are not even our own friend when we sin. The only way to be friends with Jesus and others is to obey God and keep His commandments.

✓ *Date Completed* _____



Grandparents

“Remove not the ancient landmark, which thy fathers have set,” — Proverbs 22:28. Godly grandparents are a wonderful blessing. Young people should learn everything possible from them. Even grandparents who do not know the Lord are part of our family and are entitled to our love.



If your grandparents do not live nearby, or if they have already gone on to Heaven, adopt grandparents from your local church. Perhaps there is a lonely grandmother living far away from her own grandchildren who would love to be your grandmother for a year.

Things to Learn

1. There is one very godly grandmother mentioned in the Bible. In your notebook, name her and explain why she was considered godly.
2. Write your grandparents a letter or send a card once a month. Do this five times.
3. Do something special for your grandparents on their birthdays. Write down what you did in your notebook.
4. Ask a grandparent for his or her favorite Bible verse. Copy the verse into your notebook and memorize it.
5. Share a prayer request with your grandparents and have them share a request with you. Write the prayer requests down in your notebook and pray daily for them.
6. Make treats for your grandparents. Do this three times.
7. Do three jobs for your grandparents. Perhaps you can help with your grandmother’s spring cleaning, help a grandfather rake leaves, or help clean a basement.



✓ *Date Completed* _____



Hospitality



The Bible commands every Christian girl to “*Use hospitality one to another without grudging,*” —I Peter 4:9. What is hospitality? The dictionary defines hospitality as a warm and sincere reception of guests. Reception means how we receive them. Do we receive them with smiles? Do we receive them with a hearty welcome? Do they sense our warm and loving spirits? Hospitality starts in our hearts and shows in our actions. Who are guests? They are Sunday School visitors, church visitors, and people who come to our homes. Hospitality is a way of showing Christ’s love to others. It is something we can do for others.

Things to Learn

- In your notebook, complete the following:
 - (1) What does “grudging” mean?
 - (2) Why is it important to have hospitality without any “grudging”?
 - (3) List three ways to make a church visitor welcome.
 - (4) List three ways to make a guest in your home feel welcome.
- Do three things for three different church visitors.
Visitor 1
Visitor 2
Visitor 3
- Do three things for three different house guests.
Guest 1
Guest 2
Guest 3
- Find three Scripture verses which mention hospitality. Write them out in your notebook and memorize them.
- Invite a friend over to your home and serve lunch.



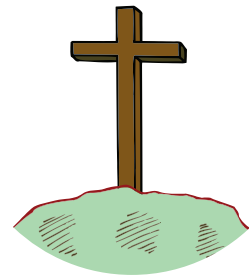
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Love

“A new commandment I give unto you, That ye love one another. By this shall all men know that ye are my disciples, if ye have love one to another,” —John 13:34-35. Jesus said this is how others will know that we are His disciples. Love is much more than a feeling or an emotion. Love is a decision. Love is also a commandment. A commandment is not something we feel. It is something we do.

In the Bible, I Corinthians 13 teaches that a girl can possess all things and yet be nothing unless she has love—true love, biblical love—as defined by the Word of God. To understand real love, we must know God, because God *is* love.



Things to Learn

1. Read I Corinthians 13. In your notebook, write each verse and tell in your own words what it means. Next, write a short paragraph on each verse explaining how it can apply to your life.
2. Memorize I Corinthians 13. Recite it to your leader.
3. Write the answers to the following in your notebook:
 - (1) Write ten Bible verses that demonstrate God’s love.
 - (2) Write ten ways to show God’s love to others.
 - (3) Read I John 4. Write what you learned about love.
4. In your notebook, write the names of your immediate family members. Under each name, list six ways you can show that person your love for him or her, as in the sample below.

	Example for Father
1.	Pray for him.
2.	Obey him immediately the first time he asks me to do something.
3.	Tell him once a day that I love him.
4.	Polish his shoes for him.
5.	Clean out the car for him.
6.	Ask him if I can do anything for him. Then do the thing he asked.

After you have completed the lists, fill in the name of each family member in the chart below (or if you need a larger chart, make a chart in your notebook). Select three things from each list or select new ideas and do those things for each family member. Place an X in the appropriate box each time you do something. Keep this record for eight weeks for your family members.

Serving Others

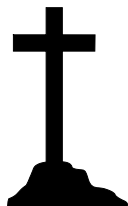
	Week							
Family Member	1	2	3	4	5	6	7	8

5. In your notebook, complete the following:
- (1) Compose a list of at least twelve people who are relatives or with whom you are familiar (for example: friends, neighbors, or people at church).
 - (2) Create a chart in your notebook, and beside each name list at least one kind thing you can do for each of the twelve people listed.
- Do one kind thing for each person.

Sample Chart

Name	One Kind Thing	Date
1. Mr. Jones	Cut his grass.	
2. Mrs. Smith	Bring her cookies.	
3.		
4.		

6. This last requirement is to do something two times for someone special. The Bible tells us to love our enemies. We often feel that people may have feelings of enmity toward us when they do something that hurts us or wrongs us. Pick out someone whom you feel may have hurt you or wronged you, and do two things out of love for that person. List what you did in your notebook.

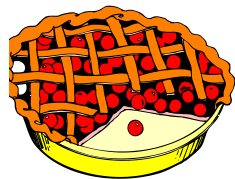


“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life,” —John 3:16.

✓ *Date Completed* _____



Neighbor



It is very important to remember that Jesus said, *“Thou shalt love thy neighbour as thyself,”* —Mark 12:31. Sometimes we think that we only need to love our Christian “sisters,” but this is not so. The word neighbor goes further than that. It refers to the strangers we meet who need our help. It even means our enemies! *“Therefore if thine enemy hunger, feed him; if he thirst, give him drink,”* —Romans 12:20. This should challenge all of us to open our eyes, look around, and see whom we can help, and to whom we can be a good neighbor!

Things to Learn

1. Do three nice things (bake a pie, clean a house, rake a yard, etc.) for a neighbor or neighbors on your street or near your home.

Name of Neighbor	Things You Did

2. Jesus said, *“And if ye salute your brethren only, what do ye more than others? do not even the publicans so?”* —Matthew 5:47. It is easy to say “Hi” to our friends or people we know, but Jesus said we are to salute (greet or say hello to) folks who may have been unkind to us, or whom we think might not like us. Jesus completed this thought with, *“Be ye therefore perfect, even as your Father which is in heaven is perfect,”* —Matthew 5:48. We need to begin to say “Hello” and warmly greet everyone we meet. Say “Hello” to at least three people to whom you have never spoken before. Name the people.

(1) _____ (2) _____ (3) _____

3. Give a friendly smile and a “hello” to at least one person that you feel does not like you or has been unkind to you. Continue to do this on five different occasions. Name the person to whom you said “hello” below.

Name _____

4. Share Jesus with one young person in your neighborhood.

I Am My Neighbor's Bible

*I am my neighbor's Bible;
He reads me when we meet;
Today he reads me in my home—
Tomorrow, in the street.*

*He may a relative or friend;
Or slight acquaintance be;
He may not even know my name,
Yet he is reading me.*

*And pray, who is this neighbor,
Who reads me day by day,
To learn if I am living right,
And walking as I pray?*

*Oh, he is with me always,
To criticize or blame;
So worldly wise in his own eyes,
And "Sinner" is his name.*

*Dear Christian friends and sisters,
If we could only know
How faithfully the world records
Just what we say and do;*

*Oh, we would write our record plain,
And come in time to see
Our worldly neighbor won to Christ
While reading you and me.
Author Unknown*



✓ *Date Completed* _____



Others

“Look not every man on his own things, but every man also on the things of others,” —Philippians 2:4. “For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself,” —Galatians 5:14. Living for and loving others is a major key to a joyful Christian life. A wise girl often asks herself the question, “How can I show the love of God toward others today?” If she follows through in a personal way, she will find the sweet peace and contentment that comes from obeying God’s command to love our neighbor.



Things to Learn

1. Complete each requirement below four times. Place an X in the appropriate square in the chart as you complete them.
 - (1) Make something and give it away.
 - (2) Visit a shut-in.
 - (3) Write a letter to someone far away.
 - (4) Send a card to someone in the hospital.

Make Something	Visit a Shut-in	Write a Letter	Send a Card

5. Memorize the following poem.

Others

Lord, help me live from day to day
 In such a self-forgetful way,
 That even when I kneel to pray,
 My prayer shall be for others.

Others, Lord, yes, others,
 Let this my motto be:
 Help me to live for others,
 That I may live like Thee.

Help me in all the work I do
 To ever be sincere and true,
 And know that all I'd do for You
 Must need be done for others.

Let "self" be crucified and slain
 And buried deep: and all in vain
 May efforts be to rise again,
 Unless to live for others.

Charles D. Meigs

✓ *Date Completed* _____



Patriotism

Patriotism is many things to many people. Every Christian should be patriotic in more ways than one. You see, there is the *King* and there are *kings*. Our first loyalty must always be to the King, our Creator and Saviour. It is to Him that we owe everything—even our very existence, and our eternities for those of us who belong to Him. And He expects to be our King. *“And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might,”* —Deuteronomy 6:5.



Now God knew long before man was around that mankind would need some government in order to get along and survive with each other. Thus, He ordained that there should be rulers, and He ordained that His people should honor and obey the governors of their land. Jesus said, *“Render to Caesar the things that are Caesar’s, and to God the things that are God’s,”* —Mark 12:17. Peter said, *“Fear God. Honour the king,”* —1 Peter 2:17. And Paul said, *“Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation. For rulers are not a terror to good works, but to the evil. . . . For he is the minister of God to thee for good. . . . for he is the minister of God, a revenger to execute wrath upon him that doeth evil. Wherefore ye must needs be subject, not only for wrath, but also for conscience sake. For for this cause pay ye tribute also: for they are God’s ministers, attending continually upon this very thing,”* —Romans 13:1-6.

Patriotism is practiced toward our country. We and our rulers are that country. Again, patriotism is many things to many people, including Christians. It is a part of Christian life whose details are best decided by the individual group. Your group leader or parents will decide the requirements and sign below when you have completed them.

✓ *Date Completed* _____



Rest Home

“Cast me not off in the time of old age; forsake me not when my strength faileth,” —Psalm 71:9. In a society that is drifting further and further toward thinking only of self, this plea from God’s Word should not go unnoticed by God’s people. Institutions throughout this land are full of folks who, for the most part, are unknown and forgotten. Many of them will soon face eternity, and may never yet have experienced any real, unselfish Christian love coupled with the Gospel. Can we not find some time in our schedule to answer the psalmist’s plea?



A Christian should not forget all the senior citizens in the rest homes. If they are unbelievers, your visit might be their last chance to hear the wonderful news of salvation. If they are Christians, they are probably lonely and would like to know that they are not forgotten. Let us show these dear senior citizens how much God loves them by often visiting them.

Things to Learn

1. Visit a rest home six times.
2. Make or bring a little gift to a resident of the rest home twice.
3. Have three residents tell you what their favorite thing to do was when they were children. Record their name and what they told you in your notebook.
4. Share your experiences with the members of your group.
5. Write a short paragraph in your notebook sharing one blessing you received from visiting the rest home.



✓ *Date Completed* _____



Special Needs

Those of us who have been blessed with quick minds and healthy bodies ought to be all the more considerate of those who have special needs because of physical or mental problems. The Lord equally loves everyone, and Jesus spent much of His earthly ministry healing the infirmities of others. We should use each opportunity that God gives us to help others with their needs. Oh, that we may be like Job in the Bible who said, “*I was eyes to the blind, and feet was I to the lame,*” —Job 29:15.



Things to Learn

1. Read one non-fiction book about special needs, which could include physical handicaps such as blindness, deafness, learning disabilities, or a crippling disease. In your notebook list the title and author, and write a short paragraph on what you learned from the book.
2. Search the Bible for five Scriptures concerning the special needs of people. Copy each passage into your notebook, and write in your own words what occurred in each passage.
3. Read one biography about an individual who had a special need. In your notebook list the title and author, and write a paragraph about what you learned from it.
4. Spend at least thirty minutes on three different occasions doing a service-oriented activity for a person with special needs. Examples may include reading to a blind person or cleaning for a physically limited individual. Record your service in your notebook.
5. Read a book on sign language or deafness and learn at least three simple ways of communicating with a deaf person. Display this knowledge to your parent or leader.

✓ *Date Completed* _____



Tea Party

Tea parties are a means of sharing delightful times with family or friends. Tea parties can be informal affairs with just a cup of good, hot tea shared between two friends, or between a daughter and her mom or grandmom. They can also be used for special occasions to celebrate something, or for a special time when visiting or having a party. You will never regret the time taken to have a good, old-fashioned tea party!



What You Will Need

A book or information on tea parties

Helpful Information

- ◆ *Planning a tea party* — Invitations, place cards, table decorations, and menu items are all part of what makes a tea party special. Simple or fancy, inside or outside, themed or not, whichever you choose will be a special time with family and friends.
- ◆ *Teas* — There are many different kinds and varieties of teas: black, oolong, green, flavored, and herbal. Try some of the different varieties and choose one that you like best. You can also learn to make homemade iced tea.
- ◆ *What to serve with tea* — There are many different items that you can serve with your tea. Finger sandwiches, scones, biscuits, cookies, and small cakes are just a few. It is nice to have a variety of choices and tastes. Some might prefer salty things over sweet things. When preparing food for teas, remember to keep the food servings small. Also, presentation is very important. Whatever food choices you make, you want the food to look appetizing and appealing.
- ◆ *Etiquette* — There are proper etiquette rules to use when hosting a tea party, serving tea, and while attending a tea party. Find information on different etiquette rules.

Things to Learn

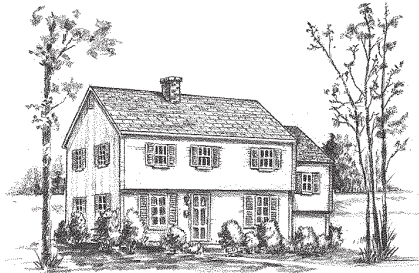
1. In your notebook complete the following:
 - (1) List three important etiquette rules to follow when hosting a tea party.
 - (2) List three important etiquette rules to follow when attending a tea party.
 - (3) Describe the following teas: black, green, oolong, herbal, flavored.
2. There are certain ways to prepare tea. Learn how to prepare different types of tea. Demonstrate how to make tea.
3. Make homemade iced tea.
4. Host a tea party.
 - (1) Plan the tea party. (Menu, decorations, etc.)
 - (2) Make or purchase invitations.
 - (3) Make, purchase, or use what you have at home to decorate the tea table.
 - (4) Make or purchase the menu items that you have chosen.
 - (5) Host the tea party.

✓ *Date Completed* _____

Category V Around the Home

“She looketh well to the ways of her household, and eateth not the bread of idleness,” —Proverbs 31:27.

A godly woman looks after the things of her home and family. She takes great care to see that her family’s needs are met. It is important for young girls to begin learning how to care for their families so they will be well prepared when they have families of their own. Every Christian girl should strive to excel in the area of homemaking. It is an essential ingredient to creating a happy, peaceful, and well-organized home for her loved ones.



Home Sweet Home



Cleaning

Some may think cleaning is a boring job and may look upon it with disfavor, but it is really very important to the beauty and harmony of a home. God is a God of order and beauty, and our homes should be a reflection of God. Keeping our homes clean does not take talent. It requires just a little bit of knowledge mixed with character. There is an old saying that says, "If a job is worth doing, it is worth doing well." Any home that is clean shows a certain beauty, and any home can afford this kind of beauty.



As we are learning to keep our homes clean, we should also remember that a clean heart is very important to God. Our prayer should be, "Create in me a clean heart, O God; and renew a right spirit within me," —Psalm 51:10. We can pray as we clean! Why not dedicate all your cleaning to God? Sing hymns and praises to Him as you work on cleaning your home.

Things to Learn

1. Clean your bedroom once a week for four weeks. This includes changing the bed sheets, dusting the room, washing or vacuuming the floor, emptying the trash, putting everything in its proper place, and straightening the closet and dresser drawers.
2. Clean the bathroom once a week for four weeks. This includes emptying the trash, scrubbing the bathroom fixtures, washing the floor, and straightening the vanity drawers.
3. Clean the kitchen thoroughly once a week for four weeks. This includes washing, drying, and putting away the dishes, wiping off the stove and refrigerator, straightening the drawers and cupboards, cleaning the inside of the refrigerator, emptying the trash, and washing the floor.
4. Clean the living room thoroughly once a week for four weeks. This includes vacuuming and dusting the furniture, and dusting off any bookshelves, window ledges, and lamp shades. Put everything back in its place.
5. Clean and straighten the basement or garage one time.

All five requirements must be completed; however, it is not necessary to do them in consecutive weeks.

Tip! If you have a place for everything, and keep everything in its place, your home or your room will be much easier to keep clean.

✓ *Date Completed* _____



Gardening

“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it,” —Genesis 2:15. Soon after God created Adam, He put him into a garden and gave him a job to do. Adam was to dress it, which means to till it, and to care for it.



Some might wonder why we would want to garden today when we have an abundance of grocery stores stocked full of food. Gardening is very thrifty and quite educational. Except for purchasing seeds (and you can learn to save seeds from one harvest to the next planting season), the cost of the vegetables and fruit is strictly labor. All they require is time and effort. Freshly grown produce is more tasty and usually more nutritious than commercial produce. The foods grown in our garden can even be preserved by canning, dehydrating, or freezing them.

It is an enriching, educational experience to garden, and it is also great fun! There is nothing like reaping crops that you have nurtured yourself.

Another nice feature of gardening is that we not only enjoy the fresh air and sunshine, but we also have a firsthand opportunity to see God’s hand at work. I hope you will learn much about the ways of our magnificent Creator from working on this skill.

Things to Learn

1. Plant a garden or share part of the family garden. If you are unable to do that, plant your garden in containers, such as five-gallon buckets, flower boxes, pails, or planters. This is a “learning” garden, so quantity of crops does not matter.
2. Decide what vegetables and fruits you will be planting. If possible, start your plants from seeds.
3. Plant your seedlings or young plants in your garden or containers. Be responsible for weeding, watering, and harvesting your garden.
4. In your notebook, write a report on your garden. Tell what was planted, how it was planted, and how much was harvested from it.
5. In your notebook, answer the following questions:
 - (1) Explain the difference between chemical fertilizers and natural fertilizers.
 - (2) Explain how chemical fertilizers can be harmful to plants and to the people who eat the plants.
 - (3) Explain two ways to naturally fertilize a garden.
 - (4) Explain what composting means.
 - (5) Explain what cold-weather crops mean. Name three cold-weather crops.
 - (6) Explain what cool-weather crops mean. Name three cool-weather crops.
 - (7) Explain what warm-weather crops mean. Name three warm-weather crops.
 - (8) Explain what soil pH is.
 - (9) Name three crops which grow best in acidic soil.
 - (10) Name three crops which grow best in alkaline soil.
 - (11) Name three crops which grow best in a neutral soil.

Around the Home

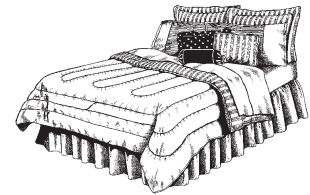
- (12) Generally we think of bugs as being bad, but there are some bugs which are really good for our gardens. Name two of them and explain why they are our helpers when it comes to our gardens.
6. The Bible uses the word “seed” over 250 times. It is a very important word and has multiple meanings in God’s Word. Read Luke 8:4-15. Explain what this seed is and what happens to it.
 7. In your notebook, explain what the following verse means. *“He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him,”* —Psalm 126:6.
 8. In your notebook, write a brief paragraph telling what you learned from gardening.

✓ *Date Completed* _____



Home Decorating

You might be thinking, “Home Decorating? I can’t decorate my home! Why learn about this now?” Well, you are not responsible for your entire home, but there is one small area you can call your special place, and that is your bedroom. Some girls are able to have a room to themselves, while others share their room with their sisters. Whether you share or not, the little space that is yours—your bed, and perhaps a dresser or desk, or even just a night stand—is your personal space.



Let us talk about this space. Perhaps the colors have already been chosen and the bedspread picked out. What more can you do? Well, what does your space look like? Is it peaceful or does it look like a tornado just passed by? Is it restful or is it stressful? Is it comfortable or uncomfortable?

One day you will have an entire home to manage. Now, you have only your bedroom. If you should have a home of your own one day, you really should begin now to learn how to care for it. You begin by caring for *your* space within your current home.

Helpful Information

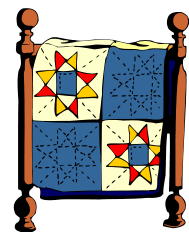
- ◆ Keep your room very clean and neat. Dirty and messy rooms are not pretty rooms.
- ◆ Get rid of the clutter. Throw papers away.
- ◆ Personalize your special place. Crochet an Afghan to lay across the bed. Quilt a special pillow to put on your bed. Place a flower in a vase on your night stand.
- ◆ Choose colors which are peaceful, such as soft pastels.
- ◆ Make your special space a place of beauty that you enjoy seeing and enjoy using.
- ◆ Neat dresser drawers are a pleasure. You should not need to dig through drawers looking for lost items. Everything should be in its place.

Things to Learn

1. Thoroughly clean your special place, whether it is an entire bedroom or just one corner. Keep this space clean for twelve weeks. Have your parent check the box each week.

2. Keep your dresser drawers in order for twelve weeks. Have your parent check the box each week.

3. Make one thing to decorate your special place. It can be an Afghan or quilted pillow for your bed, or a decoupage plaque or counted cross stitch project to hang on your wall.



Tip! To form the habit of keeping a beautiful home, be sure to always keep your hands busy straightening your current home. Every time you walk into a room, if something is out of place, straighten it or put it away. Always be looking to bring beauty and order to your surroundings.

✓ *Date Completed* _____



Ironing

The Bible says “Giving no offence in any thing, that the ministry be not blamed,” —2 Corinthians 6:3. Our outward appearance says much about who we are. If we belong to God, we will want our clothing to be a reflection of Him. We will never appear sloppy when our clothes are neatly ironed.



Ironing can be fun, and it always brings satisfaction to see our clothes neatly pressed and hanging in our closet.

We are able to accomplish two things at the same time. However, when we iron, we can also be praying for the one whose clothes are being ironed.

Things to Learn

1. Demonstrate how to operate an iron, and explain the different temperature settings used for different fabrics.
2. Demonstrate how to iron:
 - Blouses, skirts, dresses, and culottes
 - Men’s shirts and trousers
3. Iron all your own clothes for four weeks.
 -
4. Iron ten of your Dad’s or your brother’s shirts and ten of your Dad’s or your brother’s trousers.
 - Trousers
 - Shirts

✓ *Date Completed* _____



Laundry

“And the LORD said unto Moses, Go unto the people, and sanctify them to day and to morrow, and let them wash their clothes,” —Exodus 19:10. God wants His people to be clean on the outside as well as on the inside. We clean the outside. God cleans the inside. “Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow,” —Psalm 51:7.



Our clothes should be clean and fresh-looking. Thus, it is important for us to learn how to clean our clothes.

Things to Learn

1. Demonstrate how to use a washing machine. This includes understanding the different cycles and water temperatures and when to use them.
2. Demonstrate how to use a dryer. This includes the use of different cycles and temperatures and understanding when to use them.
3. Demonstrate how to do prespotting and prewashing.
4. Demonstrate sorting clothes according to fabrics and colors.
5. Write the answers to the following questions in your notebook:
 - (1) Some detergents are formulated for particular uses. Explain the differences.
 - (2) Explain when to use bleach or whitener.
 - (3) Explain when to use a fabric softener.
6. Do the family’s laundry properly for four weeks. The weeks do not have to be consecutive.

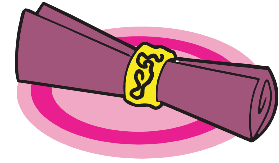
Tip! Because we should always be prepared, our clothes should always be prepared too! When they are washed, they should be dried and immediately put away. If your clothes need ironing, iron them as soon as possible. This way, no matter what your day brings, your clothes will be ready.

✓ *Date Completed* _____



Napkin Folding

Napkin folding is an easy and inexpensive way to add an elegant and festive touch to a party, celebration, or just to make dinner a little more special. You can use inexpensive paper napkins, or you can use cloth napkins.



What You Will Need

1. A book or information on napkin folding.
2. Cloth napkins — Use cloth napkins that are not too thick and are perfectly square. Make sure that they are nicely ironed before you begin.
3. Paper napkins — Use paper napkins that are square.

Helpful Information

When learning napkin folding, practice each type of design until you are comfortable with the appearance of your folded napkins. When folding napkins, be sure that you work on a clean, firm surface, and when making the folds, press firmly with your hands so that the folds will stay nice and crisp. Practice with both paper and cloth napkins.

Things to Learn

1. Demonstrate 3 easy ways to fold paper and cloth napkins.
2. Demonstrate 3 medium-challenging ways to fold paper and cloth napkins.
3. Demonstrate 3 challenging ways to fold paper and cloth napkins.
4. Surprise your family by setting the table nicely for them, using one of your favorite napkin folding techniques.

Tip: If the need arises, you can iron paper napkins with your iron set on a low setting. Make sure that you do this with adult supervision.

✓ *Date Completed* _____

Category VI *Culinary Arts*



Culinary means relating to the kitchen or having to do with cooking. Cooking is very important! Man cannot live without food, and most food needs some cooking. The Bible speaks much about food in general and specifically, and it also speaks about food being baked, broiled, and roasted.

A good keeper at home knows her way around the kitchen because she knows that her family needs to eat good and healthy meals. Man loves to eat! Eating satisfies hunger. The good keeper just doesn't throw some food together and call it good enough; no, she learns to cook well because she takes seriously the job given to her by God.

A good Keeper at Home also understands that food is necessary for life, just as spiritual food, God's Word, is necessary for spiritual life. Mealtime is a wonderful time to gather the family together, eat a good meal, share the day, talk about spiritual blessings and how God worked in their lives that day. Meals are a little family feast, and one day, believers will gather with the Lord for His blessed supper—*“And he saith unto me, Write, Blessed are they which are called unto the marriage supper of the Lamb,”* — Revelation 19:9.

Girls, put your minds and heart into learning these skills, these culinary skills, and you will never be sorry, and neither will your future husband and children!



Menu Planning

The first step in learning to prepare tasty, healthy, and well-balanced meals is menu planning. A menu is a list, and a plan is a method for achieving an end. Our end is good, tasty, and healthy meals at a reasonable cost. When a keeper at home does not plan meals ahead of time, she finds herself opening cupboards and saying, “What’s for dinner?” She may have hungry children surrounding her and a husband who is waiting to eat. Her family members are depending on her to do her job, and her job is so much easier if she takes a little time to plan her menus for the week. So, let’s learn and practice this skill!



What You Will Need

1. Cookbook
2. A grocery store sales flyer and a list of general food prices
3. Notebook and pen

Helpful Information

- ◆ When making menu choices, be sure to choose healthy, and well-balanced meals—include salads, fresh fruits, vegetables, and whole grains along with your main dish.
- ◆ In your notebook, write down your family’s favorite meals. Under each meal, list the ingredients.
- ◆ Make a chart similar to the sample one included here, and list (in pencil) the items you think you might like to include on your menu for the week.
- ◆ From this menu, list all the ingredients for these meals. How much bread will you need? How much juice? How much chicken? What ingredients do you have on hand in the pantry? What will you need to buy?
- ◆ What is your food budget for the week? Will the menu items fit into the food budget? In order to do this, you must figure out how much one meal will cost for your family by keeping track of the price for each item. Add the total cost of the meal, then divide that amount by how many servings you will be making. That number will be the cost per serving.

Example: How much does two eggs, two pieces of toast, two pats of butter, and 6 oz. of juice cost? This is the cost of one person’s breakfast. Then times the cost by the number of people eating and you have the cost for one meal for your family. Now, figure the costs out for each meal for the week. *If you are over your budget, then begin some cost-cutting.* What if you eliminate the juice? Or make a less expensive dinner? Work until you are within your budget. You can look at store sale flyers to help gather this information.

Sample Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
muffins juice	hot cereal with raisins, juice	fried eggs, toast, juice	pancakes	cereal and fruit	scrambled eggs, toast, juice	omelets, juice

Culinary Arts

roast beef, potatoes, broccoli, salad	leftovers, plus salad	soup and sandwiches	sandwiches, salad	soup, tuna salad	cheese sandwiches, chips	leftovers, sandwiches
sandwiches	baked chicken	spaghetti, salad, garlic bread	baked fish	homemade pizza	crook pot meal	burgers, potatoes, green beans
Snack/ Dessert						popcorn

- ◆ Menu planning helps you at the grocery store as well. You know what you will need for the coming week, and it makes shopping much easier. In fact, some people look at the grocery store's sale flyer first before planning their menu. Check the meat prices and try to plan your menu around what is on sale. Are there any sales items that you could use? Check the coupons. Sometimes it will save to use them; sometimes it's not worth it. When planning your menu, choose vegetables and fruits that are most likely to be in season for your area—they will be fresh and less expensive than fruits and vegetables that are out of season.
- ◆ For breakfast, choose several basic breakfast options and alternate them during the week. Sandwiches, basic casseroles, or leftovers are some ideas for simple lunches, and can be alternated as well. Some good snack ideas are fruit, homemade baked goods, or cut vegetables and dip. You can also choose basic dinner meals and alternate them throughout a month's time.
- ◆ Think ahead. If you are going to have a busy day, or if your family will be gone on a certain day, make sure that you choose a meal that will be simple to make, or choose something that can be made in a crock pot. Also, if you have leftovers of a certain ingredient, plan to use the leftovers for another meal. For example, if you cooked a chicken one night, use the leftovers to make a soup, or a chicken casserole later in the week. If you use half an onion in one recipe, use the other half in another recipe. If you have something in the refrigerator that needs to be used up, work it into your menu.

Things to Learn

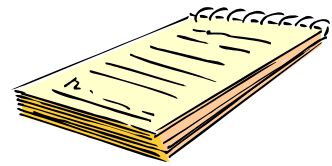
1. Plan a balanced menu for one week including:
 - breakfasts lunches snacks
 - dinners desserts (optional)
2. Write out a grocery list for the menu. Make sure that it does not exceed the budgeted amount that you are allowed for the week. Try to spend less!
3. Go grocery shopping.
4. Complete the following in your notebook.
 - (1) How much did it cost to feed your family each day?
 - (2) Can you think of any way that you could have saved money on your menu by making or doing something differently?

✓ *Date Completed* _____



Grocery Shopping

Grocery shopping is a necessity. Even if we do a good deal of gardening and preserve our homegrown foods, we still will need to shop at the grocery to fill out our menus. And for those who do not garden, the weekly trip to the grocery store is even more important. There are thousands of items in a grocery store. We cannot buy them all, so we need to have a plan—a shopping plan—to buy only what we need, what is healthy, and economical. We need to learn to be good stewards, and to feed our families well, but not spend the whole budget on food!



What You Will Need

1. A food menu for the week, including a list of food and any ingredients needed to fill the menu
2. A notebook
3. Sale flyers and prices from two grocery stores

Helpful Information

- ◆ It is very helpful if you complete the Menu Planning skill before beginning the Grocery Shopping skill.

Putting Together a Grocery List

- ◆ Put together a price book with the prices of commonly used ingredients in your menu. This will help you compare the prices between the different grocery stores that you visit. See the chart.
- ◆ To make a price book:
 - (1) Write down your menus for the week.
 - (2) On the following pages, list each meal separately, and under each meal list what ingredients are needed. List *all* the ingredients. You will put this information on your master chart.
 - (3) Making your master list—Make three columns, one for the ingredients and one for each grocery store. The next time you visit the grocery stores, write down the cost of each item on your master list. When you return home, compare the prices, and write a new master list. Mark each item under Store A that will be purchased at Store A. Do the same for Store B. Every item must be marked under one store or the other. These two master lists will grow each week as you add more items to be used in new menus. Soon they will be quite comprehensive. Sometimes it saves to shop at more than one grocery store, and sometimes it doesn't. You will know after several weeks.

Sample Master List

You can list items by brands and sizes.

	Store A	Store B
Tomato Soup, 16oz		
Ground Beef		
Tuna		
Noodles		
Orange Juice		
Oregano		

(4) Now, make your grocery shopping list comprised only of the needed ingredients.

Grocery Shopping

- ◆ Check the prices at the grocery store. Don't just pick the first item you see. Usually that is the most expensive. Look around for a product that meets the needed requirements, but is less expensive. Check the cost per ounce to see if you are saving money by purchasing larger cans/quantities or not. Most of the time you will save money by purchasing larger sizes of packaged or canned goods, but sometimes you actually pay more. Pennies add up quickly, and it pays to check!
- ◆ Grocery stores usually send out sale flyers every week. Check the sale prices to see if there is anything that you often use. Sometimes there are coupons included in the flyers as well. Go through them to see if there are any that you could use, but remember to check the prices of a less expensive brand. The coupon might not be worth it—but if it is, go for it!
- ◆ Learning how to check prices is also very important. There are usually tags on the grocery shelves under each item. They generally list the name of the item, how large the item is, and how much the item costs per unit, ounce, or pound. There are a lot of choices and a lot of different brands from which to choose, but usually the same kinds of food are grouped together making it easier to compare the different prices.

For example, compare the prices on a 15 oz. can of tomato soup by looking at the different tags and looking at the cost per ounce. Look at the cost of the other brands of tomato soup, and then make your decision of which one to purchase. In some cases, your family may prefer a specific brand to a generic brand.

Grocery Shopping Tips

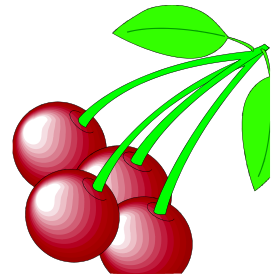
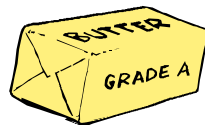
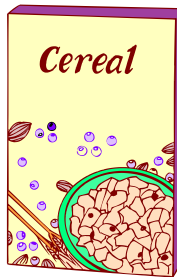
- ◆ Fruits and vegetables—Purchasing items that are in season versus ones that are not in season can save quite a bit of money. In the summer months, fresh fruits such as berries, melons, nectarines, peaches, and plums are often readily available and are much less expensive than in the winter months. Enjoy them while they are fresh and affordable! Summer vegetables such as corn, green beans, peppers, and tomatoes are much tastier and easier on the budget in the summer months as well. During the winter months, apples, bananas, oranges, grapefruits, cabbage, potatoes, and squash are inexpensive side dishes or snacks.

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- ◆ When purchasing fresh fruit and vegetables, make sure that they are ripe. Bruised fruit and vegetables will not keep as long, so try to pick ones that have the least blemishes and that are not overripe. When you bring fruits and vegetables home, be sure to wash them before use.
- ◆ Always check the expiration date of a product. This is especially important when purchasing dairy products or meat. Sometimes grocery stores will offer special prices on food items that are close to their expiration date. If you purchase some, be sure to use them right away. When buying cans of food, carefully check each can and try not to purchase dented cans. If a can is bulging, do not use it—throw it away!

Things to Learn

1. Demonstrate how to find the best price for an item.
2. Compile a price book of commonly used food items to be used for your family. Compare the prices between two local grocery stores.
3. Starting with a menu plan for the week, figure out the cost of each item that you will need. What will the cost of each serving be? Figure out what the cost of a week's worth of meals would be for your family.
4. Keep track of what goes on sale for two months. Learning when and what goes on sale allows you to make informed decisions on purchases.



Tip: If you learn where major items are located in the grocery store, you can structure your grocery list to shop more efficiently by grouping items together. Also, shop the produce and bread section last—this way food items will not get bruised or squished by other items in your cart or basket.

✓ *Date Completed* _____



Master Baker

The nearly lost art of baking homemade, nutritious yet delicious goodies needs to be revived! There is nothing to compare with the taste of fresh apple pie or freshly baked bread. Girls, learn how to bake! One day you will be women with families for whom you will want to bake goodies. This skill is very easy to learn, and there is no end to the fresh new treats you can bake for your family. Start now, and choose one recipe a month, and in no time at all, you will become a *Master Baker*.

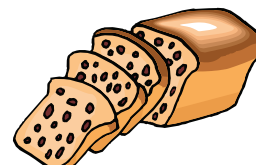
While you are learning to bake, use the experience to remind yourself that Jesus said, “*It is written, That man shall not live by bread alone, but by every word of God,*” —Luke 4:4.

What You Will Need

For all of the baking skills, you will need a good, basic cookbook and/or a specialty cookbook. A specialty cookbook would be devoted solely to bread or pies, etc.

Helpful Information

- ◆ Begin by using simple recipes without too many ingredients.
- ◆ Make sure you have all the ingredients *before* you begin.
- ◆ Read through the instructions first, so you will know all the steps involved in making the recipe.
- ◆ Be sure to have your mother teach you how to operate an oven safely.



Things to Learn

1. Select from the following categories a baking skill to accomplish. You can work on more than one skill at a time. Each skill has its own award, and a Master Baker award is given after the completion of four skills.

Please note! All of the chosen recipes must be from “scratch” only. From “scratch” means no box mixes are allowed. Clean the kitchen completely after each baking session.

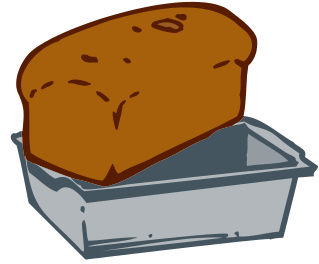
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|--|--|--|
| <input type="checkbox"/> Master Baker | <input type="checkbox"/> Cookie Baking | <input type="checkbox"/> Pastry Baking |
| <input type="checkbox"/> Bread Baking | <input type="checkbox"/> Doughnut Making | <input type="checkbox"/> Pie Making |
| <input type="checkbox"/> Cake Baking | <input type="checkbox"/> Muffin Baking | |
| <input type="checkbox"/> Cake Decorating | | |
2. Start a recipe collection. These recipes can be on 3"x5" index cards and placed in a card file, or they can be written on notebook paper and placed in a binder. A 3-ring binder is better than a spiral notebook for recipes because recipes can easily be inserted, sorted, or removed as needed.
 3. Write a short essay in your Keepers Notebook explaining what it means in Luke 4:4, “*It is written, That man shall not live by bread alone, but by every word of God.*”

✓ *Date Completed* _____



Bread Baking

There are many different types of bread—basic bread for sandwiches and toast, tasty sourdough bread, quick breads or dessert breads, and homemade rolls are some things that everyone enjoys. Along with the different types of bread, there are many different flours that can be used! White, whole wheat, oatmeal, and rye flours are just a few.



What You Will Need

A baking book — Should have recipes for various types of bread, and explains the process of making bread.

Things to Learn

1. Complete the following in your notebook.
 - (1) How does yeast work?
 - (2) How does sourdough work?
 - (3) Why does bread need to rise?
 - (4) What does kneading do?
 - (5) What is gluten?
2. Make a basic bread recipe.
3. Make a basic sourdough recipe.
4. Make a quick bread recipe.
5. Make homemade rolls. Demonstrate two ways to form rolls.

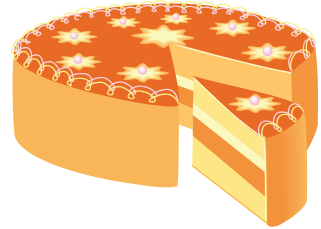
Tip: Once you find a basic bread recipe that you like and are comfortable making, use it as your staple bread recipe. Bread dough doesn't have to be used just for bread! You can also make cinnamon rolls, dinner rolls, focaccia bread, and pizza crust from that same recipe. Pretty soon you'll have the recipe memorized!

✓ *Date Completed* _____



Cake Baking

There are many different kinds of cake, but they all start with basic ingredients. Flour, sweetener, fat, eggs, generally a liquid, leavening agents, and flavoring are some of the ingredients. Easy, one-bowl cakes are usually made with oil and are quick to make. Butter cakes are made with butter or shortening and a sweetener creamed together. They take a little more time to make, but are worth the extra effort. Chiffon cakes, or sponge cakes are extra light and fluffy and are made with a greater proportion of eggs. Cakes can be served plain, or filled and frosted. The filling also may be different from the frosting for an added special touch. There are also some other variations of cake, such as muffins, cupcakes, cheesecakes, and coffee cake.



What You Will Need

A basic cookbook — Should have recipes for different types of cakes, frostings, and fillings.

Things to Learn

1. Make a one-bowl cake.
2. Make a butter cake.
3. Make a chiffon or sponge cake.
4. Make a cake variation such as cupcakes, muffins, coffee cake or cheese cake.
5. Frost one of the above.
6. Fill and frost one of the above.

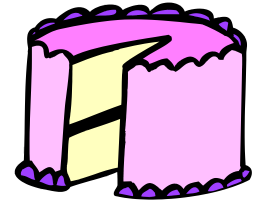
Tip: There are many different types of frostings. Find one that will complement the cake that you are making. For example, cream cheese frosting goes well with carrot cake, and a whipped cream frosting goes well with a chiffon or sponge cake. Even a simple dusting of confectioner's sugar to the top of a plain cake will add a nice touch.

✓ *Date Completed* _____



Cake Decorating

Decorating cakes attractively takes practice, but it is not difficult to do. Personalizing cakes is a wonderful way to enhance special occasions and bring joy to others by recognizing special days in an unique way.



What You Will Need

1. A cake decorating instruction book
2. Metal spatulas — These are necessary tools for spreading icing evenly on the cake. You will need a 6½" metal spatula, a 7" offset (bent) spatula, a 4" tapered offset spatula, and a stainless steel icing blade.
3. 18" parchment triangles or cones — These are to make disposable pastry cones and can usually be purchased from any store that sells cake decorating supplies. A reusable cake decorating pouch can also be used as a pastry cone.
4. Decorating tips — These attach to the parchment triangles, and different tips form different streams of icing as the icing is squeezed from the parchment cone.
5. Scissors — These are used for cutting the tips off the parchment cones.

Things to Learn

1. Bake a layer cake. Prepare it for decorating.
 - Cut the layers and flatten the tops.
 - Fill between the layers and stack them.
 - Ice the cake smoothly.
2. Prepare the two basic icings:
 - Buttercream
 - Royal
3. Color an icing in a pastel shade.
4. Demonstrate how to use these basic cake decorating tips.
 - Round* — writing, stems, trim, dots
 - Star* — star fill-in, rosette border, shell border
 - Drop Flower* — daisy-type flower, twisted flower
 - Leaf* — various leaves
 - Rose* — rose, rose bud
 - Rose Nail* — for forming roses
5. Decorate a cake for a family member, neighbor, or friend.
6. Begin collecting cake decorating ideas in a notebook.



Thoroughly clean the equipment and the kitchen after use. Everything must be as it was.

✓ *Date Completed* _____



Cookie Baking

The word “cookie” comes from a Dutch word “koekje,” and means a small cake. Americans use “cookie” to define a sweet, flat, or slightly raised confection. There must be hundreds of recipes for cookies, and they probably are all delicious! They are quick and easy to make, very portable, and can be eaten anytime of the day or night. The most famous American cookie is the chocolate chip cookie. Everyone loves a good cookie, and they make tasty little gifts for those who are sick, or elderly, or lonely. Get busy and learn to bake cookies!



What You Will Need

Recipes for various types of cookies

Helpful Information

- ◆ Cookie dough is usually made with flour, a fat (butter, lard, shortening), eggs, a leavening agent (baking soda or baking powder), milk (or other liquid), a sweetener, and flavorings. Cookies can be made soft, or they can be made crispy. Baking time affects the cookie texture—longer equals crispier and shorter equals softer. Be sure to use the type of fat that is called for in the recipe that you are using. Different fats may affect the texture as well.
- ◆ Cookies are fun to decorate. They can be decorated with icing, sprinkles, colored sugar, small candies, dried fruit, chocolate, etc.
- ◆ There are a few basic types of cookies, and then there are multitudes of different variations.
- ◆ *Bar Cookies* — any type of cookie that you bake in a pan and then cut into bars.
- ◆ *Dropped Cookies* — any cookie that you drop with a spoon or a scoop onto a baking sheet such as chocolate chip cookies.
- ◆ *Filled Cookies* — any type of cookie that has a filling.
- ◆ *Fried Cookies* — a cookie that is deep fried such as are rosettes.
- ◆ *Molded Cookies* — are usually formed by hand such as peanut butter cookies.
- ◆ *Pressed Cookies* — are usually made with a cookie press. Cookie presses come with different plates that you can use to make different shapes of cookies.
- ◆ *Refrigerator Cookies* — this dough is chilled in the refrigerator before slicing and baking.
- ◆ *Rolled Cookies* — any type of cookie that you roll out and cut with cookie cutters or a knife such as sugar cookies.
- ◆ *Sandwich Cookies* — rolled, pressed, or sliced cookies put together with a sweet filling, similar to an Oreo cookie.

Things to Learn

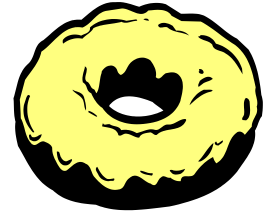
1. Make a bar cookie.
2. Make a drop cookie.
3. Make a filled or sandwich cookie.
4. Make a molded or pressed cookie.
5. Make a refrigerator cookie.
6. Make a rolled cookie.

✓ *Date Completed* _____



Doughnut Making

Doughnuts are most often eaten for breakfast, brunch, or just a very nice snack or treat. Doughnuts can be plain, powdered, glazed, or frosted, and also filled with fruit, crème, or custard. Homemade doughnuts are especially delicious, and very economical compared to those bought in bakeries. They also make wonderful gifts to others to brighten their day. Doughnut making is a nice addition to your baking skills!



What You Will Need

1. Recipes for doughnuts
2. Deep fryer or a pot and a candy thermometer

Helpful Information

- ◆ Doughnuts usually are made from a dough or batter, which can be yeast based, or a batter similar to cake batter. The most popular way to cook doughnuts is by deep frying them in a chosen oil at high temperatures. A healthier alternative to deep frying is to bake doughnuts.
- ◆ If you are deep frying doughnuts, it is very important to follow safety rules when working with hot oil. You will need a pot and a thermometer, or you can use an electric deep fryer. If you are using a pot in which to deep fry, heat the oil slowly so it does not splatter. If you choose to use an electric deep fryer, always keep the electrical cord away from any little fingers that could accidentally pull on the cord and spill the hot oil. Electric deep fryers have a temperature setting so that you do not need to use a thermometer. Never mix water or splash water into the hot oil. The water will instantly turn to steam, expanding so rapidly as to throw oil from the fryer and cause severe burns. When you are finished deep frying, turn off and unplug the deep fryer or remove your frying pot from the heat source, and cover the hot oil with a lid. Let it cool completely before taking care of the leftover oil.
- ◆ All surfaces need to be clean and clear. Make sure that you have everything that you will need set out and ready for use. Everything happens fast when you are working with high temperatures. Have a slotted spoon or tongs ready to move food in and out of the fryer. Have paper towels ready on a plate to drain the oil away from the food that you have fried.
- ◆ The oils that are most commonly used for deep frying have a high smoking point and are canola oil, corn oil, lard, peanut oil, shortening, and vegetable oil. You only need enough oil to cover the food that you are cooking. The container that you are using should be filled no more than half full. Oil splashes easily, so be careful when you are placing food into a fryer and removing food from it. Properly deep fried food should not be greasy. The oil that you are heating needs to be maintained at the precise temperature needed to properly fry the food with which you are working. If the oil is not hot enough, the food that you are frying will absorb some. Also, do not overcook the food in your deep fryer. Overcooking will cause your doughnuts to be dry and absorb more oil. Most doughnut recipes have a recommended frying time.
- ◆ If you choose baking doughnuts over deep frying, many recipes are available. Just remember not to overbake the doughnuts or they will be dry, not moist.

Things to Learn

1. Learn the safety tips for deep frying.
2. Make a baked doughnut.
3. Make a deep fried doughnut.
4. Make a filled doughnut.
5. Make a glazed doughnut.

Tip: In case of grease fires, do not put water on it! The steam will make matters worse. If possible, cover the fire with a lid, or pour baking soda (not baking powder or flour; they will cause the fire to spread) on the cause of the fire. Make sure that the heat source is turned off. Never leave the kitchen when you are deep frying!

✓ *Date Completed* _____



Muffin Baking

Muffins are tasty little cakes. They can brighten a breakfast or be used for a snack. They are quick and easy to make. They also make great gifts for senior citizens, who often have no need for a large cake, but would enjoy something smaller.



What You Will Need

A basic cookbook

Helpful Information

A well prepared muffin has good flavor, a high rounded top and is not too dry. An important step to follow with muffins, is to always mix the wet and dry ingredients in separate bowls. Then quickly combine the wet and dry ingredients just before baking. Be sure not to over mix! It is okay to have some lumps in your dough. If you over mix your muffin batter, your muffins will not be as tender, and they also will not rise as high because the leavening agent will already have lost some of its power. Another important thing to remember, is to follow the directions on how high to fill the muffin cups in the baking tin you are using. If you fill them too high, your muffins will be flat—not nice and rounded on top.

Things to Learn

1. Complete the following in your notebook:
 - (1) What are some different leavening agents that are used in muffins?
 - (2) What is the difference between a muffin and a cupcake?
2. Make a sweet muffin.
3. Make a savory muffin.
4. Make a muffin containing a fruit.

✓ *Date Completed* _____



Pastry Baking

Pastries are filled baked goods made with a dough that has a high fat content. Pastry comes from the word “paste.” The paste was made from a flour, a fat, and a liquid (sometimes an egg). Pastries often are filled with deliciously flavored cremes or fruit fillings, and in some cases may be filled with meat, cheese, vegetables, and savory fillings. These can be large enough for a lunch or smaller for nice appetizers. These appetizers are often called pastry pockets. Unlike a pie, a pastry is usually an individual serving. Thus, pastries are perfect for treats, dessert trays, or tea parties. Good desserts and pastries are always in demand!



What You Will Need

A baking book — Should have recipes for different types of pastry dough, such as puff pastry and choux pastry.

Helpful Information

- ◆ The flakiness and rising of a pastry is not from a leavening agent like baking powder or baking soda, but is caused by the fat melting, and the water residue evaporating in the dough while it is being baked.
- ◆ Pastries are different from cakes because cakes generally use a leavening agent such as baking soda or baking powder.
- ◆ Some types of pastries do contain yeast, but the amount of fat and how it is incorporated in the recipe still plays a large part in how the dough turns out. A Danish pastry is an example of a pastry that contains yeast, yet the dough shares some similarities to puff pastry.
- ◆ There are basically four types of pastry dough: short-crust (or pie pastry), puff pastry, flaky or rough puff pastry (also called quick puff pastry), and choux pastry. Each kind of dough is characterized by the amount of fat and how the fat is incorporated into the rest of the ingredients.

The four types of pastry explained.

- ★ Short-crust pastry or pie crust pastry—

The fat is “cut,” or rubbed, into the flour, and liquid is added to form the dough. Pies and tarts are made with this method. A tart is a small open pastry (or pie) which can be filled with either fruit or a cream filling. The crust may be made from puff pastry or short-crust (pie crust).

- ★ Puff pastry—

The fat is rolled, turned, and folded into the dough.

- ★ Flaky or rough puff pastry—

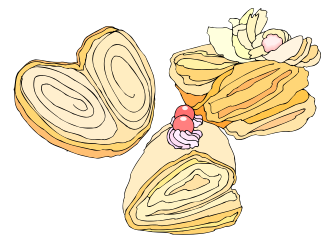
The fat is added the same way as puff pastry, but less adding and rolling. It is a little easier to make though you do not obtain quite as good a result as a true puff pastry.

- ★ Choux pastry—

The fat is melted, combined with other ingredients on the stove, slightly cooked, then baked and filled. Eclairs and cream puffs are made from choux pastry.

Things to Learn

1. Make one thing with puff pastry, using either homemade or purchased dough. If you purchase your puff pastry dough, read about making puff pastry to understand how the puff pastry dough is made.
2. Make a filled tart with pie crust pastry dough.
3. Make one thing with choux paste dough.



✓ *Date Completed* _____



Pie Making

Everyone loves a good pie! Usually pies are made for desserts, but also can be made for a main dish. A one-crust pie is simply a baked dish with a pastry shell for a bottom. A two-crust pie has a pastry shell on the top and bottom. Dessert pies can be filled with fruit, puddings, custards, nuts, and creams. Main dish pies or savory pies are filled with meat and vegetables. Homemade pies make great gifts for a lonely neighbor or an elderly person.



What You Will Need

Recipes for pies — A good cookbook, baking book, or pie-making cookbook with instructions on how to make pie crusts and fillings.

Helpful Information

Pie crust is made with flour, fat, liquid, and salt. Other ingredients are sometimes included, such as eggs or other dairy products. These four major ingredients play an important role in making up what we know as a tender and flaky pie crust. But, it is not just the crust that makes a pie. The filling is equally important. The filling needs to be cooked well, seasoned or sweetened correctly, and not be too runny or too thick. Care also should be taken with the presentation of your pie. Is the crust nicely shaped?

Things to Learn

1. Make a pie with each of the following types of crusts:
 - basic two crust pie
 - graham cracker crust.
 - lattice crust
2. Make a pie with each of the following types of fillings:
 - fruit
 - homemade cream, custard, or pudding
 - savory

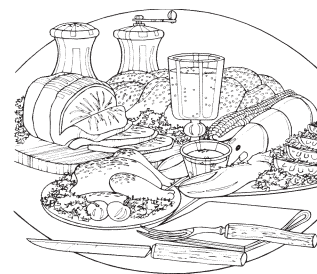
Tip: Handle pie crust gently, and not too much or it will get tough.

✓ *Date Completed* _____



Master Cook

A considerable part of our lives is spent around the dining table. Everyone looks forward to meals with loved ones. It is a big job to prepare nutritious meals that families will enjoy. It is not only a big job, but it is a very important job! A family's health depends on its mother. Also, a delicious dinner served at a beautifully set table and good conversation will enrich all of the family members, and create many a fond memory to be cherished in later years.



Girls, let us learn the art of cooking and master it well, so we can have healthy, happy families.

What You Will Need

For all of the cooking skills, you will need a good basic cookbook and/or a specialty cookbook. A specialty cookbook would be devoted solely to soups or casseroles or main dishes, etc. You also will need the use of a kitchen.

Helpful Information

- ◆ Begin by using simple recipes without too many ingredients.
- ◆ Make sure you have all the ingredients *before* you begin.
- ◆ Read through the instructions first, so you will know all the steps involved.
- ◆ Be sure to have your mother teach you how to operate your stove safely.

Things to Learn

1. Select from the following categories a cooking skill to accomplish. You can work on more than one skill at a time. Each skill has its own award, and a Master Cook award is given after the completion of four skills. The *Cooking* skill must be one of the four.

Please note! All of the chosen recipes must be from "scratch" only. From "scratch" means no processed foods are allowed. Clean the kitchen completely after each session.

- | | | |
|---|---|--|
| <input type="checkbox"/> Master Cook | <input type="checkbox"/> Fruits | <input type="checkbox"/> Snacks/Drinks |
| <input type="checkbox"/> Cooking | <input type="checkbox"/> Ice Cream Making | <input type="checkbox"/> Soup Making |
| <input type="checkbox"/> Candy Making | <input type="checkbox"/> Meats | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> Casserole Making | | |
2. Start a recipe collection. These recipes can be on 3"x5" index cards and placed in a card file, or they can be written on notebook paper and placed in a binder. A 3-ring binder is better than a spiral notebook for recipes because recipes can easily be inserted, sorted, or removed as needed.
 3. Demonstrate how to set the table correctly. This includes proper placement of all utensils and accessories.

✓ *Date Completed* _____



Cooking

People need to eat, and eating takes cooking! It is essential to learn how to cook, and how to cook well. A lifetime of meals is a lot of meals to prepare and to cook. We can look at it as work, or as the opportunity to make delicious meals for our loved ones. And let's remember the Bible verse, "Whatsoever thy hand findeth to do, do it with thy might." That means cooking too!



Things to Learn

For all of the following meals, you will prepare a menu, prepare the meal, set the table, serve the meal, and clean up after the meal. Record your menu in your notebook. A sample is given. You can apply what you have learned and completed in the other cooking skills to this section.

Date	<u>Jan. 15th. 2009</u>
Menu	<u>scrambled eggs, toast and jam.</u>
	<u>orange juice and hot tea or cocoa.</u>
	<u></u>
Parents Signature	<u></u>

1. Prepare five different breakfasts. The breakfasts may include cooked cereal, eggs (which can be served in different manners), pancakes, French toast, sausage, hash browns, etc. Cold cereal, coffee cakes, and doughnuts (unless homemade) are not allowed.

A sample menu would be: eggs, English muffins and jam, orange juice, and hot tea or cocoa.

2. Prepare five different lunches. Lunches may include soup, sandwiches, salad, and fresh fruit.
A sample menu would be: tomato soup, grilled cheese, pickles, and milk.

3. Prepare five different dinners. Dinners must include a cooked meat, chicken or fish (not hot dogs, pizza, or processed meats), potatoes (not chips, frozen potatoes, canned potatoes, or dried potatoes), vegetable, salad (composed of several fresh items such as lettuce, cucumber, tomato, green pepper, radishes, etc.), dessert, and a beverage.

A sample menu would be: baked chicken, boiled potatoes, buttered carrots, green salad, banana bread for dessert, and milk or tea.

As the requirements are completed, fill in the lines with the correct information and have a parent sign on the appropriate line.

✓ Date Completed _____



Candy Making

Homemade treats! They are so yummy! Who does not love them? Making homemade candy often becomes a family tradition. Homemade candy also makes great gifts for family and friends. So, when you make a batch, make just a bit more to give away and brighten someone's day.



What You Will Need

1. A candy making book or a baking book
2. A candy thermometer

Helpful Information

When making candy, you will be working with high temperatures, so be careful! Making candy is a science, and you will need to follow the instructions carefully in order for your candy to turn out well. When first learning, start with something simple like rock candy, and then try something a little more difficult the next time.

Things to Learn

1. Complete the following in your notebook.
 - (1) What is caramelization?
 - (2) What is inversion?
 - (3) What is the Maillard Reaction?
 - (4) What is an interfering agent?
2. Make rock candy.
3. Make a type of fudge.
4. Make a type of nut brittle.
5. Make a type of taffy or caramel.

Tip: When making candy, it is important to read the instructions before starting, and also to have all the ingredients and tools ready. Things can happen quickly! Also, if it is raining out, it is not a good day to make candy. Candies that are made with boiled sugar will not harden on days that have a higher humidity index.

✓ *Date Completed* _____



Casserole Making

The word “casserole” comes from the French and means saucepan. A casserole dish is usually a large deep pan or dish that can be used in the oven, and also can be used as the serving dish. Casseroles usually are made from several kinds of foods. They can have meat or chicken, vegetables, and/or pasta. They require a sauce to make them creamy, or a broth can be added.

There are many different kinds of tasty casseroles. Casseroles are good for dinner, and are ideal to take to a potluck supper or family gathering. They are also a nice choice to take to someone needing a helpful meal, such as an elderly person, a new mother, or a sick person.



What You Will Need

Recipes — Cookbooks and cooking magazines are great resources.

Things to Learn

Make four different casseroles.

1. Make a casserole containing pasta.
2. Make a casserole containing beef.
3. Make a casserole containing a poultry.
4. Make a casserole containing vegetables.
5. Make a casserole and give it away to someone in need of help.

✓ *Date Completed* _____



Fruits

Fruit is one of the many blessings of summer. There are so many different kinds of fruit, and so many different ways to prepare fruit, that sometimes it is hard to choose which ones to try! We might ask ourselves, what really is a fruit? There is much confusion and debate over this subject, but in the culinary sense, and for our purposes, a fruit is usually any sweet-tasting plant product associated with seeds. Fruits are very healthy, very tasty, and most people really like them. At least one or two pieces of fruit should be included in a daily diet.



Helpful Information

- ◆ Fruit is generally available all year round, but fruit that is fresh and in season is the healthiest choice. If fresh fruit is not available, dried, frozen, or canned fruit may be used.
- ◆ When choosing fruit at the local farm stand or grocery store, be sure to check the fruit carefully before purchasing. If a fruit has a bruise or blemish, it will start to go bad quickly. Make sure that the fruit is ripe, and not over ripe. If it will be a few days before you are using the fruit, it can be a little firm to the touch (if it is a fruit that will ripen after being picked)

There are fruits that will ripen after being picked (apples, avocados, bananas, melons, peaches, plums, mangos, papayas, and kiwis), and there are fruits that will not ripen after being picked (berries, cherries, citrus, dates, and grapes). Thus, it is important to be sure that certain fruits are ripe when you pick or purchase them.

- ◆ Fruits can be prepared in many different ways. They can be eaten raw—by themselves, in fruit salads, or in desserts. Fruits can be baked, and even cooked on the stove. Many recipes use frozen or canned fruit. Check the recipe that you are using to see if the frozen fruit needs to be thawed or used in its frozen state. If you are using canned fruit in a recipe, you usually will want to drain the extra juice, unless, of course, the recipe says otherwise.
- ◆ Here are some general tips for choosing ripe fruit.
 - ☆ *Berries, cherries, citrus, dates, and grapes* — Look for general consistency in color and appearance. An aromatic smell is also a good sign. Check the bottom of the package to make sure that there are no overripe or moldy pieces.
 - ☆ *Bananas* — Green bananas are not ripe. A ripe banana will have a uniform yellow color, with perhaps a few small brown spots. The more spots, the sweeter it is. Check for bruising, which will show as large tan or brown splotches and will cause the banana to go bad quickly.
 - ☆ *Melons* — Watermelons will sound hollow when you thump them with your thumb, and if there is a yellow-colored spot on the bottom, that is a good sign that it is ripe. Other types of melons, such as muskmelon and cantaloupe will smell aromatic when ripe. Honeydew seeds will rattle when the melon is shaken.
 - ☆ *Apples* — General firmness, spotless appearance, and nice aroma.
 - ☆ *Nectarines, Peaches, Plums* — These fruits should be aromatic, and be very slightly soft to the touch. They are overripe if they are too soft.

Culinary Arts

- ☆ *Specialty Fruit: Kiwi, mango, papaya, pineapple, etc.* — These are specialty fruits and have different ways of showing if they are ripe. Generally, if you feel the fruit and it isn't too hard or too soft, and has a pleasing aroma, it should be ripe. If in doubt, ask a produce person.

Things to Learn

1. Demonstrate how to choose ripe fruit.
2. Make something using a canned fruit.
3. Make something using a frozen fruit.
4. Make something using a dried fruit.
5. Make something using a fresh fruit.
6. Bake something with fruit.
7. Cook something with fruit.

Tip: Always wash the fruit you have purchased before using or eating.

✓ *Date Completed* _____



Ice Cream Making

Ice cream is good, but homemade ice cream is even better, and more nutritious. It is truly a treat!

What You Will Need

Ice cream maker — hand crank or electric

Helpful Information

Ice cream is usually made with cream and milk, and then frozen. The higher the butterfat content, the creamier the ice cream will be. When making ice cream, you start with a base recipe, then flavorings or fruit and nuts may be added. Chill all the ingredients first. You may also make frozen yogurt and sorbets with an ice cream maker. Sorbets are made mostly with fruit and fruit juices, and are refreshing during the hot summer months.



Things to Learn

1. Demonstrate how to use an ice cream maker.
2. Make a good base ice cream recipe such as vanilla.
3. Make a flavor of ice cream of your choice.
4. Make either a frozen yogurt or sorbet.
5. Complete the following in your notebook.
 - (1) Why do you add eggs to an ice cream base?
 - (2) Does your ice cream maker use salt to help freeze the ice cream? If it does, explain why.

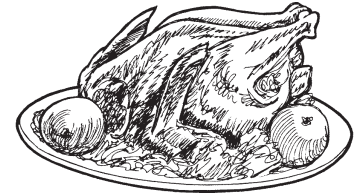
Tip: Follow the manufacturer's directions, and freeze your ice cream as fast as possible to avoid large ice crystals in your ice cream.

✓ *Date Completed* _____



Meats

Meats are a very important part of cooking for your family. Making a savory pot roast, knowing how to roast a chicken, or being able to bake a fish are all very important skills! Meat is usually the centerpiece of a dinner meal, with salad and vegetables for side dishes. A good cook will know how to prepare meats!



What You Will Need

1. A basic cookbook
2. A meat thermometer

Helpful Information

- ◆ Cooking meat takes practice. It is very important to make sure that all meats get cooked at the proper temperature and for the proper amount of time. Undercooked meat can cause people to become very sick. We also want to be careful not to overcook meat, for then it will be dry and less flavorful. Seasoning different meats also takes practice and experience. Different herbs and spices go with different types of meat.
- ◆ While you are working with raw meats, always make sure that you have everything close at a hand and ready for use. If you do need to get something, wash your hands first so you do not spread bacteria. Meats have a lot of bacteria in them, and it is important to keep everything very clean. When you are finished working with meat, always clean everything that has touched the meat, or that you have touched while working with the meat. White vinegar can be used as a food-safe disinfectant to wipe counters, sinks, sink handles, and cutting boards. It is also recommended when preparing food, that you use a separate cutting board for the meats involved, especially if you work with poultry. If you will be marinating meat, do not save or reuse the marinade. It will be contaminated.
- ◆ When purchasing different meats check the appearance and also the expiration date. The appearance should be a healthy color. (Beware, though, that butchers routinely add color to meats.) If you are getting close to the expiration date, use the meat immediately or put it in the freezer. When you defrost meats, never refreeze them. The safest way to defrost beef, poultry, or fish is in the refrigerator. Take it out of the freezer the day before you want to cook it.
- ◆ How to use a meat thermometer: Before placing the meat you are cooking in the oven, insert the long tip of the thermometer into the thickest part of the meat. Make sure that the thermometer is not touching a bone. Cook the meat as recommended in the recipe. When the meat nears the recommended cooking time, check the temperature on the dial. Cook the meat until it reaches that temperature. Use care when reading and removing a meat thermometer—it becomes very hot.

Recommended Internal Food Temperatures (USDA)

Steaks & Roasts - 145 °F	Fish - 145 °F
Ground Beef - 160 °F	Poultry - 165 °F

Culinary Arts

- ◆ **Beef:** There are many different cuts of beef. The “cut” describes where and how the piece of meat was cut from an animal. Some beef cuts are more tender than others. Tougher cuts such as round steak or chuck roast will need longer cooking times at lower temperatures, while better cuts, such as rib eye steak and sirloin tip roast, can be cooked faster at a higher temperature. Ground beef is a good choice for hamburgers and casseroles. There are many different ways to cook beef. Grilled, pan-fried, roasted, stewed, and stir-fried are some of the ways. Basil, bay leaf, garlic, ginger, marjoram, pepper, salt, and thyme are some herbs that work well with beef.
- ◆ **Poultry:** You can purchase whole, cut, or ground poultry. Poultry can be barbecued, fried, roasted, stewed, etc. To check if done, insert the tip of a knife into a piece of poultry and cut to the bone or to the center of the meat. Pull the meat apart and look for any red juices or pinkness, which will indicate that it needs to be cooked longer. If the meat is shiny or tough, it will need to be cooked longer as well. When poultry is done, the juices run clear, and it is tender and easy to cut or pull apart. A meat thermometer may be used. Garlic, lemon pepper, pepper, rosemary, sage, salt, tamari sauce, and thyme are all seasonings and herbs that go very well with poultry.
- ◆ **Fish:** Haddock, halibut, trout, salmon, sole, and swordfish are just some of the many different kinds of tasty fish that you might prepare. You can buy fish fresh or frozen. It should look fresh and moist (no brown or dry edges, no freezer burn), and should not have an overly fishy smell. If you purchase fresh fish, use it within two days for the best quality. You can bake, broil, pan-fry, grill, or saute it. Dill, chives, garlic, ginger, parsley, tarragon, and thyme go well with fish.

Things to Learn

1. Demonstrate how to use a meat thermometer.
2. Make a meal using beef.
3. Make a meal using chicken.
4. Make a meal using fish.

✓ *Date Completed* _____



Snacks and Drinks

Snacks are small portions of food or drink that we eat between meals. Snacks are important for children because the time between meals can sometimes leave them hungry before the next meal. Snacks can be as simple as a piece of fruit, a glass of juice, homemade cookies, or even popcorn. Creating snacks and drinks for your family is a wonderful skill to have, especially if you take the time to make them yourself. It is also nice to have snacks to share with friends who come to visit.



What You Will Need

Recipes for different types of snacks and drinks.

Helpful Information

Popcorn, veggies and dip, and fruit wedges with a yogurt dip are just some of the many snack ideas you can make. Homemade lemonade and iced tea are special treats, and hot cocoa tastes a lot better when it is homemade! Punch for a party also adds a nice touch. Enjoy making things for your family and friends!

Things to Learn

1. Make these different types of drinks:
 - Iced Tea
 - Lemonade
 - Hot Cocoa
 - A drink of your choice
2. Make these different types of snacks:
 - Popcorn
 - Veggie Tray and Dip
 - Trail Mix (a mixture of nuts, dried fruit, etc.)
 - A snack of your choice

✓ *Date Completed* _____



Soup Making

Soup is a liquid or broth which comes from simmering water with meat or vegetables until some of the flavor of the meat or vegetables is transferred to the liquid. This broth or stock can be served clear or thickened with ingredients such as flour, milk, rice, etc. Meat, chicken, vegetables, and noodles can be added to it to make a hearty meal. There is nothing like tasty homemade soup with a slice of fresh baked bread! Soups also make very good dishes to give away to a friend in need.



Helpful Information

A cookbook usually includes directions on how to make your own soup stock or broth. You may also purchase liquid or powdered broths, but making your own is much less expensive and also much healthier. Some variations of soup include stews, chili, and creamed soups. Stews are usually thicker than average soups. Chili usually incorporates beans and meat together, which makes a very hearty dish. Creamed soups usually have a dairy product added to make them creamy.

Things to Learn

1. Make one homemade stock.
2. Make a vegetable soup.
3. Make a creamed soup.
4. Make a meat-based soup or stew.
5. Make chili.

Tip: Before you serve your homemade soup, be sure to taste it. Sometimes you might need to adjust the seasonings to enhance the flavor.

✓ *Date Completed* _____



Vegetables

Vegetables are a plant or an edible part of a plant. They are less sweet than fruit. They are very healthy to eat because they contain vitamins, minerals, enzymes, and more. Some vegetables can be eaten raw and others must be cooked. Since they are such an important part of our diet, it is helpful to learn how to cook and serve them well.

Helpful Information

- ◆ Take care when choosing vegetables from the grocery store or farmer's market. Check for healthy-looking vegetables. Make sure that they are fresh, without disease, and not over-ripe. Also, always thoroughly wash any vegetables before using them.
- ◆ Choose a cooking method that best suits the type of vegetable you are preparing. Do not overcook vegetables. Gently steaming vegetables preserves the flavor and nutritional value. Sautéed onions add a special touch to many dishes. Potatoes can be baked, boiled, sautéed, or steamed, depending on how you are going to serve them.
- ◆ Preparing raw vegetables is just as important as preparing cooked vegetables. Make sure the vegetables that you are using are clean and peeled as needed. Also, if you are using them with dips or such, be sure that they are cut attractively and in appropriately-sized pieces.
- ◆ Salads are a nice addition to any meal, and many different variations can be used: green salads, coleslaw, marinated vegetables, potato salad . . . just to name a few. You can also learn to make your own salad dressings to complement a green salad.



Things to Learn

1. Prepare one baked vegetable.
2. Prepare one boiled vegetable.
3. Prepare one sautéed vegetable.
4. Prepare one steamed vegetable.
5. Prepare a vegetable casserole.
6. Prepare a vegetable salad or a vegetable platter with homemade dip.

Tip: Start a collection of your favorite vegetable recipes!



A Bit of History

Is a tomato a fruit or vegetable? This question was actually decided by the United States Supreme Court in 1883. The verdict declared that a tomato was a vegetable. This was defined for tax purposes (the 1883 Tariff Act on imported produce). However, the court did say that a tomato was really a fruit according to botany.

✓ *Date Completed* _____



Master Preserver

“Go to the ant, thou sluggard; consider her ways, and be wise: which having no guide, overseer, or ruler, provideth her meat in the summer, and gathereth her food in the harvest,” —Proverbs 6:6-8.

Well, we certainly do not want to be considered sluggards! The Bible admonishes us to work hard and gather in the harvest. We need to preserve our harvest to last through the ensuing months until the next harvest.

A well prepared keeper at home will have a pantry or a special place stocked with good things from the harvest. This food will be used throughout the year, and she will be ready for emergencies, or for unexpected company. Her pantry can also be used to fill a basket of food for the needy or to bring meals to someone who is sick.

There are many different ways to preserve food. Canning, drying, and freezing are only three.



What You Will Need

Books on canning, dehydration (drying foods), and freezing foods. Sometimes one book will cover all types of food preservation. The instructional books will provide all the information necessary to preserve foods, including a list of supplies.

Helpful Information

- ◆ Begin by using simple recipes without too many ingredients.
- ◆ Make sure you have all the ingredients *before* you begin.
- ◆ Read through the instructions first, so you will know all the steps involved in making the recipe.
- ◆ Be sure to have your mother teach you how to operate your stove safely, and if you are learning how to can, an adult should be present at all times.

Things to Learn

1. Select from the following categories a food preservation skill to accomplish. You can work on more than one skill at a time. Each category has its own award, and a Master Preserver award is given after the completion of three skills.

- Master Preserver
- Canning Dehydration Jelly Making
- Freezing



✓ *Date Completed* _____



Canning

Canning is a great way to preserve foods. People who can their foods at home use glass canning jars. Many vegetables and fruits, and even meats, can be canned. It is a bit of work, but the pleasure of seeing rows of canned goods on your pantry shelf is well worth the labor. Plus, you will know that your family will have lots of good things to eat for many months to come.

What You Will Need

1. A food preserving book — A good basic food preserving or canning book that follows the U.S.D.A standards for food processing. Some major canning jar companies print their own food preserving books.
2. A pressure canner and water bath canner
3. Adult supervision



Helpful Information

Canning requires a very high temperature in order to kill any microorganisms in the food. There are two methods of canning food:

Tip: Be very careful with working with either processing method, both techniques have high heat and steam involved.

- ◆ *Water Bath Method* — This is used for high-acid foods—pickles, jellies and jams. A very deep pot which can hold enough water to cover the jars will work. The jars of food must be boiled for a given length of time.
- ◆ *Pressure Canning* — This is used for low-acid foods. To reach temperatures above the boiling point a pressure canner is used. Foods which have a low acidic value on a pH scale require the use of a pressure canner. Low acidity would be a pH more than 4.6.

Things to Learn

1. Complete the following in your notebook:
 - (1) What are three types of food that you can preserve with the water bath method?
 - (2) What are five types of food that require the pressure canning method?
 - (3) What does the term raw pack mean?
 - (4) What does the term cold pack mean?
 - (5) What does the term hot pack mean?
 - (6) What is headspace?
2. Demonstrate/explain when, why, and how to use the water bath method of food preservation.
3. Demonstrate/explain when, why, and how to use the pressure canning method of food preservation.
4. Using the proper processing method to preserve the following:

<input type="checkbox"/> a fruit	<input type="checkbox"/> a low acid vegetable
<input type="checkbox"/> a high acid vegetable	<input type="checkbox"/> a pickle or relish

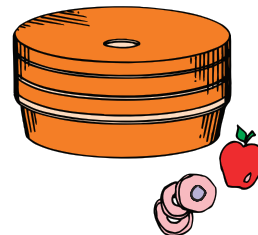
This is a skill which requires an adult to be present at all times. Thus, if you can work side by side with your mother or another adult, you will have met the canning requirements.

✓ *Date Completed* _____



Dehydrating

Drying is one of the oldest techniques for preserving food. It is very economical and easy, takes the least amount of equipment, and is the healthiest. Fruit, meat, fish, and vegetables can all be dried. Dried foods are lightweight, and take up less space than canned or frozen foods. Plus, they are great for camping or hiking trips.



What You Will Need

A food preserving book — A basic food preserving book will have information on drying foods. If you would like more information on the subject, then you should look for a book written specifically on food dehydration.

Helpful Information

- ◆ Twenty-five pounds of fresh fruit yields about 4-8 pounds of dried fruit. Twenty-five pounds of fresh vegetables will yield 3-6 pounds of dried vegetables.
- ◆ Be sure to store your dried foods in a dark, cool spot. Light will fade the colors and also destroy vitamins A and C.

Things to Learn

1. Complete the following in your notebook:
 - (1) What are three basic ways of drying food?
 - (2) Name three foods that you can dehydrate, and the temperatures recommended with which to dry them.
 - (3) Where should you store dried foods?
 - (4) How do you know when a food has been dried enough?
 - (5) How do you reconstitute a dried food?
 - (6) Name some ways to use dried foods.
2. Dry two fruits.
3. Dry two vegetables.
4. Dry an herb.
5. Make a meal or dish using food that you have dried.

Tip: Always use fresh, clean, and healthy-looking produce when preserving food.

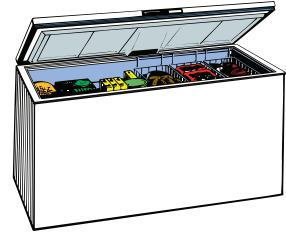


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Freezing

Freezing is an easy and fast way to preserve food with excellent end results. Very little nutritional value is lost when freezing, and most frozen foods have the same general taste and color as when fresh. You can also prepare meals to freeze to be used on a busy day. However, frozen food takes up a lot of space and requires a freezer, and if you sometimes lose power due to storms, it might not be the best choice with which to preserve *all* of your food.



What You Will Need

A food preserving book

Things to Learn

1. Complete the following in your notebook:
 - (1) What types of food are suited for freezing?
 - (2) What are some examples of food that are not suitable for freezing?
 - (3) How do you prevent freezer burn?
 - (4) How do you defrost food safely?
 - (5) How and why do you blanch food?
2. Demonstrate blanching a vegetable.
3. Freeze two vegetables.
4. Freeze two fruits.
5. Make a meal/dish and freeze to be used for a busy day.

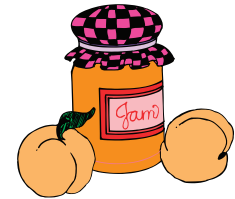
Tip: Always use fresh, clean, and healthy-looking produce when preserving food.

✓ *Date Completed* _____



Jelly Making

Jelly, jam, marmalade and fruit butters are some of different ways to preserve berries and fruits that are widely available in the spring, summer, and fall months. What better way to remember warm days than to open a jar of homemade strawberry jam during the winter months!



What You Will Need

A food preserving book

Helpful Information

Pectin, which usually comes from citrus fruits, is made most often into a powder. It is used as a gelling agent in jams and jellies. When making jellies and jams, it is very important to make small batches, and to follow directions very carefully. Otherwise, you might end up with pancake syrup or an ice cream topping rather than a nice jelly or jam for your toast and sandwiches!

Things to Learn

1. Complete the following in your notebook:
 - (1) What is pectin? What does it do?
 - (2) What is a jelly?
 - (3) What is a jam?
 - (4) What is a marmalade?
 - (5) What is a fruit butter?
2. Make a fruit jelly.
3. Make a jam.
4. Make a marmalade or a fruit butter.

Tip: When using a water bath method for less than 10 minutes, the jars that you are using must be sterilized. Most preserves are processed for under 10 minutes.

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Category VII

Creative Skills

“And all the women that were wise hearted did spin with their hands, and brought that which they had spun, both of blue, and of purple, and of scarlet, and of fine linen,” —Exodus 35:25.

“Them hath he filled with wisdom of heart, to work all manner of work, of the engraver, and of the cunning workman, and of the embroiderer, in blue, and in purple, in scarlet, and in fine linen, and of the weaver, even of them that do any work, and of those that devise cunning work,” —Exodus 35:35.

Creative skills are just that. They are skills which use our creativity! “Creative” comes from the word “create.” God is the great Creator. He created the heavens and the earth, and all that is within them. He created us and also gave us the ability to create. Of course, we do not create the way God creates. When we say that we create, we mean that we make thoughtful, unique things from what He has given us.

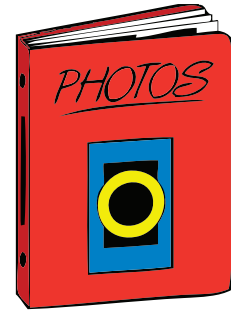
Creative skills are very important, and every Christian girl should develop such skills. She will then be prepared for the many things she may need to do in life. These skills are always useful, practical, and economical. Plus, all the while, with each new skill, she is learning something new and making something wonderful. She is also developing valuable abilities to follow instructions, pay attention to details, and learn diligence and perseverance.

As the Bible verses say, the wise-hearted women learned many hand skills, and they were the ones used of the Lord in His work. Dear girls, why not begin to be wise-hearted now?



Albums

An album is simply a book with blank pages used for making a collection. The collection can be photographs, drawings, stamps, short stories, poems, or even musical compositions. An album can be a journal plus pictures, or a record of a school year, or a favorite vacation. Albums are enjoyable to put together and make wonderful keepsakes. They help to keep our memories fresh, which is a good thing. Even the Bible tells us, “*I remember the days of old; I meditate on all thy works; I muse on the work of thy hands,*” —Psalm 143:5. All of us have things that we would like to remember, and albums help us to do just that. So let’s start saving those memories!



What You Will Need

A blank book, scrapbook, journal, or a three-ring binder. Be sure that the paper used is acid-free or usable in contact with photographs.

Things to Learn

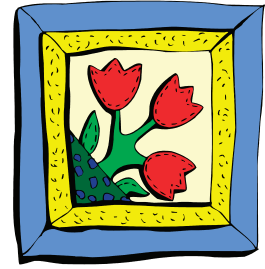
1. Make an album of your choice.

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Appliqué

Learning the art of appliqué really allows a sewer or quilter to be able to express her creativity with greater freedom. She can use any shape or curve to draw a picture with fabric. She can layer her shapes to create more intricate designs. She can decorate pillows, quilts, and even clothing with appliqué. She even can make a pretty patch to cover a repair. This is a great skill to acquire, and one that you can enjoy in a number of ways for life.



What You Will Need

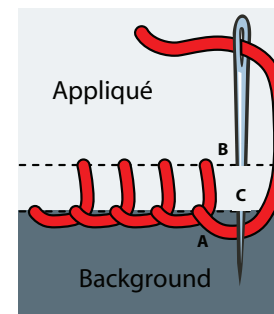
1. A book about appliqué — Will have patterns and thorough instructions (with pictures) to follow. Libraries usually have a nice selection.
2. Appliqué pattern — Choose a simple design to start out. A heart shape motif is a good beginning applique shape because it has curves, and an inside and outside point on which to practice.
3. Fabric — Choose a 100% cotton, quality fabric. Appliqué is a great project for leftover quilting scraps. You will also need fabric or a project on which to place your appliqué. Make sure that the fabric is washed, dried, and ironed before beginning your project.
4. Needle — Sharps work best for appliqué. A size 9 will work fine.
5. Thread — It is important to use a good quality thread because you will have less frustration with knots and tangles.
6. Embroidery floss — Floss is used for embellishment. Use three-strands of embroidery floss with the buttonhole stitch method.
7. Fusible webbing — Used with the buttonhole stitch method (ex: Wonder Under).
8. Marking pencil — Choose a marking pencil that can be sharpened or a mechanical quilting pencil. Make sure that the marking pencil lines will be able to be removed. Graphite pencils (for lighter fabrics) and white pencils (for darker fabrics) should be available at your sewing store.
9. Scissors — Sharp fabric scissors.
10. Iron — An iron is helpful after basting your appliqué. It also is needed when using the buttonhole stitch method.
11. Pins — Short (1" to 1¼"), thin, and very sharp pins work best.

Helpful Information

◆ Learning the Buttonhole Stitch

The purpose of the buttonhole stitch is both decorative and to hold the appliqué firmly in place. This stitch is used with fusible webbing and/or with the blind or invisible stitch.

1. Thread your needle with three strands of embroidery floss.
2. Insert your needle through the back of your fabric and come out through the front of your project fabric right next to your appliqué design to start your buttonhole stitch (A).



Creative Skills

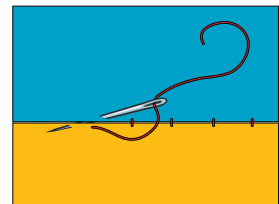
3. Next, insert your needle into the appliqué fabric approximately 1/8" or 1/4" away from where your needle is coming out of your fabric, and also 1/8" or 1/4" away from the appliqué edge (B).
4. Poke your needle back through to the front of the fabric at the edge of the appliqué, forming a straight line from point B to point C. Draw the needle out, and in doing so, you will form the buttonhole stitch.
5. Repeat starting at (A).

Note—The height and depth of the stitches depend on the piece you are going to appliqué. If you are making stitches close together, you will want to have a short height or bite. If you are making stitches farther apart, you will want to increase the height of the stitch to keep the perspective.

◆ *Learning the Basic Appliqué Stitch (Blind Stitch)*

The purpose of the appliqué stitch is to securely hold the appliqué in place.

1. Use a single strand of thread that is approximately 18" long. Tie a knot.
2. To hide the knot, slip the needle into the seam allowance from the wrong side of the appliqué, and bring the needle out through the fold line of the appliqué. This will also start your first stitch.
3. Finish the first stitch by inserting the needle into the background fabric right next to the appliqué, and close to where your needle came out of the appliqué.
4. Move the needle over about an 1/8" and bring it up through the appliqué catching just a couple of threads.
5. Then insert the needle back down through the background fabric.
6. Repeat until appliqué is finished.
7. Knot and end your thread on the wrong side of the background fabric.



Making a Project

◆ *Buttonhole Stitch Method (with fusible webbing)* —

1. Read and follow the transfer fusible webbing manufacturer's instructions for making and applying the appliqué to your fabric.
2. Cut your appliqué design.
3. Peel off paper, position design onto your project fabric as desired, and iron into place. Now you are ready to hand stitch your appliqué to your project fabric with the buttonhole stitch. You may choose either a contrasting thread or a thread that matches your appliqué.

Tip: Make sure that you only touch the hot iron to the paper side of the fusible web! Otherwise, there will be a sticky mess on your iron that will need to be cleaned off.

Creative Skills

◆ *Basic Hand Appliqué Method*

1. Trace your applique pattern onto your appliqué fabric with your pencil. Appliqué patterns usually do not have a seam allowance (also called the turn under allowance) included.
2. Cut out your appliqué leaving a 1/4" seam allowance all around the design.
3. Baste the seam allowance down. To do this, thread your needle, and turn the edges of your appliqué down to the wrong side of the fabric following the line that you traced. Using a basic running stitch (see embroidery skill), baste the edges down as you are folding the edge down. You will be removing these basting stitches after you have sewn the appliqué to your fabric.
4. Pin your motif onto your project fabric, making sure not to pin in your seam allowance. The motif should be smooth, with no ripples or bubbles. When appliqué is done on an inside corner, as on a heart, you will need to clip (slit) almost to the seam line in order to make a sharp point. Sew the appliqué in place using the appliqué stitch. Make small stitches, close together for neatness and sturdiness. When sewing with the blind stitch, you want to match the sewing thread to the motif that you are sewing. You will want to knot your thread whenever you begin and end stitching.
5. When finished sewing the appliqué, remove your basting stitches by carefully clipping one of the running stitches with a scissors or seam ripper, and pull the rest out with a pin.

Things to Learn

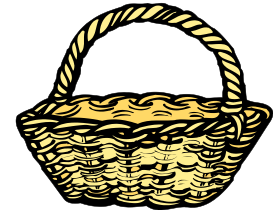
1. Demonstrate the buttonhole stitch.
2. Demonstrate the appliqué stitch.
3. Finish one appliqué project. This could be as simple as to appliqué a motif on a pillow or an article of clothing, or to appliqué a simple wall hanging or table runner.

✓ *Date Completed* _____



Basket Weaving

Basket weaving has been around since nearly the beginning of time. The basket was one of the first devices used to carry things. The earliest baskets most likely were made out of whatever was closest at hand: vines, twigs, reeds, or leaves were woven together. Even today, all baskets are still handmade. With all our technology, there has not been a machine invented to make baskets.



Baskets were named for their use and shape. Hence, we have egg baskets, melon baskets, market baskets, flower baskets, and many other types.

Basket making is an enjoyable skill to learn. Today, people use baskets to decorate their homes, to store things, or to do both at once. Handmade baskets also make lovely gifts. Once you have made one or two baskets, you will get a feel for it. Then you can enjoy this wonderful craft throughout your life.

What You Will Need

1. A basket weaving instruction book
2. Kit or pattern — A self-contained basket weaving kit is easiest for beginners to use because all the necessary supplies are included, as well as the instructions. Otherwise, you will need a pattern and any other materials necessary to complete the basket.
3. Basketry reed — Reed is the material you will likely use to weave your basket. There are two basic types.
 - Flat reed — is measured in widths such as 3/16".
 - Round reed — is measured in numbered sizes. The smaller the number is, the smaller the diameter your reed will be. For example, a #1 reed is a very narrow weaver like spaghetti. A #8 reed is almost the size of a pencil. Anything larger than #10 is classified as furniture gauge.
4. Pencil — It will be used for marking your materials.
5. Clothes pins — These will be used to hold parts of your basket in place while you are working on other areas of the basket.
6. Scissors — These will be used to cut your materials.
7. Measuring tape — It will be used for measuring your reed.
8. Awl — This is a common tool. Your father may have one. It will be used to help you insert the ends of your weavers into your basket. It looks like a screwdriver but is very pointed and sharp.
9. Needlenose pliers — These are for crimping the reed to prevent cracking when it is folded.
10. Container of warm water — This is used to soak your reed so it will soften and not be brittle while you weave your basket. Always soak your reed for 15 to 30 minutes before beginning to weave. While you are weaving your basket, some of the reed that you are using may dry out. If this happens, you should soak the reed again. If you weave over a period of several days or weeks, you may soak the reed as needed to soften it. This will not hurt it.

Helpful Information

- ◆ If your basket requires a handle, there are many different styles from which to choose that can be purchased from a basketry supplier or craft outlet.
- ◆ If you will be dying (coloring) your basket, make sure that your reed is completely dry. (Dye before soaking for assembly.) Otherwise, the dye may not apply evenly. This will result in uneven shading on your basket.
- ◆ It is very important to know what side of your reed is the right side and the wrong side. After soaking your reed, bend your reed over your finger. Does it splinter or is it hairy? If so, that is the wrong side. If it remains smooth, that is the right side. Mark the right side with a pencil mark. The right side should always be facing out when you are weaving the base or the sides of your basket. The wrong side should face the inside of the basket. If it is difficult to tell the difference between the right side and the wrong side because the reed seems the same on both sides, you need not worry about which side faces out.
- ◆ When you have finished weaving the base of your basket, you will want to *true* it. This means to measure it on all sides and adjust it to the proper measurement. You adjust by sliding the ribs and weavers. Mark the corners with a pencil, and then you will know if it moves or slides out of place while you are continuing to weave your basket.
- ◆ When you are finished, if your basket seems slightly out of shape, you can reshape it by soaking it for a few minutes and reshaping it with your hands.
- ◆ If your basket does not sit flat, soak it for a few minutes, and then place a heavy object in the side that is not flat. Allow it to dry in the proper shape.
- ◆ Ribs are the skeleton of your basket. The weavers go over and under these to complete your project. The ribs are also called spokes or staves.
- ◆ Weavers are strands that go over and under the ribs to complete the basket.
- ◆ Baskets should be tightly woven and have consistent weaving tension. The ends of your weavers should be hidden and not show on the outside or the inside of your basket, so always tuck the ends into the next spoke.

What are “reed” and “cane”? Reed and cane come from the tropical vine “calamus rotang.” Much of the reed and cane we use today comes from Asia, and is processed in factories into different sizes of reed and cane. Reed is the inside of the vine and cane is the outer bark. Cane is used for such things as chair seats.

Things to Learn

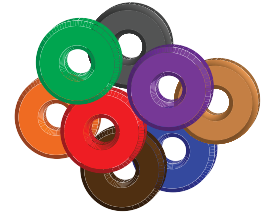
1. Make a round or square basket.
 - ◆ A round basket has spokes in a radiating base pattern, like the spokes of a wheel.
 - ◆ A square basket has a simple square or rectangular base pattern, and is woven like a checkerboard.

✓ *Date Completed* _____



Beadwork

There are many different types of beads, and many different ways they can be used. Bead weaving, beading buttons, beaded fringe, beaded embroidery, crocheted and knitted beadwork, jewelry, beaded embellishments, beaded belts, beaded hair accessories, and beaded zipper pulls are just some of the items that you can make using beads. People often like to decorate their personal possessions with a few beads. It just adds a nice little touch, and it is so easy to do!



What You Will Need

1. Tools — There are many different specialty tools that you can use for beadwork. But just because there are a lot of tools, doesn't mean that you will need them all. Do some research. What type of beadwork will you be doing? Check to see which tools you will need. Most tools are easily found around your home or garage, or at your local hardware store. If you still are searching for a special tool, check at your craft store or online.
 - ◆ Round-nosed pliers — used with different types of wire
 - ◆ Flat-Nosed Pliers — for working with wire and also can be used to attach findings
 - ◆ Blunt-nosed pliers — used for working with leather and beads
 - ◆ Crimping pliers — used for attaching french crimps to necklaces and bracelets
 - ◆ Split-ring pliers — makes prying something apart much easier
 - ◆ Wire cutters — Especially needed if you are working with wire. You wouldn't want to use your scissors!
 - ◆ Files — used to smooth the ends of cut wire
 - ◆ Jig — This is a special tool for forming different designs in wire. This will help you form consistent shapes and sizes if you are making a lot of loops, turns, or a special pattern.
2. Looms — There are many different types of beading looms available. There are also instructions available that allow you to make your own.
3. Needles — There are many different types of beading needles. Some are specially made for bead weaving or for very fine beads. If you have an assortment on hand, you will be sure to find the right one when needed.
4. Tweezers — Beading tweezers have a curved end that helps you to remove knots and other mistakes.
5. Reamer — This is used to make the centers of beads smooth.

Helpful Information

- ◆ Whatever project you choose, take the time to learn the proper way to start, end, and finish your project.
- ◆ If you will be finishing your project by knotting your thread, the reef knot is a good knot to learn. (Basically a square knot: left thread end over right thread end; then, right thread end over left thread end.) Tie the knot snugly, but do not make the beads too tight when tying the knot. Be sure to allow yourself plenty of thread with which to knot. If your bead holes are

Creative Skills

large enough, you can hide your ends by slipping the ends through a few of the beads. If the holes are too small to thread by hand, use a needle. To make sure the knot is secure, you can also dab a spot of strong glue on the knot, or coat it with nail polish, but try not to get any on the beads.

- ◆ When beading on fabric or paper, thread a beading needle with thread and knot the end. Choose where to begin your beading and insert the needle from the wrong side of your chosen material. Slip a bead onto the needle and point the needle back through the material to the wrong side. Be sure not to attach the bead too tightly or the material will pucker. You also want the bead to sit snugly in place without too much extra thread showing. You may slip more than one bead on the needle at a time. When you are finished embellishing one area, securely end the thread on the wrong side of your fabric with a few knots. When embellishing with beads, you can either follow a traced design, draw your own design, or put the beads wherever you would like!
- ◆ When knitting or crocheting with beads, you may either use wire, thread, or yarn. The trick is to thread all the beads that you will need onto your chosen material, then knit or crochet, adding the beads from your material to your project as you are working. You can also knit or crochet with just wire!

Things to Learn

1. Assemble the tools and supplies that you will need to use for your chosen area of beadwork.
2. Demonstrate how to use the tools.
3. Depending on which type of beadwork you choose, demonstrate how to finish or end your work neatly and securely.
4. Make two different beaded projects.

Tip: When working with beads, make sure that you have good lighting!

✓ *Date Completed* _____



Calligraphy

The word “calligraphy” comes from the Greek language and means “beautiful handwriting.” It certainly lives up to its name. Calligraphy is more than the basic cursive writing which we all learned in school. Calligraphy is stately, fancy, consistent writing that is almost an art form by itself. We can use calligraphy to produce lovely, handwritten invitations, write our favorite Bible verses on parchment papers for framing, or even use it to make our own greeting cards. Calligraphy can be combined with rubber stamping techniques, and can even make our scrapbooking efforts much more personal and beautiful. This is a skill which is always useful and satisfying.



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What You Will Need

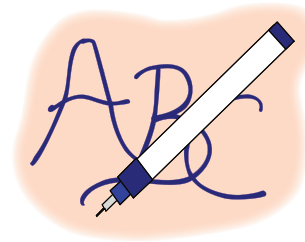
1. A calligraphy instruction book
2. Calligraphy pens — There are three types of pens which can be used for calligraphy.
 - ◆ Calligraphy markers — These are the easiest for beginners to use, although they tend to wear out with heavy use. You will find that when they begin to wear, the quality of your line definition will decrease.
 - ◆ Fountain pens — These are probably the most popular type of calligraphy pens. The fountain pen has a little plastic cartridge or fountain which contains the ink. Fountain pens usually come with several types of nibs. Nibs are the points attached to the end of a calligraphy pen. Differently shaped nibs provide different types of pen strokes. A variety of ink colors is also available.
 - ◆ Dip pens — This type of pen is preferred by the serious calligrapher. These pens are dipped into a bottle of ink. Different nibs are available as well as a variety of inks.
3. Pencil — A #2 pencil can be used to very lightly rule your margins and guidelines.
4. Eraser — A large eraser is handy to remove guidelines and margins when the project is completed.
5. Ink — There are two types of ink.
 - ◆ Waterproof — Waterproof ink is permanent ink and will not run after it has dried. However, it does tend to dry in, and gum up, nibs. It is necessary to clean nibs frequently while using this type of ink. Waterproof ink is usually considered colorfast, which means it will not fade over a period of time.
 - ◆ Washable — Washable ink is a water-based ink that can run after it dries if it is exposed to liquid. It is not considered colorfast. However, because it is more fluid than waterproof ink, working with it is much easier for beginners.

Creative Skills

6. Papers — Ruled sheets of notebook paper are fine for learning and practicing. Copier and laser printer papers will work also. When you are ready to do a really nice piece of calligraphy work, you might choose parchment papers, heavy linen papers, or card stock papers. The important thing to remember is that the smoother the paper is, the sharper your letters will be.

Things to Learn

1. Learn and write one alphabet (A through Z in a particular font). Write both the lower and upper case.
 Learn how to write the numerals and punctuation.
2. Make three calligraphy projects. One must be a Scripture verse.

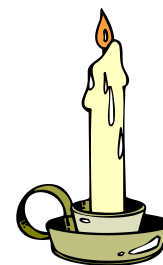


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Candle Making

“She perceiveth that her merchandise is good: her candle goeth not out by night,” —Proverbs 31:18. People have used different types of light for thousands of years to both brighten and lengthen their days. Oil lamps, lanterns, and candles were somewhat of a necessity if one wanted to do any work after dark, or even to enjoy another’s fellowship, or to read a book. Today, with the convenience of electricity, candles are used more for decorative accents, to set a cozy mood, or to provide a sweet smelling scent to freshen a room.



Candles are fun and easy to make with the proper tools. With the many shapes, sizes, colors, and scents available, there is no limit to the candle designs that can be created. Candles are still useful in an emergency or when “roughing it.” Also, candle making is a delightful skill by which one may create special candles for home or gifts.

Helpful Information

Artificial lighting generally consists of burning some sort of fuel. In the case of candles, the fuel, which can be tallow, wax, or other fatty material, is formed around a wick (usually cotton threads woven together). Once the wick is lit, the fire produces light! So actually, a candle is a piece of solid fuel wrapped around a wick. A candle works because as the flame burns, it melts the solid fuel into a liquid, which then travels up the wick to the flame where it is burned off.

Early candles were made of vegetable waxes which were produced from a wide variety of plants. Candles can also be made from animal fats (such as whale oil), and even from the secretions of insects such as bees. Tallow candles are made from sheep, cow, or pig fat. There are now candles made from paraffin, which is a derivative of petroleum.

What You Will Need

1. Wax — Paraffin wax for candlemakers is the best choice for beginners. It comes in a variety of melting points broadly classified as low (126°-132°F), medium (135°-145°F), and high (145°-150°F).

Waxes with low melting points are used primarily for container candles and votive candles. Waxes with medium melting points are used for general candle making, and waxes with high melting points are used mostly for specialty candle shapes.

Wax can be purchased in one-pound boxes or in ten-pound slabs. Some waxes that are used for canning and preserving are not suitable for candle making. Be sure to read the label. If the wax can be used for candle making, that information will be stated on the label.

2. Wicks — A wick is what makes the candle burn. It is usually made of braided cotton which is chemically treated to slow down the burn rate. There are three types of wicks: flat braid, square braid, and wire core.
 - Flat braid is used most often for dipping candles.
 - Square braid is used for poured candles.
 - Wire core braid is used with wick holders and is used for container candles.

Snuffing means cutting off the wick to 1/2" to prevent the candle from smoking.

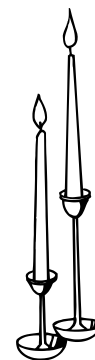
Creative Skills

3. Candle thermometer — A thermometer is needed to maintain the temperature of the molten wax. A candy thermometer will also work.
4. Double boiler — This can be composed of a pot with boiling water, a trivet placed inside the pot, and a smaller pot (in which you will be melting the wax) placed on the trivet. Be sure to keep a eye on the water level in the first pot, and replenish it as needed. Keep your inside pot for candle making only. Residues of wax may be left on it, and you will not want to use it with food products after making candles.
5. Stirring rod — A long knitting needle will do here.
6. Ladle or pouring pitcher — These will be used to ladle or pour the hot wax into the containers.
7. Wax paper — Cleanup will be much easier if you cover your work surface with a waxy paper which can be discarded afterward.
8. Molds — These can be nearly any shape. You can use empty juice cans, plastic molds, jars, or glasses. Be sure that the mold is tapered with the opening at the larger end.
9. Wick tabs — These are handy little metal tabs that will attach to the bottom of your wick. You will place the wick tab into the bottom of your mold (container).
10. Stearic acid — Many consider stearic acid an essential to good candle making. Stearic acid is a fatty acid found in some animal fats (glycerin). When mixed with paraffin, stearic acid lowers the melting point of the wax so that when the wax is cooled, the candles are harder, and, therefore, last longer. Stearic acid slows the burn rate of the candle. It is the easiest of additives to include because it is added directly to the wax as it is melting in the double boiler. Three to five tablespoons are added for each pound of wax.
11. Colors — Optional colors are available in wax color chips. These chips are concentrated, so a little bit goes a long way. Do not use crayons! The candle will not burn very well. Add the color *after* the wax has reached the correct temperature for pouring into your mold.
12. Scents — These can be added after your wax has reached the correct temperature, and you have removed it from the heat source. Scents are available in solid and liquid forms and must be oil-based. Perfumes cannot be used because they are alcohol based.
13. Pot holders, paper towels, scissors

Candle Types

Candles can be made in a variety of shapes and sizes.

- ◆ *Container Candle* — A container candle is poured into a container and will remain in the container. These candles are usually made of a softer wax and normally cannot stand on their own.
- ◆ *Pillar Candle* — A pillar candle is usually thick and tall. For example, an oval candle which is 3" in diameter and 7" tall would be a pillar candle.
- ◆ *Novelty Candle* — Candles shaped in unusual sizes and made by molds, sculpting, or pouring are novelty candles.
- ◆ *Votive Candle* — A votive candle is a small candle, usually 2" in diameter by 3" high. These are generally placed in a small container for burning.
- ◆ *Tea Light* — A tea light is a very tiny votive candle used to warm a pot of potpourri.
- ◆ *Taper* — A taper is a long, thin, cylindrical candle, normally used in a candle holder. Tapers can be made by dipping wicks into melted wax, by pouring wax into a mold, or by rolling wax around a wick. Birthday candles are very small taper candles.



Learning to Make Candles

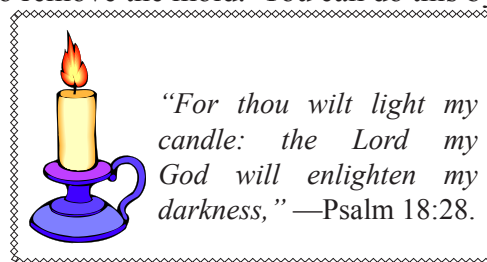
The following directions are for poured candles, which can be poured into a juice can or a votive glass jar. Have several jars and cups ready for pouring. The following directions are for using a cored wick.

1. Prepare your work surface by spreading wax paper over it. If there are any spills, the wax can be gathered up to be remelted and used again once the spilled wax has hardened.
2. If you are using a large slab of wax, you will want to break it into approximately 2-pound quantities. You can do this by hitting it with a hammer.
3. Heat your wax to the correct temperature.
4. Cut a piece of wick to the height of your container plus 1".
5. Attach the wick to the wick tab.
6. Place the tab (now wicked) into the bottom of your container.
7. Since wax shrinks as it cools, it will shrink even more if it is placed in a cold container. You can warm your containers by running them under very hot water or placing them in a cake pan full of hot water.
8. When the wax reaches 150°-160°, it is ready to pour. Add the stearic acid and stir.
9. To begin, pour about ½" of wax into the container. Immediately center the wick in the bottom of the container. If necessary, hold it until it stays in place. This is called the "tack pour." Let the wax cool slightly to hold the wick in place.
10. Pour wax into the container until it is within ½" of the top. When you see that ¼" depth of wax has begun to harden, break the surface with a poker (knitting needle) and make several holes around the wick toward the bottom of the container. Pour a small amount of wax into these holes. This pour is called the "cap pour." It removes any air bubbles and fills in the center depression of the candle as the wax cools.
11. Repeat the "cap pour" several more times until all the wax has cooled.
12. If you have used a jar or glass and are not removing the candle from its mold, you are finished. If you poured the wax into a juice can, you will want to remove the mold. You can do this by tearing away the can from the candle.



Safety Tips for Candle Making

- ◆ Always use a thermometer when melting wax.
- ◆ Never leave melting wax unattended.
- ◆ Always use a trivet.
- ◆ Never use water to put out a wax fire. *Smother* the fire with a lid or baking soda. Keep a lid nearby for emergencies.
- ◆ Never pour molten wax down a drain! It will clog the pipes.



Things to Learn

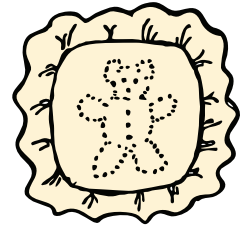
1. Make three different candles. These can include different shapes, colors, and scents.

✓ *Date Completed* _____



Candlewicking

Candlewicking dates back to colonial days when embroidering was often done with soft spun cotton thread that was also used for the wicks of candles. The fabric of choice was 100% natural muslin. Candlewicking projects still give the same lovely soft look of the original antique craft. It is used to make many items that lend coziness to people's homes. It is also a *very* easy to learn.



What You Will Need

1. Fabric — Use 100% cotton unbleached muslin.
2. Candlewicking thread — Candlewicking thread is available from stores that sell needlework supplies. For most candlewicking projects, you will use four strands of candlewicking thread doubled, which means that you will be working with eight strands of thread. If you cannot locate candlewicking thread, other threads may be substituted, such as pearl cotton thread or crochet cotton thread. Candlewicking thread is a heavier thread than most, so if you substitute, you may need to use extra strands to gain the desired effect. For example, if you are using embroidery floss, you will need to use 12 strands doubled. This means threading 12 strands of floss through the needle, thereby giving you 24 strands to make your knots. If you are using a pearl cotton thread #3, you will use two strands doubled.
3. Cotton lace — Lace will be used for trim.
4. Stuffing — Polyester fiberfill
5. Needle — A sharp, long-eyed needle such as a #2 embroidery needle or a #20 chenille needle will suffice. Both of these needles have large eyes. They are very good for multiple strands of candlewicking thread.
6. Pattern — Patterns are usually found in candlewicking books.
7. Water-soluble marking pen — This will be used to transfer the pattern to your fabric.
8. Embroidery hoop and scissors

Learning the Colonial Knot

1. Bring needle up through fabric.
2. Hold the thread firmly with your left thumb and index finger and wrap it around the needle in a clockwise direction. (Figure 1)
3. Twist the thread around the needle in a figure 8 formation. (Figure 2)
4. Insert the needle back down through the fabric as nearly as possible to where it first came up. Pull the thread firmly so that a tight knot is formed. (Figure 3)
5. The needle should now be ready to come up at the next dot on your pattern.

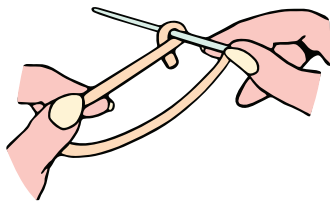


Figure 1

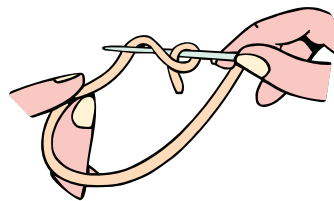


Figure 2

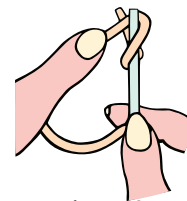


Figure 3

Making a Project

1. Select a pattern. A beginning project should be fairly small — perhaps a design which would go on a 7" square piece of fabric.
2. Cut out a square of muslin slightly larger than your design and place it on top of the pattern. You will be able to see the pattern through the muslin. With a water-soluble marking pen, trace the design onto your fabric.
3. Following your pattern, stitch the colonial knots and any other stitches the pattern requires.

Warning! Test all water-soluble pens before using to make absolutely sure that dots will wash out. Never trust manufacturers' statements. The dots should wash out cleanly without leaving any residue on the fabric or thread.

Finishing Your Project

Do not wash the muslin before use. After you have finished stitching, but before you have turned it into a final project, such as a pillow or sachet, wash the fabric in *cold* water to remove any markings or tracings of the pattern. Next, wash it in very *hot* water. This will cause the fabric to shrink, and the stitches will stand up. This also gives it the soft puckered look of antique candlewicking. Roll the fabric in a soft terry towel to remove the moisture. Unroll it and place it face down on a soft, dry towel on an ironing board. Next, press it with an iron on the wrong side of the fabric until it is fully dried. This will make the embroidery “stand-up.” Now your pressed candlewicking piece is ready to be turned into a project.

If you are making a wall hanging, you will want to frame it, or you can place it in a wooden embroidery hoop and hot glue cotton lace around the edges.

If you have chosen to make a pillow, you will need to cut another square of muslin the same size as you cut for your project. If you would like to add cotton lace, now is the time to attach it to the edges of your candlewicking piece. You can attach it by sewing it in place. Next, take your finished candlewicking piece and the square of muslin and place right sides together (this means the sides that will face out are now facing each other). Tuck the lace carefully to the inside. Pin the edges of the two squares to hold them in place. Sew three sides together. Turn the right sides out and stuff with polyester fiberfill. Next, slip stitch the remaining side closed.

Things to Learn

1. Demonstrate the ability to embroider the colonial knot.
2. Complete a small pillow, sachet, or wall hanging as a candlewicking project.

✓ *Date Completed* _____



Card Making

You might ask, “Why make cards when you can buy them?” The answer is simple. Cards from stores are generic or standardized, while homemade cards use personal creativity and take thoughtfulness, plus they are fun to make! Store bought cards can be expensive while cards made at home generally cost less. Making cards is a blessing to the maker and receiver! One has the blessing of giving and the other of receiving.



What You Will Need

1. A book on making cards
2. Card making supplies — Supplies for card making may include: blank cards (cards with nothing on them), different colored cardstock, pretty papers, stamp pads, rubber stamps, colored pencils, markers, some form of adhesive, glitter, stickers, quilling shapes, and you even can incorporate crochet, counted cross stitch or needlework to decorate your card.

Helpful Information

- ◆ *Blank cards and envelopes* — You can make your own cards and envelopes from purchased cardstock and paper. Most scrapbooking stores carry envelope templates, and those will make it much easier to make the envelopes. You can also purchase ready-made blank cards and envelopes, making the job even easier!
- ◆ *Decorating cards* — When decorating cards keep in mind the occasion and the person for whom you are making the card. Choose suitable colors. Balance is also important—you don’t want to have all your decorations on one side. That will make your card look lopsided. There are many different books and publications from which you will be able to find ideas. It is also fun to try new techniques; just be sure to practice them before using the idea on a card that you plan to send to someone. It is also nice to have an assortment of cards already made on hand. Because handmade cards are usually heavier than purchased cards, make sure that you have the correct amount of postage when mailing.

Tip: A box of different handmade cards also would make a nice gift for someone special.

Things to Learn

1. Make one each of these types of cards and send them to people that you know:

<input type="checkbox"/> Anniversary	<input type="checkbox"/> Birthday	<input type="checkbox"/> Friendship
<input type="checkbox"/> Get Well	<input type="checkbox"/> Seasonal	<input type="checkbox"/> Praying for You
<input type="checkbox"/> Thank you	<input type="checkbox"/> Thinking of You	

Thinking of You!

✓ *Date Completed* _____



Counted Cross Stitch

Counted cross stitch is one of the most popular forms of needlework today. It is inexpensive and fairly easy to do, and the projects are very beautiful. The reason it is called counted cross stitch is because there is no pattern or design imprinted on the fabric. The special fabric is evenly woven in such a manner as to have rows and columns of perfect, little squares. One must transfer the pattern by matching the squares in the design to the squares in the fabric. This involves *counting* the squares to know where to stitch and change colors of floss. Many beautiful samplers are cross stitched. Counted cross stitching also produces attractive pictures, bookmarks, and other mementos.



What You Will Need

1. Design — There are countless pattern books and designs (charts) available from any craft store or craft catalog. It is best to keep your first project small. A 5" by 5" picture or a bookmark would be a good size with which to begin.
2. Needles — Cross stitching is done with a blunt-point tapestry needle. The needle slips between the threads, not through them. Size 24 or 26 is a good size for counted cross stitch. (The higher the needle number, the smaller the needle will be.)
3. Embroidery hoop — A hoop is nice to use. It keeps your fabric cleaner and tighter, but it is not necessary.
4. Scissors — A small pair of sharp-pointed scissors is best. They will be used for snipping small pieces of floss.
5. Thread — Six-strand cotton embroidery floss is used. See *Helpful Information* for additional help in preparing your floss.
6. Fabrics — An "even-weave" fabric must be used. In an even-weave fabric, the horizontal and vertical threads are woven the same distance apart, thus permitting a perfectly square stitch when worked over thread intersections. There are three cloths woven especially for counted cross stitch: even-weave linen, hardanger cloth, and Aida cloth. Aida cloth is the easiest for beginners to use. It comes in different sizes (weaves) with differing numbers of intersections to the inch. Eleven stitches to the inch will create a much larger design than 18 stitches to the inch.

Helpful Information

- ◆ *Fabrics* — Be sure that your piece of fabric is large enough for your design. You will want to have several inches remaining on all four sides so that you will be able to frame your work when it is finished. In order for the fabric not to fray (unravel), you can tape the edges with a piece of 1" masking tape, you can sew along the edges with a zigzag stitch, or you can fold the edges over and hem them.
- ◆ *Embroidery floss* — Counted cross stitch can be done with one, two, or three strands of floss. The most common use is two strands. From a skein of floss, pull out an 18" length and cut it. Next, separate this 18" length into three sets of two strands. Thread your needle with two strands and set the rest aside.

Creative Skills

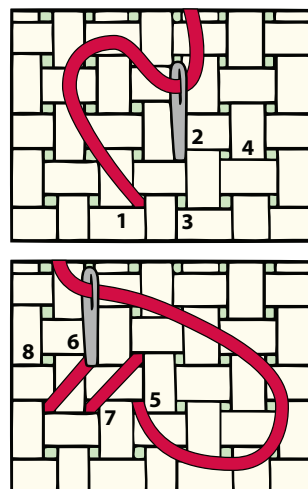
- ◆ *Center of fabric* — Find the center of your fabric by folding the fabric in half twice. Mark the center with a piece of thread so that you can measure to a starting point for your design.
- ◆ *Finishing* — Please refer to the Appendix for the finishing touches to your project.

Things to Remember

- ◆ Never use knots. Instead of knotting the thread, take care to leave a length of thread under the fabric so you can stitch over it. This will firmly anchor your beginning thread. At the end, when you are ready to clip your thread, or you have used up one length and need to begin another, leave a length on the needle to slip under five or six stitches. This will secure the end of your thread.
- ◆ Work designs from top to bottom.
- ◆ Be sure all top crosses lie in the same direction.
- ◆ If you make an error, and it involves only a few stitches, carefully remove them. If it involves more than a few stitches, do not unembroider. This can become a mess. Instead, clip it out and restitch.
- ◆ Be very careful not to pull or stretch your fabric.

Learning to Cross Stitch

The cross stitch consists completely of two simple motions. Bring the needle up from the underside, and then bring it down again from the top side. Where your needle comes up is the bottom left-hand corner (number 1), and where it goes down is the upper right-hand corner (number 2). Bring needle up at number 3 and down at number 4. Now you have made the first half of two stitches. You finish by bringing up the needle at number 5 and down at number 6, then up at 7 and down at 8. When working an entire row of one color, you will want to complete the first half for the entire row. Then you will work backward to finish the row.



Things to Learn

1. Be able to identify the materials used for cross stitching.
2. Complete a project chosen or approved by your parent or leader.

Hint! When a needle is manufactured, the eye of the needle is punched out from one side. The needle will thread more easily from the side where it was punched out. If you are having a difficult time threading your needle, try turning the needle over and threading it from the other side.

✓ *Date Completed* _____



Crazy Quilting

Crazy quilting was a very popular type of quilting in the late 1800s during the Victorian era. Ladies enjoyed piecing together different sized scraps of fancy fabrics to form blocks, and then embroidered and embellished the quilt blocks. They called this crazy quilting. Sometimes they used appliques, beads, embroidered designs, or ribbons—the more elaborate the better. The quilts usually were used as display quilts to show one's skill in embroidery, and generally not made for heavy use. Nowadays, crazy quilts can be made with almost any fabric, and embroidered as much or as little as you like. The choice is up to you.



What You Will Need

1. Crazy quilt instruction book
2. Foundation or base fabric — This is usually muslin. You also can use a scrap fabric as long as it is sturdy. Try not to use a dark base fabric under light quilt fabrics. You will see the base fabric through the quilt fabrics.
3. Fabric scraps — Typically, crazy quilts were made with small pieces of leftover finery. Fabrics such as satin, silk, taffeta, and velvet are some of the special fabrics that you will find in crazy quilts. However, you can use any scraps that you have. If you have a lot of scraps for a crazy quilt, it might be helpful to organize them in plastic bags according to color.
4. Needles — Embroidery needles in different sizes. If you are using beads, make sure that one needle will be able to go through the beads.
5. Embroidery threads — Basic embroidery floss, crewel yarns, and also ribbon can be used. There are a number of specialty threads also available.
6. Embellishing items — Anything that can be attached by sewing can be used as an embellishment. Here are some ideas: appliques, beads, buttons, lace, sequins, and trim.
7. Scissors — A small, sharp pair of scissors is very helpful.

Helpful Information

- ◆ The base block or foundation fabric is the fabric to which your scraps of fabric will be sewn. You can sew the scraps to it by hand, or you can sew them by machine. If you are making a project that will need more than one base block, be sure that all the blocks you make are the same size. Also, remember to include a seam allowance to the base block.
- ◆ The scraps can be of any size. If you do not plan on adding a lot of embroidery or embellishment to your quilt, more printed fabric may be used. If you are going to be doing a lot of embroidery or embellishing, then it is best to use solid fabrics so that the details will show clearly.
- ◆ To begin making a crazy quilt block, start with a base block of the desired size. Position and pin a scrap of fabric on the middle of the base block with the wrong side of this first scrap against the right side of the base block. You can also place the first scrap off center, which will give the block a different look. A three, four, or five sided scrap will give you some interesting angles. (Figure 1)

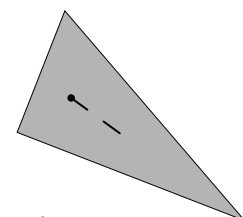
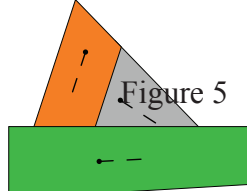
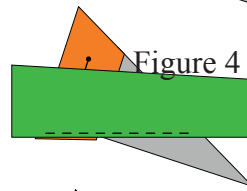
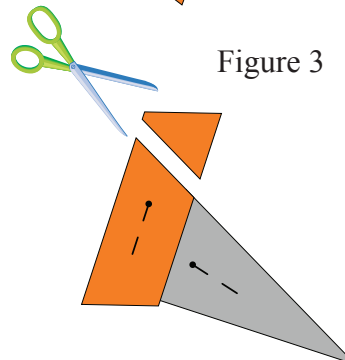
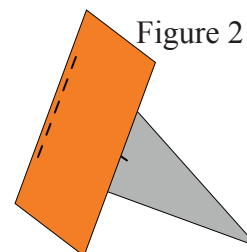


Figure 1

Creative Skills

- ◆ Choose another scrap and place it on top of the first scrap with the right side of this second scrap against the right side of the first scrap. (Figure 2) Line up the edges that you are going to sew, so they will be nice and even. Pin. Sew in place using a 1/4" seam allowance. Unfold the second scrap back so that it is now against the base block like the first scrap. Press with an iron to lay flat. *Iron settings are important.* Delicate fabrics require a lower temperature or the fabrics may scorch (burn). Place a pin in the center of the second scrap so it will not shift. If you would like to trim the second scrap before adding a third scrap, do so now. (Figure 3)
- ◆ Add a third scrap the same way that you added the second scrap of fabric. (Figure 4) You will always be adding scraps to the ones that you have already sewn down. (Figure 5) Stitches should not go beyond scraps that are positioned under the newly added scraps. Keep adding and sewing scraps until your base block is full. If the scraps extend out beyond the base block, trim them to match the edge of the base block. When you are finished sewing, you are ready to start embroidering and embellishing!
- ◆ There are many, many different embroidery stitches that you can use on your crazy quilt, but most of them are a combination of different embroidery stitches. So once you master the basic stitches, you can put together any embroidery design! Here are some of the most basic stitches: backstitch, blanket stitch, bullion knot (sometimes called bullion stitch), chain stitch, chevron stitch, colonial knot, cretan stitch, cross stitch, double feather stitch, feather stitch, french knot, fly stitch, herringbone stitch, running stitch, satin stitch, stem stitch, and wheat stitch. Most, if not all of these stitches, will be in your crazy quilt instruction book.
- ◆ Adding embellishments can be a lot of fun, and you can experiment with different ways to add them to your crazy quilt project. The most important thing to remember is to securely sew them in place.



Things to Learn

1. Make a crazy quilt or a crazy quilt project with at least six decorative stitches. Name them.

1. _____	2. _____	3. _____
4. _____	5. _____	6. _____

Tip: You can always trim a crazy quilt block smaller if it is too big for a project. Just be sure to do so before you add any embroidery or embellishments!

✓ *Date Completed* _____



Crewel Embroidery

Crewel is a very old form of embroidery. Long ago, in England, the name for a ball of wool thread was called clew, and was later changed to cruel. That is why stitching with wool threads on fabric is referred to as crewel embroidery.



Crewel designs make lovely pictures or samplers to decorate the walls of a home, and beautiful pillows to enhance the decor of any room.

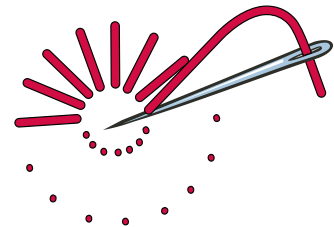
What You Will Need

1. Scissors and needles — For crewel embroidery, you will want to use a sharp needle with a large eye. The best needle for crewel embroidery would be a #3 embroidery needle.
2. Embroidery hoop — Adjustable hoops are best for smaller crewel embroidery projects. The fabric should be pulled very tight.
3. Fabrics — Different kinds of fabric can be used for crewel as long as the fabric is loosely woven.
4. Yarns — Wool yarn is the preferred choice for crewel projects. The thickness of the wool yarn you choose will depend on the fabric chosen for your project. Three or four strands of fine wool may be a substitute for one strand of heavy wool.
5. Crewel embroidery kit — A kit is the very best choice for beginners because the fabric, crewel yarns, needle, and pattern are all included, along with detailed instructions.

Stitches to Learn

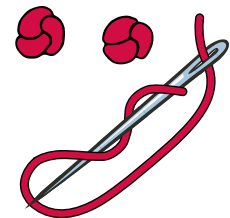
◆ *Straight Stitch*

This is a single stitch of any given length which can be worked in a regular or irregular pattern. The stitches can vary in size. They should not be too long or too loose.



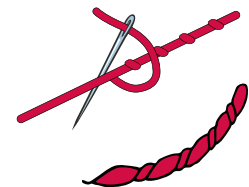
◆ *French Knot*

Insert the needle from the bottom side. Bring the needle to the right side of the insertion point. Holding the thread with the left hand, wrap the thread around the needle twice. Reinsert the needle next to the original insertion point. Pull the thread through, leaving a small knot.



◆ *Couching Stitch*

Lay a thread along the line of the design. With another thread, tie it down at even intervals by stitching around the thread and through the fabric. If you would like, the tying thread can be a different color than the tied thread.



Creative Skills

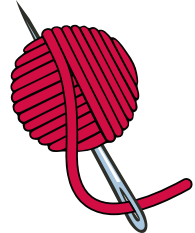
◆ *Stem Stitch*

Work from left to right along the design line. Bring the needle to the right side of the line. Take a small, slightly slanted stitch, and return the needle to the left of the previous stitch. This stitch is used for flower stems and outlines.



◆ *Padded Satin Stitch*

Work a regular satin stitch. (The instructions for a satin stitch are in the Embroidery Section.) Next, in the opposite direction, work a satin stitch on top of the first one. This will give a padded look to the design.



Things to Learn

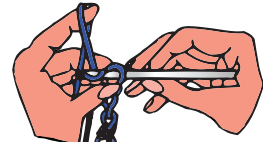
1. Be able to stitch the following stitches with neatness and consistency.
 - Straight Stitch French Knot Couching Stitch
 - Stem Stitch Padded Satin Stitch
2. Complete a project chosen or approved by your parent or leader.

✓ *Date Completed* _____



Crochet

Welcome to the exciting world of crochet! The list of all the beautiful things that can be made with colorful yarn and only a few different stitches is endless. It is easy to design unique scarves, blankets, baby items, slippers, and doll clothes. Such items make wonderful gifts, not to mention useful projects for the home.



What You Will Need

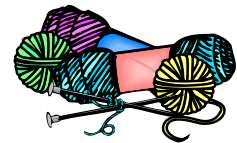
1. Crochet hooks — Crochet hooks come in different letter sizes for different stitch heights and widths. A “B” hook would be a very small hook and make a small stitch, while a “J” hook would be a very large hook and make a very large stitch.
2. Patterns — These can be purchased from craft stores, and books containing patterns can be found at your local library.
3. Yarn — Be sure to purchase sufficient yarn with the same dye lot number to complete the entire project. If you run out and need more, the new yarn may not match exactly.

Types of Yarn

It is wonderful how many different types of yarn are available. Because it is important to select the right type of yarn for each project, please read carefully over the Appendix to familiarize yourself with the many kinds of yarn.

Caring for Your Crocheted Items

Please refer to the Appendix for care of crocheted items.



Learning to Crochet

The very best way for young people to learn to crochet is to find an older person who knows how to crochet. Perhaps your mother, grandmother, or aunt might be skilled at crocheting. A neighbor or a woman in your church fellowship might be willing to teach you to crochet. Sometimes a store which sells yarn may give monthly classes teaching the skill of crocheting. There are also many good how-to books, CDs, and DVDs, which are available from stores that sell yarn as well as from the local library.

Things to Learn

1. Demonstrate the ability to do all three basic stitches uniformly and evenly.
 - Chain stitch
 - Single crochet stitch
 - Double crochet stitch
2. Demonstrate how to end a row, chain up, turn, and start the next row.
3. Demonstrate how to count the stitches in a row to check your work.
4. Demonstrate how to read a pattern.
5. Complete a project chosen or approved by your parent or leader. It should involve using at least three skeins of yarn. It could be a lap Afghan, a long scarf, or a baby blanket.

✓ *Date Completed* _____



Decoupage

Decoupage is one of the easiest crafts to do. It always turns out well. Decoupage is simply the art of taking old greeting cards, favorite pictures, beautiful fabrics, or even special Scripture verses, and using them to decorate plaques, keepsake boxes, dishes, and other items. When finished, these can be used to decorate your home, or given as gifts for birthdays or special occasions.



What You Will Need

1. Print — You will need a picture, a verse, or a nice design from a piece of decorative wrapping paper or fabric. Whatever you choose, it will be called your “print.”
2. Wooden plaque — You will need a mounting surface on which to place your print. A wooden plaque is probably easiest to use for a first project.
3. Brush — You will need a soft flat 1” paint brush or a sponge brush for applying the finish. Finish is the liquid glue or sealer which becomes the decoupage finish or coating on your project.
4. Scissors — These will be used to cut your print to the correct size to fit on your project.
5. Waxed paper — This will protect your work surface.
6. Stain or paint — This will be used for a base coat on your plaque.
7. #220 Sandpaper — This will be used to smooth the surface of your plaque.
8. Decoupage finish — Two brand names which are available from craft stores are ModgePodge and Royal Coat.

Learning to Decoupage

1. Sand your plaque until it is smooth. Next, wipe your plaque clean with a damp cloth.
2. Stain or paint your plaque.
3. Cut out your print. Use the decoupage finish on the back side of the print as a type of glue. Place your glued print on the plaque. Using your fingers, press firmly, working from the center of the print to the outer edges. Be sure to press out any air bubbles. Once the print is in place with no air bubbles, brush the decoupage finish over the entire surface of the project. Allow to dry for at least twenty minutes. Repeat this process two more times. Allow to dry overnight.

Helpful Information

If you would like an extra shiny finish, you can apply up to six coats of “decoupage finish.” After the final coat is dry (wait at least 24 hours), you can sand very lightly with a wet #400 sandpaper. After the surface is flat and smooth, you can polish with a #0000 piece of steel wool. Gently polish the surface with this until it is very smooth.

Things to Learn

1. Complete a decoupage project.

✓ *Date Completed* _____



Doll Making

Girls have always had a special place in their hearts for dolls. When they are very young, they love playing with baby dolls. As they grow older, they often enjoy many types of dolls. Some girls go on to make dolls, and that is what we will learn for this skill—how to make dolls. Doll making is really a fun skill to learn!



There are many different styles of dolls that can be made. Country dolls, rag dolls, Victorian dolls, and baby dolls are just a few. You can experiment with different types of hair and faces to make each doll unique. Quality, homemade dolls always seem more special than dolls purchased from stores. Maybe that is because they are usually made with love. Perhaps you will enjoy this skill so much that you will make dolls for others, and even someday make them for your own little girls. Now that is a thought! And now is a great time to learn.

What You Will Need

1. Pattern — Acquire a doll pattern and the materials to make the doll. The pattern will tell you just what you need.
2. Doll needle — This is a long needle used for making the doll's joints, sewing on hair, or anything for which a regular needle is too short. It is usually available at any craft store that has doll supplies.
3. Hair — This can be specially-made doll hair, or it can be yarn, or wool roving. Wool roving is long lengths of 2" to 3" widths of carded wool. This is usually available where yarn is sold.
4. Fabric paint or embroidery floss — This will be used for the doll's face.
5. Stuffing — Polyfill stuffing is usually used to stuff a doll. It is available wherever craft supplies are sold.
6. Stuffing tool — A long crochet hook or a "stuff-it" tool purchased at a craft store will aid in the stuffing of the doll.
7. Doll clothes — Scraps of cloth material, laces, ribbons, elastic, buttons, etc. will be needed to make clothes for your doll.

Helpful Information

- ◆ Stuff the doll with small pieces of fiberfill, a little at a time, so that you will not get lumps.
- ◆ Use a stuffing tool to stuff your doll, filling the farthest corners first. This helps to distribute the stuffing evenly to all the irregular cavities.
- ◆ Jointing is a method of attaching the arms and legs to the doll body which allows them to move freely. You can purchase plastic joints to insert into the arm or leg sockets, or you can use shank buttons. (Most buttons have holes through which thread is sewn up and down alternately through different holes to hold the button in place. Shank buttons do not have any holes in the front or top of the buttons. Instead they have a loop on the back side of the button through which to weave the thread.) It is important to use very strong thread or several strands of thread when sewing on joints or shank buttons. If this sounds a little confusing, do not worry. Doll patterns give complete instructions and illustrations to help you. This is actually quite simple to do.

Creative Skills

Things to Learn

1. Paint a face and embroider a face to learn both techniques.
2. Demonstrate how to make doll hair with two different materials. Try different hairstyles.
3. Demonstrate how to make joints in the arms and legs with either purchased joints or with shank buttons.
4. Make one doll with hair made from yarn, felt, or wool roving. The doll may have an embroidered or painted face.
5. Make one doll dress for your new doll.

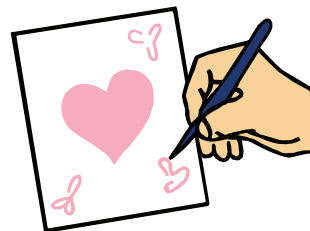


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Embossing

Embossing gives an added personal touch to your beautiful rubber stamping projects, greeting cards, bookmarks, and other small gifts. Embossing adds a “raised” appearance to your designs. There are two types of embossing: one is called dry embossing or paper embossing, and the other is called rubber stamping embossing.



What You Will Need for Dry Embossing

1. Paper — You can emboss on any lightweight type of paper, but a softer paper will work best.
2. Stencils — Stencils may be brass or plastic.
3. Embossing tool — This is a small tool, usually with a wood or plastic handle in the middle and a metal ball on each end. This is referred to as a burnishing tool. It is used for tracing the design.
4. Light source — A light source can be a window, a light box (a box with a plastic or glass top and a light bulb inside of it), or a large flashlight.
5. Markers — These will be used to add finishing touches if desired.

Learning to Dry Emboss

1. Tape the stencil to the top side of your paper with masking tape.
2. Turn the paper over and tape it to the light source.
3. Start by gently moving the burnishing tool along the edge of the design. You only need to move the burnishing tool along the edge, and not through the middle of the design. The middle of the design will “pop out” when you are finished with the edging. Do not press too hard or the paper may tear. When finished, turn the paper over and remove the tape.
4. Your dry embossing is basically finished. You now have a lovely raised image on your paper. At this point, you can leave it or you can continue by gently coloring the raised image, painting the image, applying glitter, or even applying clear embossing powder over your colored image using the embossing method employed under “rubber stamping embossing.”

What You Will Need for Rubber Stamping Embossing

1. Paper — You can emboss on any type of paper.
2. Embossing ink — Embossing ink is an ink which stays wet longer than other types of ink. Ink used for embossing must stay wet long enough for the embossing powder to be applied. Embossing ink can be applied to a blank stamp pad. If you are using colored ink, pigment ink is the best. Also available is a colorless ink. If you are using a colorless ink to stamp your image, you will want to use colored embossing powder.
3. Embossing powders — Powders are used to create dimension and special effects on stamped artwork. When the powder has been melted, it becomes raised and forms the design. Embossing powders come in many different colors, including iridescent.
4. Rubber stamps — Rubber stamps will be needed to create your designs.

Creative Skills

5. Markers — There are many different types of markers available. Markers will not stay wet long enough to emboss directly over them, so you will color your stamping, use clear embossing ink, then add your powder where you want it applied (perhaps over one section, over all the edges as a border, over a name, etc).
6. Heat source — This will be used to heat the embossing powder. A hot plate, iron, toaster, electric light bulb (at least 60 watts), 300° oven, or heat gun (sold in craft stores) will work.
7. Small, soft paint brush — This will be used to lightly brush off any excess powder from your project.

Learning to Emboss

1. Have your heat source preheated.
2. Stamp your image (rubber stamp) with embossing ink. Press your inked stamp on your project paper. Liberally pour embossing powder over the wet image. Tap off the excess powder onto another sheet of paper. The excess can be saved and poured back into the embossing jar.
3. Use the soft paint brush to remove any excess powder from your image.
4. Hold the paper a few inches above the heating element. As the embossing powder melts, it will give your design a shiny, raised look. Continue to hold your project over the heating element until the whole design has turned glossy. Or if you are using a heat gun, follow the manufacturer's directions. Let the project cool before touching it.
5. After you have embossed, you can finish your design by adding more color, glitter, or anything else you would like.

*Embossing in an Oven —
Cover the center rack of the oven with aluminum foil and preheat the oven to 300°. Slide the rack out and place the cards on the covered oven rack. Slide the rack back into the oven. Close the door. Check after two minutes. If the embossing powder has not completely melted, return it to the oven for another 20 seconds. Keep checking until it is melted. Remove it from the oven and allow it to cool before touching for about 30 seconds.*

Helpful Information

- ◆ Heavier paper takes longer to warm up. Consequently, it will take a little longer for the embossing powder to melt.
- ◆ You can use a glue stick to draw or write on your paper. Apply the embossing powder and heat.
- ◆ If your card is no longer flat when you have finished, place it under a heavy book for an hour.

Things to Learn

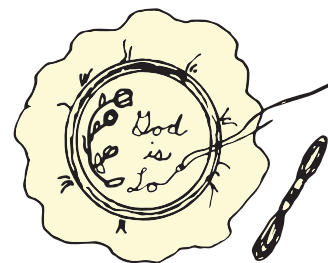
1. Complete four embossing projects: two using the dry embossing method and two using the rubber stamping embossing method.
Dry Embossing
Rubber Stamping Embossing

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Embroidery

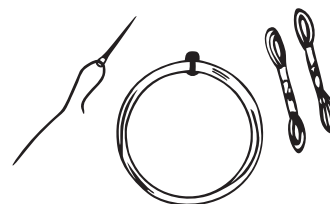
“And thou shalt embroider the coat of fine linen, and thou shalt make the mitre of fine linen, and thou shalt make the girdle of needlework,” —Exodus 28:39. Embroidery is the art of making designs with different stitches on fabric. More than a hundred different embroidery stitches can be employed on a large variety of items such as samplers, towels, and hankies. Blouses and purses are often monogrammed with embroidery stitches. (To monogram means to place your initials on an item.) You might like to put your monogram on your things once you have learned how.



What You Will Need

1. Tools — Embroidery hoop and scissors will be needed.
2. Embroidery needles — These are needles especially designed for doing embroidery work. They have a long eye (the hole in the end of the needle is called the eye of the needle) for easy threading with multiple strands of floss, and they are very sharp. A sharp point will pierce close-woven fabrics. Use the following as a basic guideline.

<i>Number of Strands</i>	<i>Needle Size</i>
One strand (single or doubled)	10
Two strands (single or doubled)	9
Three strands (single or doubled)	8
Six strands	3



3. Embroidery thread — Six-strand cotton embroidery floss is used. See Helpful Information for additional help in preparing your floss.
4. Fabrics — Fabric can be just about anything. Pillow cases, bibs, samplers, towels, aprons, blouses, lightweight jackets, etc. can all be embroidered.
5. Pattern — Patterns can be purchased or made. If you are making your own patterns, you should use washable pencils, washable fine-tipped markers, dressmaker chalk, or an ordinary pencil with very light lines.

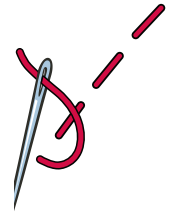
Helpful Information

- ◆ *Finishing* — Refer to the Appendix for details on adding the finishing touches to your project.
- ◆ *Embroidery floss* — Embroidery can be done with one, two, or three strands of floss. The most common use is two strands. From a skein of floss, pull out an 18" length and cut it. Next, separate this 18" length into three sets of two strands. Thread your needle with two strands and set it aside.

Learning to Stitch

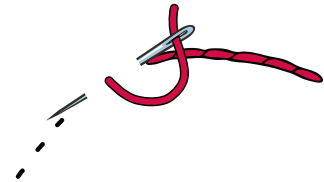
◆ Running Stitch

Pass the needle over and under the fabric. The upper stitches (on top of the fabric) should be of equal length, and the lower stitches (on the under side of the fabric) should be of equal length, but they should be one-half the length of the upper stitches.



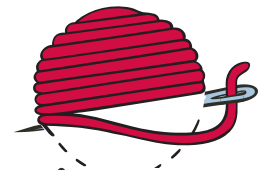
◆ Back Stitch

Bring the thread up from the underside on the stitch line. Next, take a small backward stitch through the fabric. Bring the needle up again a little in front of the first stitch. Take another backward stitch, putting the needle in at the point where it first came up.



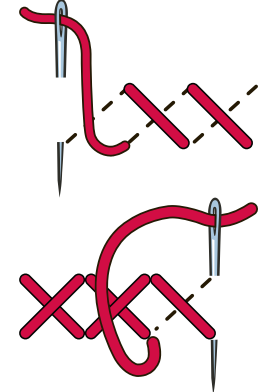
◆ Satin Stitch

Work straight stitches across a shape. Keep a good edge to the shape. Also, do not make your stitches too long, as they could separate over time.



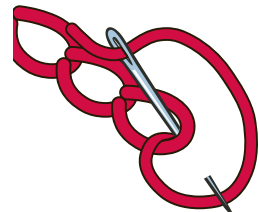
Cross Stitch

Bring the needle up on the lower right line of the cross and insert the needle at the top of the same line. Take a stitch through the fabric to the lower left line. Continue to the end of the row in this manner. Then return by completing the other half of the cross. It is important that the top strands of all the stitches point in the same direction.



◆ Chain Stitch

Bring the thread up and out at the top of the line. Hold down the thread with your left thumb. Insert the needle where it last emerged. Now you have a small loop that you are still holding with your left thumb. Bring the needle point up a short space away from the first, but within the loop. Pull the thread through.



Things to Learn

1. Be able to stitch the following stitches with neatness and consistency.
 - Running Stitch
 - Back Stitch
 - Satin Stitch
 - Cross Stitch
 - Chain Stitch
2. Demonstrate how to transfer a pattern. (See Appendix.)
3. Complete a project chosen or approved by your parent or leader.

✓ *Date Completed* _____



Flower Arrangement

God decorated His world with the fragrance and beauty of flowers. He nourishes them Himself. Is it any wonder that we like to decorate our homes with the fragrance and beauty of flowers too? Every girl should learn the art of using this God-given source of fragrance and beauty. Either fresh or dried flowers can be used to make things such as table centerpieces that can add a special touch to any home.



What You Will Need

1. Book about flower arranging — A book about flower arranging will explain such things as design, space, line, texture, unity, scale, accent, and color.
2. Tools — You will need scissors, heavy wire cutters, a serrated knife, and needle-nose pliers. The wire cutters need to be sturdy enough to cut through the heavy stems of hand-wrapped silk flowers. Pliers will be used to twist wires together. The knife will cut the floral form to fit bases. The scissors should be sharp enough to cut ribbons and *should not* be used to cut wires, which will nick the blades. A measuring tape is also helpful in measuring the length of flower stems.
3. Hot-glue gun — Will be used to hold dried flowers in place.
4. Pins —
 U-shaped pins are used to attach moss and materials to the form.
 Corsage pins are used to attach ribbons (where pins will be easily seen).
 Straight pins are used where pins will not be seen.
5. Stem wire — This is used to lengthen flower stems or add support.
6. Wooden picks — Wooden picks add length and/or strength to stems. A pick has one blunt end and one pointed end. A wire is attached to the blunt end. You will cut off your stems to the same length and hold them tightly to the pick. You will then use the wire to wrap the stems and pick together. The pointed end will go into your soil or form.
7. Floral tape — This is a paper tape with a waxy coating. Stretching the tape makes it stick to itself. Use floral tape to secure wire or a pick to a flower stem.
8. Moss — Mosses are used to cover mechanics, such as foam, glue, or wires. Moss can be secured with U-shaped floral pins.
9. Flowers — Fresh, dried, or silk flowers can all be used to make your arrangement.
10. Container — This can be a flowerpot, basket, or dish. Just about anything can be used.
11. Ribbons — These are optional but add a pretty finishing touch to your arrangement.



Needle-nose pliers

Things to Learn

1. Demonstrate knowledge about flower arranging which includes such things as:

<input type="checkbox"/> Space	<input type="checkbox"/> Scale	<input type="checkbox"/> Accent	<input type="checkbox"/> Line
<input type="checkbox"/> Color	<input type="checkbox"/> Unity	<input type="checkbox"/> Texture	
2. Your project may be a flower arrangement personally done by you and approved by your leader, or a very large flower arrangement can be done as a group project.

✓ *Date Completed* _____



Hand Sewing

Hand sewing is an essential skill that every girl needs to possess. The old adage is “a stitch in time saves nine.” This means that small, timely repairs can eliminate the need for much larger repairs later, or even salvage a garment from ruin. Making timely repairs can make garments last much longer. Plus, knowing how to make repairs, sew buttons, fix hems, and do other such maintenance will help a girl to learn to care for her own things and be helpful to others.



What You Will Need

A basic sewing book — It should provide information on basic hand stitches and finishing techniques.

Things to Learn

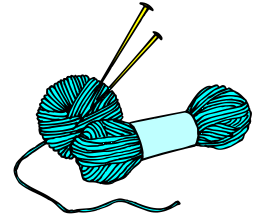
1. Collect sewing equipment for a sewing box: Buttons (flat and shank), snaps, hooks & eyes, thread, small sharp scissors, needles for hand sewing, pin cushion, straight pins, sewing gauge, thimble, seam ripper, measuring tape, and marking pen or pencil.
2. Name several different needle sizes used for hand sewing and explain their different uses.
3. Demonstrate how to attach flat buttons.
4. Demonstrate how to attach shank buttons.
5. Demonstrate how to make a hand sewn button loop.
6. Demonstrate how to sew a hook and eye onto a garment.
7. Demonstrate how to sew a snap onto a garment.
8. Demonstrate how to close an opening with the whip stitch.
9. Demonstrate how to hem with the hemming stitch.

✓ *Date Completed* _____



Knitting

Knitting opens up a world of beautiful handmade sweaters, scarves, Afghans, and much more! Many of us might never be able to afford to purchase the kind of beautifully knitted clothing that we could produce with this skill for simply the cost of the yarn! This is almost a lost art, but it need not be. It is well worth the effort to learn this beautiful yet very practical skill.



While we are learning to knit, let us keep this verse in mind. *“That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the mystery of God, and of the Father, and of Christ;”* —Colossians 2:2. God wants the hearts of believers to be knitted together in love. As we learn to knit, let us think of ways to knit our hearts together in love.

What You Will Need

1. Pattern — Patterns for knitting are found in books or leaflets. These are readily available from craft stores or your local library.
2. Knitting needles — Your pattern will tell you which size needles you will need.
3. Yarn — Be sure to purchase sufficient yarn with the same dye lot number to complete the entire project. If you run out and need more, the new yarn may not match exactly.
4. Tapestry needle — A blunt edge tapestry needle will be used to sew pieces of knitting together. Blunt edges are used because they will not split the yarn while it is being sewn.
5. Needle gauge — This is a piece of metal or plastic. It has punched holes that match the standard sizes of knitting needles. Each hole is marked with the correct needle size. You will know the needle size from the hole in which it fits.
6. Row counter — A row counter is a nifty little measuring tool. It is a small plastic cylinder which is pushed onto the end of a knitting needle and is used to count rows or stitch groups. A small number register on the side is operated by twisting the top of the counter.
7. Stitch holder — A stitch holder resembles a large safety pin and is used to hold stitches not currently being worked.
8. Measuring tape — A measuring tape or a rigid ruler is necessary for measuring the gauge of stitches and for checking the length and/or width of a piece of knitting.

All About Knitting Needles

Knitting needles are the primary tools that a knitter uses to knit. All needles have a pointed tip to form the stitches and a long, cylindrical body to hold the stitches just knitted. Knitting needles can be made from wood, steel, or plastic. It is important that the tips of knitting needles are pointed. Dull or blunt needles will fray the yarn and make knitting much more difficult. Manufactured needles will always have a sharp point.

Needle Sizes — Knitting needles come in a large range of sizes. Smaller needles obviously make smaller stitches than larger needles. In American measurement, the sizes range from 0 to 15, 0 being the smallest. In metric measure, the sizes range from 2mm to 9mm.

Creative Skills

Types of Needles — There are several types of needles available.

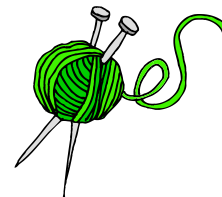
- ◆ *Single Point Needles* — These have only one point, and are used for most garments.
- ◆ *Double Point Needles* — These have a point at each end, and are used primarily for knitting round items, such as tubular socks, gloves, and sweater sleeves.
- ◆ *Circular* — These are a pair of pointed needles joined by a flexible length of wire or plastic. They come in a variety of sizes and lengths, and are used for knitting large tubular shapes like sweaters.
- ◆ *Cable* — Cable needles are much shorter than double pointed needles. They are used for holding stitches at the back or front of the knitted work when knitting cable patterns.

Types of Yarn

It is wonderful how many different types of yarn are available. Because it is important to select the right type of yarn for each project, please read the Appendix carefully to familiarize yourself with the many kinds of yarn.

Caring for Your Knitted Items

Please refer to the Appendix for care of knitted items.



Learning to Knit

The very best way for young people to learn to knit is to find an older person who knows how to knit. Perhaps your mother, grandmother, or an aunt might be skilled at knitting. A neighbor or a woman in your church fellowship might be willing to teach you to knit. Sometimes a store that sells yarn might give monthly classes teaching knitting. There are also many good how-to books, CDs, and DVDs which are available from places that sell yarn as well as your local library.

Things to Learn

1. Demonstrate a good general knowledge of all the different yarns available and their uses.
2. Demonstrate the ability to do all four basic stitches uniformly.
 - Casting on
 - Knit stitch
 - Purl stitch
 - Binding stitch
3. Demonstrate how to read a pattern.
4. Complete a simple project such as a scarf or some similar piece chosen by your parent or leader.

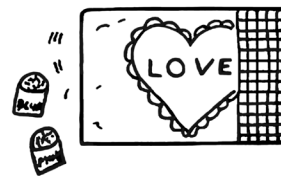


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Latch Hooking

People have been making rugs for centuries. Actually, it is only in this century that purchased rugs have become the norm. Of course, the individuality of handmade rugs has been lost, but with a little effort, we can learn how to make our own lovely handmade rugs.



Latch hooking is simply the art of hooking yarns through a specially woven canvas to make a rug, pillow, or wall hanging. Latch hooking is simple to learn and pleasurable to do. Once the basic skill is learned, many people go on to create their own original designs.

What You Will Need

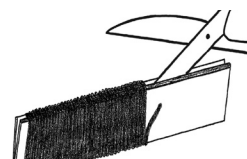
1. A latch hook kit — Kits are great for beginners. Most kits are usually designs for pillows or wall hangings. Every kit will have how-to instructions.
2. A latchhook — This is a tool for latch hooking, and it is usually available at most craft stores.
3. Masking tape — Masking tape 1" or more in width will work nicely to tape the edges of the canvas so it will not unravel while you are working.

Helpful Information

- ◆ Canvases used for latch hooking are open-mesh and of durable material. The canvas is available in gauges of 3 to 5 holes per inch.
- ◆ Any yarn that fits through the canvas mesh when the yarn is doubled can be used. The minimum yarn length for hooking is 2½", which works into a pile or nap about 1 inch high. You can buy yarn in precut packets for latch hooking, or you can cut your own yarn to the desired length.
- ◆ Finishing — A 1 inch hem can be sewn around the edges of the canvas. This can be done before or after the canvas is completed. A special rug binding, available from craft stores, may also be used to finish the edges.
- ◆ A finished latch hook canvas can also be turned into a pillow. Simply cut a square of fabric the size of your finished canvas. Put the right sides together and stitch three sides. Next, turn the right side out. Stuff the pillow with fiberfill or slip a pillow form inside. Slip stitch the remaining seam closed. Now you have a very attractive pillow for your bed.

How to Cut Your Own Yarn

To make your own yarn lengths, use a cardboard template. Cut a piece of cardboard 8 to 12 inches long, and cut to the same width as you wish your lengths of yarn to be. Fold the cardboard in half longways. Wrap the yarn around the cardboard starting at one end. Wrap until you have enough. One wrap equals one piece of yarn. The process can be repeated for large projects. Slip one blade of a pair of scissors between the folds of the cardboard and cut through all the yarn. Voila! You have a yarn supply in nice even lengths.



Things to Learn

1. Complete a 12"x12" project. Finish the edges or turn the project into a pillow.

✓ *Date Completed* _____



Macrame

Macrame is an ancient craft which dates back thousands of years. Wall decorations, plant hangers, purses, and belts are just a few of the many items which can be made by the simple art of tying cords into knots in a repetitive pattern. There are dozens of knots which can be used to make very unique items. You will be amazed at how quickly you will learn this skill.



What You Will Need

1. Macrame pattern — Macrame patterns are found in books about macrame. Your local library will usually have some books on this subject. There is a pattern included with this skill if you would like to use it.
2. Tools — You will need scissors, a measuring tape or ruler, small rubber bands, a crochet hook, and glue.
3. Cords — Yarn, twine, string, rope, or macrame cord may be used. Macrame cord is available in balls or skeins, and comes braided or twisted. It also comes in different sizes (diameters) measured in millimeters (mm). A larger number indicates a larger size cord. A single piece of cord is called a strand or thread. Macrame cord is the easiest for beginners to use and can usually be purchased from any craft supplier.

Helpful Information

- ◆ *Numbering Cords* — It is usually helpful to number the cords you are using in order to better differentiate the cords needed to tie the knots.
- ◆ *Grouping Cords* — Instructions often direct an individual to use several cords as one. Any knot may be tied with one or more cords.
- ◆ *Finishing Cord Ends* — To eliminate fraying on the end of your cords after completing a macrame design, use one of the following methods:
 1. Knot each cord with an overhand knot.
 2. Thread each cord into a bead, and keep the bead in place with an overhand knot.
- ◆ *Crossing Cords* — Whenever cords are crossed in any project, be sure to cross them all the same way to maintain design uniformity. To cross: loop one cord under and over another cord.
- ◆ *Stringing Beads* — If a cord will not go through a bead hole, try one of the following solutions:
 1. Dip the cord end in glue or nail polish to stiffen the cord.
 2. Wrap the cord end or ends in cellophane tape.
 3. Clean out any dry paint or enlarge the hole in a wooden bead with a round file.

Terms to Know

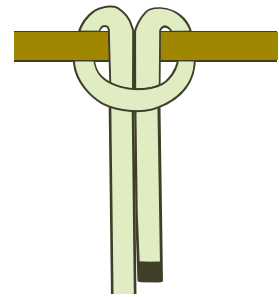
- ◆ *Knotting Cords (Knotters)* — Knotting cords are the cords which are used to tie the knots. When using more than one cord, they are usually the outside cords.
- ◆ *Fillers (Anchor Cords)* — Fillers are nonworking cords such as the center cords in the square knot. They are there to fill a “space” in the knot and are not used in tying the knot.
- ◆ *Sinnets* — Sinnets are created by tying consecutive knots repeatedly in a string.
- ◆ *Floaters* — These are lengths of cord that contain no knots in your macrame pattern.

Knots to Learn

◆ *Lark's Head (LH)*

The lark's head is used as the starting knot to tie lengths of cord onto a horizontal holding cord, or onto buckles, rings, dowels, or even twigs. It also is used for decorative patterns.

Fold the cord in half and place it over the holding cord. Pull the loop down and behind the holding cord, and pull the two ends down and through the loop. Pull tight.



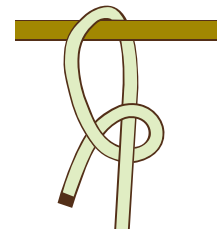
◆ *Overhand Knot (OK)*

The overhand knot is very simple to tie. It is sometimes used to start or end cords so they will not fray. To tie the overhand knot, first form a loop in your cord. Then pass the end of your cord through the loop and pull both ends to tighten.



◆ *Half Hitch (HH)*

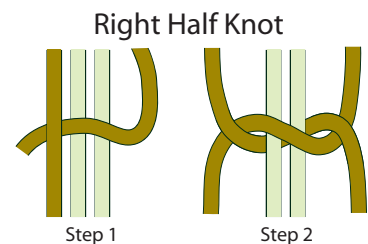
To tie the half hitch, loop the right cord over, then under the left cord, then over itself.



◆ *Half Knot (HK)*

Start by taking four cords, and lay them next to each other. The “outside” cords — one on the left and one on the right—are the “knotters.” They will be the cords doing all the work. The center two cords are the “carriers” or “fillers” around which the knots will be tied. The knotting cords will be referred to as “right cord” and “left cord.” Hold the right cord in your right hand, and the left cord in your left hand.

1. Take the right cord and place it **over** the two center cords and **under** the left cord. Let go of the right cord and let it lay.
2. With the left hand, take the left cord **under** the center two and **up through** the loop made by the right cord. Take care that the center two “carriers” remain in their original position. Pull the outside cords taut.



When the above steps are repeated, they actually form what is called a half knot sinnet. After the first few knots are completed, the sinnet will start to twist. Allow it to twist by turning the sinnet over and continue the knotting sequence exactly as before.

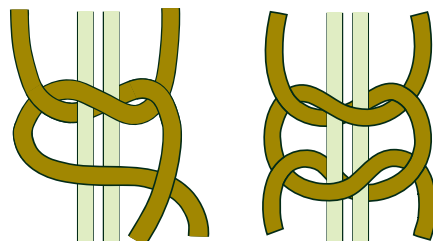
Creative Skills

◆ Square Knot (SK)

Within the family of half knots, the square knot using four cord ends is the most often used. Square knots can be either right or left hand; both are easy to master.

Repeat steps 1 and 2 of the half knot.

3. With the four cords laying in position side-by-side, take the left cord (the one on the left side) in your left hand and place it **over** the two center cords and **under** the right cord. Let go of the left cord and let it lay.
4. With your right hand, take the right cord **under** the center two and **up through** the loop made by the left. Pull knotting ends taut as before. One square knot has been completed.



Plant Hanger Instructions

Materials Needed

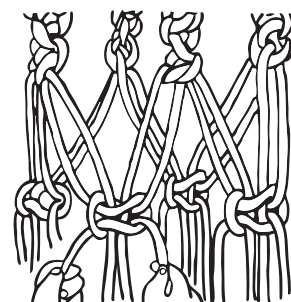
- 37 yards of 6- to 7-mm macrame cord that unravels easily
- One 2" sturdy, metal ring
- Four beads (holes need to be large enough for 4 cords to pass through)
- One planter of your choice

Preparation

- Cut: 8 cords $4\frac{1}{3}$ yards long
- Cut: 2 cords 1 yard long

Directions

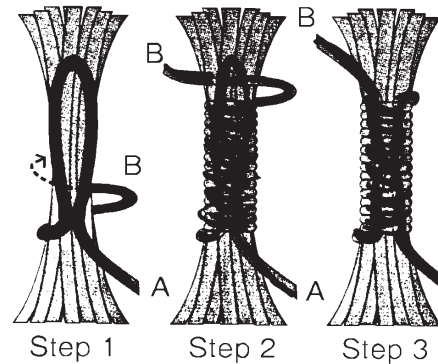
1. Center the 8 long cords through the ring and wrap with 1 of the 1 yard cords. See Help Box for instructions on how to do this.
2. Divide the cords into 4 groups of 4 cords each. Tie 6" of half knots (HK) on each group.
3. Slide a bead up all 4 cords in each group. Exchange knotters and fillers and tie 6" of HK on each group.
4. Skip down 5". Alternate cords (take two cords from two sets of cords) and tie 2 square knots on each group of 4 cords. Skip down 5". Gather all cords together and wrap with a 1 yard cord. Trim ends to 4" and unravel as desired.



Finished length: 28" including fringe

Wrapping

Lay an additional length of cord alongside of the cords to be wrapped (see end "A"), and form a loop at the top. Take end "B" and wrap from the bottom up as many times as desired. Pull the cord taut. Take end "B" through the loop and hold it taut. Now pull on end "A" to bury the loop inside of the wrap. Do not pull the end all the way through the wrap. Trim end "B" close to the wrap.



Things to Learn

- Be able to explain the definitions under the *Terms to Know* section.
- Demonstrate the ability to do all five basic knots.
 - Lark's Head
 - Overhand Knot
 - Half Hitch
 - Half Knot
 - Square Knot
- Complete a plant hanger or a similar project of your choice.

"And a threefold cord is not quickly broken," —Ecclesiastes 4:12.

✓ *Date Completed* _____

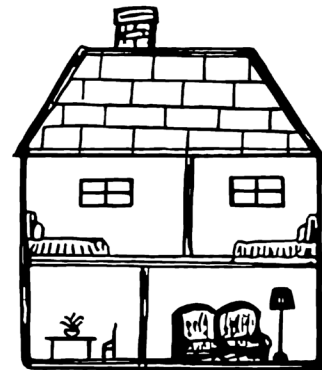


Miniatures

Miniatures are a delight to collect as well as to create. A miniature is just a tiny reproduction of a normal size item. A doll house is often a girl's favorite treasure of miniatures.

Things to Learn

1. Make a miniature dollhouse from a wooden box or heavy cardboard box. You can cover the walls with wallpaper or decorative paper, make rugs for the floor, sew curtains for the windows, and decorate the rooms with small furniture.



✓ *Date Completed* _____



Mosaics

A mosaic is a surface decoration made by inlaying small pieces of glass, stone, or other material to make a picture. Mosaics can be quite simple or quite elaborate; quite small or quite large.



It is an interesting process to take many small pieces and form one large design. That is somewhat like the life of each one of us. Our lives are made up of small pieces—days, hours, minutes, and even seconds, and yet when combined, these small pieces of time will make up our entire life. These small pieces will form a picture or a design of who we are or were, and will be recorded forever! What will the mosaic of your life look like?

What You Will Need

1. A book on mosaics
2. A mosaics kit — Kits are available for beginners.
3. Mosaic surface — This could be a piece of wood, a vase, a box, a flowerpot, or a trivet. If it is a solid surface, you likely can tile it. Also, if the surface is porous, it should be sealed before using (this would include wood).
4. Pattern design — It is best to start with a simple design. There are many books and patterns available. Coloring books are also great resources.
5. Mosaic adhesive — Make sure the adhesive is weatherproof, waterproof, and dries clear.
6. Mosaic pieces — Ceramic tiles and glass tiles are a couple of the things that you can use for mosaic pieces (these are also called tesserae).
7. Grout — This is used to fill the spaces (these are called interstices) between the mosaic tiles in the design. There are many different colors available. Choose a color that contrasts with the design to make the design stand out. Unsanded grout is for very small spaces (less than 1/8") between tiles. Sanded grout is used for larger spaces (more than 1/8"). Do not wash grout down the sink!
8. Tile Nippers and a glass cutter — The tile nippers are used to cut ceramic and other types of tile. They are not recommended for glass tiles. A two-wheeled mosaic glass cutter is used to cut glass tiles. Use only with adult supervision.
9. Rubber gloves — Wear them while working with grout. They will protect your hands and keep them clean.
10. Grout spreader — This tool is used to spread the grout and work it into the tile spaces. Don't spread the grout with your fingers. You might be cut by the edges of the tiles.
11. Sponges — You will need a sponge to clean the excess grout from your finished mosaic.
12. Tile and grout sealer — This will protect your mosaic piece, and should be applied after the grout has cured, and you are completely finished with your project.

Helpful Information

- ◆ Always wear safety glasses when cutting tile, glass, or mixing grout.
- ◆ There are different methods of applying mosaic tile to a project. The direct method is the simplest and best for beginners to use. You can apply glue to the back of a piece of tile, and then place it where you would like it on your design. You also could apply the glue to a *small* area of the mosaic surface, and then place the tiles onto the surface. Make sure that the gaps between the tiles are uniform. Let the tile adhesive dry at least 24 hours before applying the grout.

Tip: Working with grout can be messy, so wear old clothing when doing mosaics. Also, before you begin your project, be sure that you have enough materials to finish it!

Things to Learn

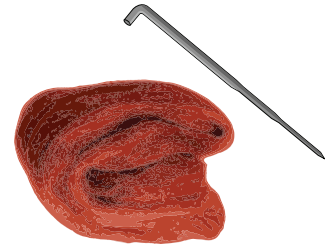
1. Make two different mosaic projects.

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Needle Felting

Needle felting is a way to felt wool without the use of water, soap, and agitation. Instead, you use special needles that come in varying sizes for different uses. Flat felted designs can be used for embellishment on many different objects such as clothing, bags, scarves and such. Three dimensional objects can also be made and are a lot of fun as well.



What You Will Need

1. A book on needle felting
2. Materials or a kit — There are many kits available that will give you basic instructions and also usually include what you need to finish a project.
3. Wool fiber — You will need 100% wool fiber. This can be wool batting or wool roving. Wool roving is available in many different colors, and is usually available at your local needlework store or through mail order.
4. Felting needles — These needles have special barbs on the ends and are very sharp, so use with extra caution! When using the needles to felt wool, the barbs at the end cause the fibers of the wool to become entangled, causing the wool fibers to felt. You may use more than one needle at a time, if you wish. There are also needle holders available to make holding the needles easier, but they are not absolutely necessary. Needles are available in several different sizes.

Here are some of the most common sizes and their uses:

- 36 gauge needle is used mostly for coarse work, or coarse wools
 - 38 gauge is used for most needle felting, and average wools
 - 40 gauge is used for fine work, small details, and fine wools
5. Foam block — This is a piece of high density foam used as a work surface for needle felting. For beginning projects a 6" square works well. These usually are available where you find needle felting supplies.
 6. Pattern — There are many books and patterns available for needle felting. Embroidery designs also can be used for flat needle felting projects. It is best to choose a simple design when first starting out.

Helpful Information

When using the needles for felting, be sure to always poke your needle into the wool straight up and down. Sideways pressure, or pushing and prying will cause your needle to break. If you notice a lot of holes in your work, you may be punching the wool too deeply, or using a needle that is too large.

Things to Learn

1. Demonstrate how to use a felting needle.
2. Make a flat felted design for embellishing.
3. Make a three dimensional felted object.

Tip: It is always a good idea to have a few extra needles on hand.

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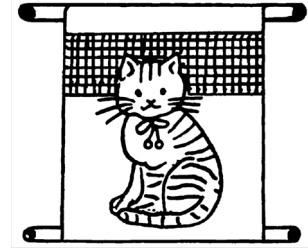
Needlepoint

“And the hanging for the gate of the court was needlework, of blue, and purple, and scarlet, and fine twined linen,” —Exodus 38:18. One can only try to imagine the multitude of exquisite needlework found in the tabernacle produced by godly women of that day. Girls can also learn to do beautiful needlework.

Pictures can be stitched to give the appearance of paintings. Also, needlepoint canvas can be used to cover a cushion, make a pillow, or create any number of small, finely decorated items.

Needlepoint is the technique of forming stitches on a special open-weave fabric known as canvas. Canvas is constructed of lengthwise and crosswise threads that are woven together to produce precisely spaced holes between the threads. The points at which these threads intersect are known as meshes.

Needlepoint is both easy and beautiful, and, as such, is a great skill for anyone to begin learning.



What You Will Need

1. Scissors
2. Tapestry needle — A tapestry needle has a blunt, rounded end. It will slip easily through the holes of a canvas without snagging. The long oval eye will allow you to use a number of strands of thread at one time. Tapestry needles come in different sizes. Size 13 is the largest and size 26 is the smallest. Size 20 is a nice size for most needlepoint projects.
3. A needlepoint kit — A needlepoint kit is a good place to start for a beginning stitcher. The canvas will have the picture that is to be stitched imprinted on it in color. A kit will come with yarn, needle, and complete instructions.

Helpful Information

- ◆ *Canvas* — There are two main types of canvas: petitpoint and grospoint. A petitpoint is a canvas with 16 or more meshes to the inch; a grospoint canvas has fewer than 16 meshes to the inch.
- ◆ *Yarns* — Yarn comes in a variety of fibers, but wool is the most popular because of its durability. The weight of the yarn chosen for a project is dependent upon the size of the canvas hole being used.
- ◆ *Frames or holders* — Frames help to keep the fabric neat and also prevent the canvas from becoming distorted by the stitches. They are not necessary for small beginner kits, but you will find them helpful if you go on to do larger kits.
- ◆ *Masking tape* — To keep the edges of your canvas from fraying, place tape over the edges.

How to Begin and End Yarn

- ◆ Knots usually are not used in canvas work. To begin your stitching, hold an inch of yarn behind the canvas and secure it by working your first several stitches over it. After you have worked an area, end strands by weaving them horizontally or vertically through the back side of the stitches on the back of the canvas.

Tips for Needlepoint

- ◆ Avoid weaving dark colors under light colors as they may show through, and that can make your stitching look soiled.
- ◆ Work all stitches with uniform tension so that stitches look even and cover the canvas well. Do not pull too tightly, as this may cause the canvas to show through the stitches.
- ◆ If strands of thread become twisted as you stitch, simply drop the threaded needle from the canvas and the threads will unwind.

Stitches to Learn

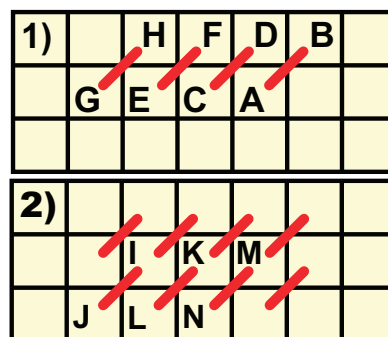
◆ Tent Stitches

Tent Stitches are a group of stitches which are commonly used in needlepoint. They all appear identical on the right side of the canvas, but their difference is easily seen on the wrong side of the canvas. The Continental Stitch, done either horizontally or vertically, is one of the tent stitches.

◆ Continental Stitch (done horizontally)

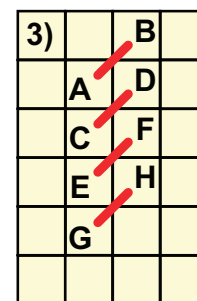
Diagram 1 — Working from right to left, come up at A, cross the intersection of the canvas threads diagonally and go down at B, come up at C, and go down at D, continuing in this manner.

Diagram 2 — Begin the next row by coming up at I, going down at J, etc. Always cross canvas thread intersections diagonally on the front and back.



◆ Continental Stitch (done vertically)

Diagram 3 — Vertical rows are worked as shown.



Things to Learn

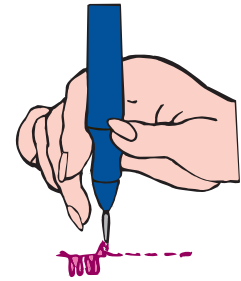
1. Demonstrate a knowledge of the materials used to do needlepoint (yarns and canvas).
2. Demonstrate the basic needlepoint stitches.
 - Continental Stitch done horizontally
 - Continental Stitch done vertically
3. Complete a project chosen or approved by your parent or leader.

✓ *Date Completed* _____



Needle Punching

Needle punching is a miniature form of rug hooking. Though it is new to the crafters of our century, it is actually centuries old. It originated in Russia in the seventeenth hundreds. Using the skill of needle punching, these people decorated their clothing, homes, and even their churches. This is another really enjoyable skill that can be put to good use.



What You Will Need

1. A book on needle punching or punch needle embroidery
2. Materials or a kit — You can also start with a needle punch kit, which should include most of what you will need to make a project.
3. Threader — A needle threader is needed when threading your punch needle. Usually one will be included with your punch needle when purchasing.
4. Punch needle — There are several different kinds of punch needles available. Different punch needles take different sized threads. The most common sizes of punch needles are used with one-strand, three-strands, or six-strands of embroidery floss (or similar thickness thread or cord). Also, different punch needles have different ways of marking the depth of your stitches. Beginners should check the pattern instructions; the instructions usually list what size needles are needed for the project.
5. Hoop — You will need a hoop that will hold the fabric that you are punching. This is very important. Hoops that are most commonly used for punch needle work are hoops that have a lip-edge around the inner ring. The ring helps to hold your fabric tight—this type of hoop is easiest for beginners, but it is best not to choose a lip-edge hoop larger than eight inches across. There are also lap-frame hoops (which are good for heavier fabric and larger projects). There are also stretcher frames (which grip the fabric you are working on) available. When choosing a hoop, make sure that the design you are working will fit inside the hoop you are using.
6. Weaver's cloth — This is the best fabric for punch needle embroidery. It is durable, closely woven, and easily found in most fabric or needle art stores. You may use other fabric, but it will need to be stabilized before using.
7. Embroidery floss — You may use many different types of threads in your punch needle as long as they will run smoothly through the needle that you are using. Embroidery floss is the most commonly used thread, and is available in many different colors. It is easy to change the amount of strands you want to use by just adding or taking away strands.
8. Scissors — A small pair of sharp scissors is very helpful, and if you decide to do more punch needle embroidery, there are special curved scissors available to make the job of cutting loops easier.
9. Pattern — Many different patterns are available. If you are just starting out, be sure to choose a simple design.
10. Marking pen — If you are transferring the pattern onto your fabric yourself, you will need an acid-free fine-tip permanent marker. Pigma pens work well for this.

Helpful Information

- ◆ When working with embroidery floss as your thread, it is nice to know how many strands are best suited for your project or a particular part of your project. Single strands are used for detailed, fine work—you would need a single strand needle for this. Two or three threads are most popular and used with a three-strand needle. This also allows you to tweed (or mix) two colors at the same time. Four, five, or six strands of floss are used when there is not a lot of detail in your design. This amount of floss will require a larger needle—a six strand needle.
- ◆ When hooping your fabric, make sure that your fabric is tight in your hoop, and that the tightening screw is firmly in place. Be sure that you have plenty of light and are sitting in a comfortable chair. It also helps to have a stand for your hoop so that you can place the hoop on a firm surface, but a table will work nicely.

Things to Learn

1. Demonstrate how to transfer a pattern.
2. In your notebook, explain why grain is important when transferring a pattern to your fabric.
3. Demonstrate threading and how to use a punch needle.
4. In your notebook, complete the following:
 - (1) How are different fabrics stabilized for punch needle embroidery?
 - (2) What is tweeding?
 - (3) What is color blending?
 - (4) What is shading?
 - (5) What is clipping?
 - (6) What is shearing?
 - (7) What is blocking?
5. Make one project.

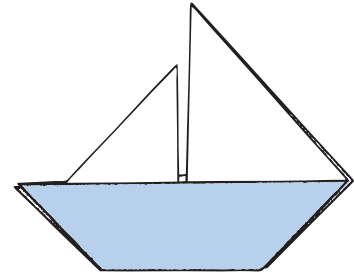
Tip: Keep all of your punch needle supplies together so that they are easy to find!

✓ *Date Completed* _____



Origami

Origami is the traditional Japanese art of folding paper to make different realistic objects, preferably without cutting or gluing the paper. The word origami comes from the words “oru” meaning folding, and “kami” meaning paper. Origami is an excellent skill to learn because it develops the abilities to plan, measure, and construct an item. In other words, origami requires “thinking”! And that is a good skill to have!



What You Will Need

1. Book on origami
2. Paper

Helpful Information

◆ *Paper* — Paper is the most important part of origami. You can use paper specifically made for origami projects, paper from around the house, or wrapping paper. For just starting out, and also for practice projects, plain copy paper works fine and is a nice weight. If you are making origami projects for gifts or cards, or to exhibit, you will want to choose your paper with care. Typical origami paper usually has a colored side and a white side. It is usually six inches square, but you can also find other sizes with which to work. Patterned papers and even foil papers are also available. Foil papers are best suited for experienced origami folders. Heavy paper is harder to fold than a lighter weight paper. After you have made some practice projects, you will know which type of paper is best suited for particular projects.

If your paper is too large, you can cut it down to the size that you need by using a ruler, and a personal paper trimmer, or a utility knife, or a pair of scissors. Whichever tools you decide to use, be sure that your finished paper is square.

◆ *Origami designs* — All origami designs start with basic folding patterns. Once you have learned those folds, making origami projects will be much easier. Start with some beginning projects and work through to the more challenging ones. Also, working on a smooth, firm surface is best suited for origami. Accuracy is very important. When folding, make sure that your creases are nice and sharp, and also that you are carefully following instructions.

Things to Learn

1. Make 3 different beginning projects in origami.
2. Make 3 different intermediate projects in origami.
3. Make 2 different advanced projects in origami.

Tip: Origami projects can be used to entertain children, be made for gifts, or used to decorate cards and scrapbook pages.

✓ *Date Completed* _____



Photographer

Photographer is a sequel to the Photography skill. The Photography skill is somewhat basic, and its purpose is simply to acquaint the user with a camera, and to develop some comfort and ease using it. This is all that is needed for the occasional picture-taker or scrapbooker. However, Photography does introduce one to a number of terms and concepts that are important in Photographer.



Photographer is for the next level of skill with a camera in which the user may intend to make it a serious hobby, and wishes to use lighting, positioning, distances, equipment, and photography principles to produce excellent results in varying circumstances.

What You Will Need

1. Camera — It is not necessary to own your own camera. If you have proven yourself responsible, you may be able to borrow one from your dad or someone else. The camera must be equipped for manual mode shooting.
2. Media — Film is needed for a film camera, and access to a computer is needed for a digital camera, as it will be needed to store and print images.
3. A photography book — A resource that teaches the basics of photography, including explaining the components of a camera and principles photographers use to create quality images.

Terms to Know

Learn what each of the following terms mean.

Focal length	Shutter speed
Angle of view	ISO number
Aperture	Light source
F-stop	Golden rectangle
Depth of field	Rule of thirds
Filters (explain types)	Lenses (explain types)

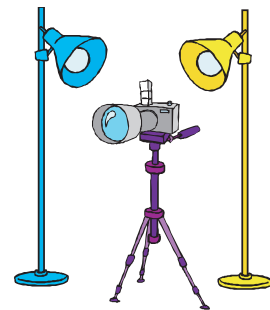
Things to Learn

1. Create a display board (with a film or digital camera) or digital slide show (obviously with a digital camera) on a computer made up of twenty-four images. Include a varied range of subjects and situations—people, flora, fauna, still life, action photos, landscapes, skyscapes, etc. Use bright, medium, and dim natural lighting as well as synthetic lighting. Try to use positioning, lighting, and any settings needed to create clear accurate images with creative or unique effects. Shoot everything in manual mode. For each picture, list in a notebook the lighting, positioning, camera settings, filter, lens, and any other preparation or equipment that was used for the shot.

Creative Skills

2. Explain each of the Terms to Know as to how it affects a photograph, and how it may be affected by some of the other terms, either when shooting with a film camera or a digital camera. Have your explanations checked by someone who is knowledgeable about photography.

- | | |
|--|---|
| <input type="checkbox"/> Focal length | <input type="checkbox"/> Shutter speed |
| <input type="checkbox"/> Angle of view | <input type="checkbox"/> ISO number |
| <input type="checkbox"/> Aperture | <input type="checkbox"/> Light source |
| <input type="checkbox"/> F-stop | <input type="checkbox"/> Golden rectangle |
| <input type="checkbox"/> Depth of field | <input type="checkbox"/> Rule of thirds |
| <input type="checkbox"/> Filters (explain types) | <input type="checkbox"/> Lenses (explain types) |

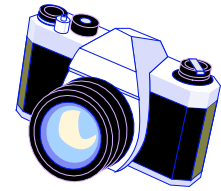


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Photography

Photographs are an excellent way to preserve a memory. It is always a special experience to look through a photo album and remember events in our lives, events in the lives of others, family vacations, and time spent with friends. Photographs help us remember. That was just what Jesus did when He broke bread and said, “*This do in remembrance of me.*” He gave us a picture of what He did at Calvary so that we might use that picture to remember it so much the more. Any time is a good time to begin a collection of memories through pictures.



What You Will Need

1. Camera — It is not necessary to have your own camera. If you have proven yourself responsible, you may be able to borrow one from your dad or some other relative. It may be a film camera or a digital camera.
2. Media — If you are using a film camera, you will need several types of film which will produce their best results in different lighting conditions. If you are using a digital camera with reusable media, you will need access to a computer on which to store your photos, and you will need the proper equipment/cables to transfer your photos to that computer.

Terms to Know

- ◆ *Film/Sensor* — In a film camera the image is reproduced upon the film media. In a digital camera, the image is reproduced by the image sensor and stored in a digital format.
- ◆ *ISO Setting/Film Speed* — The ISO (International Organization for Standardization) value in a film camera is set by the ISO film speed chosen. In a digital camera it is a setting that can be reset for each shot because it simply adjusts the response of a sensor.
- ◆ *Shutter Speed* — Shutter speed is a term for how long the camera’s shutter will be open when you snap a picture. Slow shutter speeds leave the shutter open longer, and, therefore, expose the film/sensor to more light. Fast shutter speeds open and close the shutter very quickly, exposing the film/sensor to very little light.
- ◆ *Aperture* — The aperture is the size hole through which the film/sensor is exposed to light during a shot. The different aperture settings are controlled by the f-stop setting, which is actually the ratio between the aperture size and the focal length of the lens.

Helpful Information

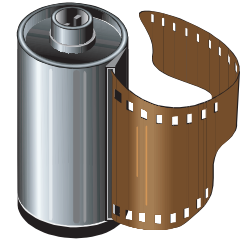
NOTE: If you will be using a basic point and click camera, some of the information below about manual settings will not be pertinent to your camera. However, many digital cameras that offer these settings are finding their way into the market. All of these cameras offer excellent point-and-shoot capabilities, but in certain situations, using manual controls correctly will offer a better image, and this is part of learning the skill.

- ◆ *Film speeds or ISO settings* denote the film’s light-sensitivity in a film camera, or the light sensitivity setting of the sensor in a digital camera. Films are available in different ISO speeds according to their light sensitivity. Low speed films are not very sensitive to light, but as films get higher in speed, they become more sensitive to light. Thus, high speed films are

Creative Skills

very sensitive to light. Faster films are denoted by higher numbers. Common ISO values fall between 100 and 800.

★ *High speed films* or higher *ISO settings* can be used indoors without a flash because they do not require much light. A film speed of 400 would be an example of a faster film. Using faster films creates grainier images, or subjecting a sensor to higher ISO settings introduces more digital noise into images. These effects are more pronounced when an image is enlarged. However, faster films/ISO settings are very effective for shooting moving objects which require faster shutter speeds.



★ *Medium ISO values* can be used outside or inside with a flash. A film speed of 125-200 would be a medium speed film.

★ *Slow ISO values* are excellent for pictures outside with bright sunlight, inside with very bright lighting, or from a very short distance with a flash. A film speed of 100 would be a slow speed film.

- ◆ *Camera settings* — It takes the right combination of shutter speed, aperture setting, and ISO value to control the light needed for the film speed being used to provide a good picture. For instance, if you are shooting a moving object, you will not be able to use a slow shutter speed. If the shutter is open too long, the movement of the object will cause it to be a blur. In such a case, you must use a larger aperture setting and faster shutter speed.
- ◆ *Position* — It used to be said that the best positioning placed the light source behind the photographer and facing the subject. However, nowadays, cameras have become more sophisticated in the way they handle lighting conditions. Positioning can now often use light from different directions to create different effects. Experiment with positions and light sources to become familiar with some of these effects.

Things to Learn

NOTE: If you are using a basic point-and-shoot digital camera, or your camera does not accept different film speeds, simply complete the requirements that your camera allows. If you use a camera that offers the use of different film speeds and settings, complete all the requirements that your camera allows. In other words, develop some skill using the camera in manual mode, if possible.

1. Film camera: Demonstrate how to properly load and unload film.
Digital camera: Demonstrate how to install/remove the camera's digital media. Also demonstrate how to transfer images to a permanent digital storage device such as a hard drive or CD rom drive.
2. Demonstrate how to attach/detach and set the flash unit for closeups and more distant shots (if the flash unit is detachable/adjustable).
3. Demonstrate how to focus the camera.
4. After experimenting, demonstrate how to shoot images with pleasing effects using lighting from different directions.

Creative Skills

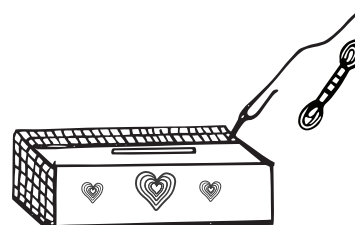
5. Shoot one roll of ISO 100 film (film camera), or at least 12 photos using the ISO 100 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.
6. Shoot one roll of ISO 200 film (film camera), or at least 12 photos using the ISO 200 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.
7. Shoot one roll of ISO 400 film (film camera), or at least 12 photos using the ISO 400 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.
8. Demonstrate the ability to shoot moving objects with clarity and accuracy.

✓ *Date Completed* _____



Plastic Canvas

This relatively new craft has received its name because the canvas used is, obviously, plastic. This material is quite durable. The stitches used in this craft are needlepoint stitches. The only real difference between needlepoint and plastic canvas is the type of canvas. Needlepoint is worked on a softer, more pliable canvas. Plastic canvas can be covered with a variety of needlepoint stitches to make fun items like magnets or key chains. It can also be used to form decorative coverings for very practical objects such as tissue boxes.



What You Will Need

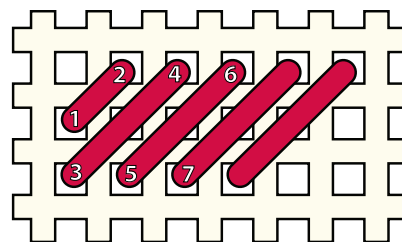
1. Pattern — Pattern books are readily available from craft stores.
2. Canvas — Plastic canvas usually comes in clear sheets in sizes 10½" by 13½". The most common mesh size is 7-mesh, which means there are seven bars to the inch. The plastic canvas also comes in three weights: regular, extra stiff, and extra soft. The stiff canvas is best for projects needing extra strength, while the softer canvas is good for pieces that must be curved or shaped. Sometimes the canvas is also available in precut shapes such as stars, rectangles, crosses, etc.
3. Yarn — Many types of yarn will work well for plastic canvas. The important thing to remember is to choose a yarn thickness that will cover your canvas. If you use cotton embroidery floss, you will have to use many strands to achieve sufficient coverage. If you use worsted weight yarn, it will cover a 7-mesh canvas well.
4. Scissors — Two pairs of sharp scissors are needed. A pair of dressmaker-type scissors with straight blades are best for cutting large pieces of canvas. A pair of 7" embroidery-type scissors with sharp points are best for cutting small areas of canvas and trimming off nubs. Keep these scissors for just plastic canvas work because cutting the canvas will dull their blades. An additional pair of 7" scissors would be handy for cutting your yarn.
5. Needles — A blunt point steel tapestry needle is best for plastic canvas. For a size 7-mesh canvas, use a size 16 or size 18 needle.

Helpful Information

Plastic canvas pieces must be cut carefully. If you miscut, the piece is ruined, and you will have to cut another piece. Cutting will be easier if you draw a cutting outline on the canvas. A China marking pencil works well because it easily can be wiped off after you are finished cutting.

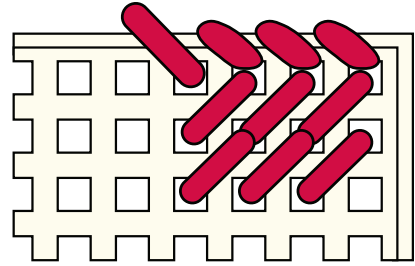
Stitches to Learn

- ◆ *Continental Stitch* — This is the most common plastic canvas stitch. See Needlepoint for complete instructions.
- ◆ *Gobelin Stitch (Slanting)* — This is a long diagonal stitch which can be worked over any number of intersections. The stitches can vary to form a unique pattern.



Creative Skills

- ◆ *Overcast Stitch* — When two pieces of your project are ready to be joined, use the overcast stitch. To join two straight edges together, place the pieces with the wrong sides facing each other together. Anchor the yarn firmly on the wrong side. You can use a knot when joining. Start by taking two stitches (we call these holding stitches) through the first hole of the two pieces, then continue overcasting, going through holes of both pieces with each stitch. You can work from either direction. The overcast stitch is also used to finish the edge of a single piece that is not joined to another piece.



Things to Learn

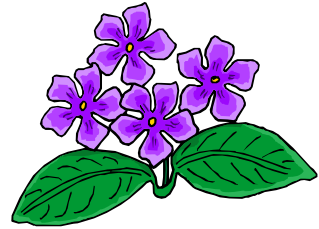
1. Know how to read a pattern (chart).
2. Demonstrate the ability to perform uniformly the following stitches:
 - Continental Stitch (Horizontal and Vertical)
 - Gobelin Stitch (Slanting)
 - Overcast Stitch
3. Complete several small projects such as magnets or key chains, or one large project such as a tissue box cover or a project of similar size.

✓ *Date Completed* _____



Pressed Flowers

God has created so many beautiful things for us to enjoy. Truly, He has surrounded us with beauty. It long has been a favorite activity of many people to preserve that rich beauty in a lasting form by pressing flowers. Learning to press flowers is so easy! And it is useful too! Once they are pressed, they can be used to make sweet gifts for family and friends.



Pressing flowers allows us to capture a little bit of the beauty that God provides out-of-doors, and bring it indoors to treasure throughout the year.

What You Will Need

1. Basket — A basket or similar container can be used to gather your flowers. Pick only the freshest flowers for drying.
2. Flower identification book — This will be used to identify flowers with which you might not be familiar.
3. Scissors — Scissors are used to trim the flowers before drying them, and also to cut the blotting paper as needed.
4. Flower press — This will be used to press flowers.
5. Toothpicks — Use toothpicks to place small drops of glue on the flowers when gluing them in place.
6. Large tweezers — Tweezers are used to pick up your flowers and place them on the paper.
7. Material for your projects — After your flowers are dried, you will want to use them for projects such as pictures, bookmarks, picture frames, stationery, or greeting cards. Materials might include paper, glue, ribbon, calligraphy pens, picture frames, etc. A good project book is always helpful to gain more ideas.

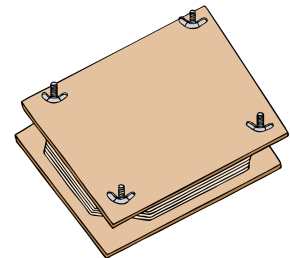
Helpful Information

If dried petals or leaves fall off while you are handling them, do not worry! They can be glued back in place when you are making your project.

Building and Using a Flower Press

A flower press can be made from two flat, rectangular pieces, usually of wood. Plywood works well, and is easy to both obtain and use. The length of each side usually varies from 6" to 12". The wooden frames need to have matching holes drilled in each corner for clamping screws.

Carriage bolts, $\frac{1}{4}$ " in size, make excellent clamping screws. Use a $\frac{1}{4}$ " wing nut for each bolt so that no tools will be required to operate the press. A wing nut is a nut with "ears" on it that allow a person to tighten it by hand. The screws should be long enough to pass through both wooden frames, attach to the wing nuts, and leave room for several layers of blotter paper and flowers. A minimum length should be 3". (Tip: Larger diameter screws and wing nuts, such as $\frac{5}{16}$ " , will make it easier for little fingers to tighten the press.)



Creative Skills

For the internal layers of the press, cut at least six pieces of cardboard the size of the press. Cut off the corners of the cardboard so they will not interfere with the screws when placed on the press. Also, cut as many sheets of blotter paper as you will need to press your flowers. Blotter paper is a porous paper that will soak up moisture. Paper towels, construction paper, or specially purchased blotter paper will work fine. Cut the corners off of the blotter paper.

Make the following layers: cardboard, blotter paper, flowers, blotter paper, and cardboard. Continue in this fashion until the press is full. Set the wooden cover on the press and tighten the wing nuts. Be sure to tighten evenly. Leave the flowers in the press in a warm, dry place for three to four weeks. You will need to tighten the wings nuts on the press once each week. It is better to leave the flowers in the press for a longer time than to take them out too soon.

More Helpful Information

- ◆ Once your flowers are dried, and you are ready to store them for future use, make sure they are not stored in direct sunlight. The sun may fade the beautiful colors.
- ◆ When dried, your flowers will become slightly darker than they were when you picked them. For example, pinks might become rose or burgundy.

Things to Learn

1. Demonstrate how to use a flower press properly. Flower presses are available in craft supply stores. However, homemade presses also work well.
2. Collect and dry six different flowers.
3. Make three small projects such as bookmarks or stationary using your dried flowers.
4. Name five flowers mentioned in the Bible. Also, give the Bible reference for each.

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

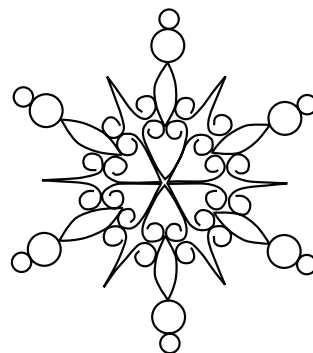
God not only surrounds His people with the beauty of flowers in nature, but God specifically ordered that the golden candlesticks in the temple were to be decorated with carved flowers—see Exodus 25:31-34.

✓ *Date Completed* _____



Quilling

Quilling is easier than it looks! Quilling or paper filigree is the art of creating designs with narrow strips of paper that have been rolled, shaped, and arranged to form designs such as flowers, leaves, scrolls, and many other shapes. Quilling is really fun and quite inexpensive. If you like to make handmade gifts, create keepsakes, or do rubber stamping, you will really enjoy quilling.



What You Will Need

1. Quilling paper — Quilling paper comes in many different colors and widths. The three main paper widths are: $\frac{1}{8}$ " , $\frac{1}{4}$ " , and $\frac{3}{8}$ " . The standard for most designs is $\frac{1}{8}$ " .
2. Slotted tool or needle tool — Both are handy tools to have. They are used for rolling your quilling paper. The slotted tool is the easiest to use, especially for a beginner. However, it does leave a little crimp in the center of the paper, and it leaves a slightly larger hole than the needle tool. The needle tool is more difficult to use, but it makes a nice small center.
3. Ruler — You will need a ruler to measure the lengths of your quilling paper.
4. Glue — Glue is needed to secure the ends of the paper after finishing a roll or scroll, or to glue two designs together. Any paper glue will do.
5. Project paper — This is the paper which is the foundation for your quilling shapes. If you are making greeting cards, a lightweight construction paper will do. If you are going to frame your project, you might want to use cardboard. The cardboard can be covered with any decorative paper of your choosing.
6. Toothpicks — These are helpful in placing small dots of glue where you need them.
7. Wax paper — This can be used to place under your project while you are working on it. If your design sticks to the paper, carefully loosen it with a toothpick.
8. Straight pins — Pins will help you arrange your design and hold it in place while you are gluing.
9. Tweezers — These are a handy tool for arranging your design before gluing.
10. Quilling board — A quilling board is very nice to have if you are working on a complicated project with many pieces. You can easily make your own by covering a piece of corrugated cardboard with wax paper. Tape the wax paper in place, leaving the edges open. Trace your pattern on a piece of paper and slide the pattern under the wax paper on the quilling board. Attach your first roll or scroll with a straight pin directly on the pattern. Place the next roll in position and glue sparingly where it will connect. Continue to assemble and glue your design. When your design is completed, carefully lift it from your quilling board and finish your project.
11. Quilling project — Projects can be found in quilling books or purchased as kits. Either will give how-to instructions for learning different quilling shapes.

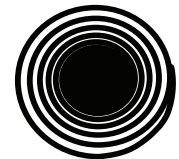
Helpful Information

- ◆ All quilling design instructions will tell you how long to cut your quilling paper for your projects.
- ◆ Keeping your hands and tools clean while you work will help keep your quilling papers clean.

Shapes to Learn

Each quilling design will use 3" to 4" of quilling paper.

Tight Circle — Make a tight roll by winding the paper around the quilling tool. Slip the tool from the roll's center, while holding the roll with your fingers to keep it from unwinding. Glue the loose end of the paper to the side of the roll.



Loose Circle — Make a roll. Remove from tool and allow the coil to loosen. Glue the loose end.



Teardrop — Roll and glue a loose circle. Pinch one side of the circle to a point.



Marquise — Roll and glue a loose circle. Pinch the roll on opposite sides.



Shaped Marquise — Make a marquise. Curl its two pinched points in opposite directions.



Square — Make a marquise. Turn it ninety degrees and pinch it again on two opposite sides. The four points should be of an equal distance from one another.



Rolled Heart — Roll and glue a loose circle. Pinch a point on one side. Then make a sharp indentation on the opposite side.



Bunny Ear — Roll and glue a loose circle. Make a rounded indentation on one side.



Creative Skills

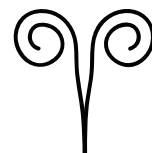
Loose Scroll — Roll one end, leaving the other end loose.



Open Heart — Crease the strip at its center. Roll each end in toward the crease.



V Scroll — Crease the strip at its center. Roll each end toward the outside.



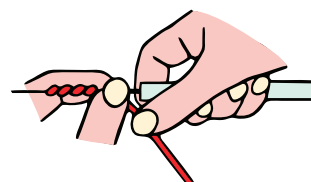
C Scroll — Roll both ends of the strip toward the strip's center.



S Scroll — Roll one end to center. Turn strip over and roll other end toward the center.



Spiral — Place one end of the paper on the needle quilling tool at an angle. Tightly roll the strip down the tool. Keep tension on the paper with your thumb and forefinger of the hand holding the tool. Let the spiral end slip off the tool as you continue to roll.



Things to Learn

1. Learn how to make the basic shapes, and make one of each shape.

- | Rolls | Scrolls |
|--|---------------------------------------|
| <input type="checkbox"/> Tight Circle | <input type="checkbox"/> Loose Scroll |
| <input type="checkbox"/> Loose Circle | <input type="checkbox"/> Open Heart |
| <input type="checkbox"/> Teardrop | <input type="checkbox"/> V Scroll |
| <input type="checkbox"/> Marquise | <input type="checkbox"/> C Scroll |
| <input type="checkbox"/> Shaped Marquise | <input type="checkbox"/> S Scroll |
| <input type="checkbox"/> Square | <input type="checkbox"/> Spiral |
| <input type="checkbox"/> Rolled Heart | |
| <input type="checkbox"/> Bunny Ear | |

2. Make four projects using the quilling skills you have learned.

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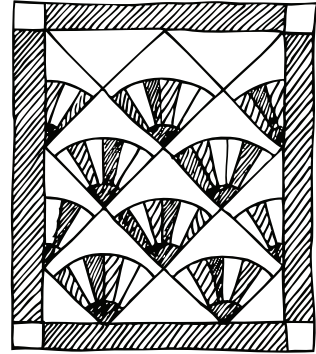
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Quilting

Quilting is a method of stitching layers of fabric together. Quilting is often used to make beautiful handmade blankets, bedspreads, pillow coverings, skirts, purses, and many other items.

In some ways the life of a Christian is like a quilt in which God takes lowly scraps and pieces of thoughts, times, and experiences, and sews them together into something that only He could make beautiful.



What You Will Need

1. Tools — You will need size 7 or 8 quilting needles. These are called “between” needles. They are short, sturdy needles. You will also need sewing thread, straight pins, and quilting thread. Quilting thread is quite a bit stronger than sewing thread and does not break easily. Scissors and a thimble will also be used. A thimble is usually worn on your middle finger.
2. Quilting hoop — This looks like an embroidery hoop, only it is very large.
3. Fill — Polyester or cotton batting can be used to fill or line the inside of your quilt.
4. Backing material — This will form the bottom or back side of the quilt. This should be 100% cotton.
5. Fabric — 100% cotton material is recommended.
6. Pattern or design — Dozens of quilt books are available from the library or any fabric store.
7. Templates — A template is a pattern. These can be made from cardboard or from thin sheets of sturdy plastic. You will trace your pattern pieces onto the template and then use the template for tracing the pattern onto the fabric, or use the template as a cutting guide.

Terms to Know

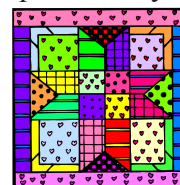
- ◆ *Applique* — refers to fabric “cut-outs” sewn to a larger piece of fabric.
- ◆ *Binding* — a strip for binding the raw edges of the quilt.
- ◆ *Block* — sections that are stitched together to make a pieced top.
- ◆ *Border* — a strip on the quilt edge.
- ◆ *Pieced Top* — composed of blocks that have been stitched together.
- ◆ *Patchwork* — a number of pieces or “patches” sewn together.
- ◆ *Quilting* — stitching that fastens the top, the batting, and the back together as one thick piece of material.
- ◆ *Tied-quilt* — a quilt tied by knotted yarn instead of quilting stitches.

Methods of Quilting

- ◆ *Hand Quilting* — Hand quilting is easy to do. The really nice thing about hand quilting is that it can be done nearly anywhere.
- ◆ *Machine Quilting* — Machine quilting of small pieces is faster and easier than hand quilting. However, sewing by machine on a large quilt is more difficult due to the size involved.

Learning to Quilt

1. Start with a very simple pattern. Four squares will do nicely for a first project. Whatever design you have chosen, make a template for each different piece. Trace the template onto your chosen fabric. Cut your quilt pieces out.
2. Sew your pieces together with a machine, or hand sew them with needle and thread.
3. Cut the filler material to the size of your pieced quilt.
4. Cut the backing material a little larger than your quilt top (1" per side).
5. Pin the front, filler, and back together with straight pins. Pin all the edges securely, and pin through in several places throughout the quilt top. Place the section that you wish to quilt first in your quilting hoop.
6. Now you are ready to begin hand quilting your quilt. Hand quilting is when you sew through the three layers, usually in a design, such as a flower or heart shape. If you have chosen squares or rectangles for your pieced top, you can quilt along the edges of your squares or rectangles. See the following section for hand quilting instructions.
7. When you are finished hand quilting, you will apply a binding to finish the edges of your quilt. A binding is usually made with the same fabric as your quilt front or backing fabric. It is simply material cut into long strips. These strips will form the outer edge or binding of your quilt. A binding can be sewn with a machine or sewn by hand. The easiest and nicest looking method of binding is to sew the binding to the quilt top by machine, and then fold it over, bring the binding edge to the backside of the quilt, and hand sew it in place.



Learning to Hand Quilt

Hand quilting needles come in different sizes, sizes 7-12 being the most common sizes. The larger the number, the smaller the needle will be. Begin with any needle with which you are comfortable, and progress to a smaller size needle when you are ready. The smaller your needle, the smaller your stitches will be.

Thread your needle with an 18" length of quilting thread. Make a small knot at the end. Insert your needle about 1" away from where you want to start your quilting stitches on the top side. You will always work from the top side of your quilt. Pull the needle through the top layer of fabric only. When you reach the end of your thread, gently pop the knot through the fabric and into the batting. You should not see the knot on the front or back of your quilt.

The hand quilting stitch is the basic running stitch. (Instructions for the running stitch are given in the Embroidery Section.) Take small even stitches through all three quilt layers. You will have one hand on the top and one hand on the bottom of your quilt as you stitch. When your finger on the underside of the quilt feels the point of the needle coming through the layers, push the needle back up, and as you do so, push the needle forward just a little bit to make a stitch. Moving your needle forward causes the stitch to form on the back of your quilt. The forward movement of your needle is very slight. A quicker return will make a smaller stitch.

When you first start out doing the hand quilting stitch, your needle should be vertical to the fabric. While you are adding more stitches to your needle, it should be running horizontally with your fabric, but the more vertical you can insert your needle into your quilt with each new stitch you add to your needle, the more accurate of a stitch you will make. Many quilters have 3-8

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stitches on the needle before they pull the needle all the way through, and begin a new needle of stitches. If you only are able to put 2 or 3 stitches on your needle, that's okay. With practice you will be able to add more soon.

When you have placed the stitches on the needle, pull the needle and thread all the way through the fabric. When you are finished quilting a certain section, or when you are running out of thread, make a small knot close to the fabric, and insert your needle back through the top layer of your quilt for about an inch or one length of your needle. Pull the needle and gently pop the knot into the batting.

Things to Learn

1. Demonstrate knowledge of the tools and elements involved in quilting.
2. Complete a small quilting project such as a wall hanging, quilted pillow covering, Bible cover, or a project approved by your parent or leader.

Tips for Perfect Stitching!

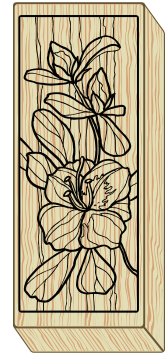
- ◆ *Even stitches are better than uneven stitches. Work on perfecting the evenness of your stitches before trying to make your stitches smaller.*
- ◆ *It is also important to work on the stitch appearance on the back of your quilt. You do not want to skip stitches or have them vary too much in size.*

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Rubber Stamping

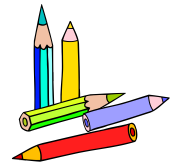
Rubber Stamping is the art of using a rubber stamp to make an image on a particular surface, and coloring it. It sounds simple and it is! With a little creativity, you can make scores of items which are pretty, practical, and economical. One can make greeting cards, decorate photo albums, and even stamp on fabrics. Colored markers, pencils, and even paint can be used to add detail to the stamped image. There are hundreds of stamps available today from very simple sketches to intricate drawings which can actually become works of art. You will really enjoy learning this new skill, and it is one that you can enjoy for your entire lifetime!



As we stamp beautiful images and designs on paper, let us ever be willing to let the Saviour stamp His image and design on our hearts.

What You Will Need

1. Rubber stamps — There are only two basic types of stamps, solid and outline. A solid stamp has a large area of rubber which makes a solid imprint. An outline stamp will only have the outline of an image.
2. Papers — Rubber stamping may be done on almost any type of paper, but different types of paper produce different effects. For example, shiny high-gloss paper will produce a sharp and clear image while a more porous paper will produce a softer image.
3. Stamp pads — There are single color pads and multi-color rainbow pads available. There are ink pads which are set in their cases and ink pads which are raised. Raised pads are best because you can use larger stamps without the stamps bumping into the edges of the ink pad. There are different types of ink: pigment and dye. Dye ink is faster drying and best for beginners.
4. Coloring tools — Colored pencils, brush markers, and fine-point paint pens can all be used to add color to your stampings. A brush marker simply has a brush type tip instead of a fine point. They are easier to use when coloring directly on a stamp.



Helpful Information

- ◆ Caring for your rubber stamps is easy. Good care will ensure that your stamps will last for years. Always clean your stamps after using them. You may use one part window cleaner to four parts water in a spray bottle. Place a stack of three or four paper towels in a tray and spray until damp. Next, take your rubber stamp and stamp the paper towels until the stamp no longer leaves an image on the paper towels. Commercial stamp cleaners are also available.
- ◆ Store your stamps in a clean, dry container.

Learning to Rubber Stamp

With a stamp pad —

1. Place your stamp on the stamp pad and press down firmly, being sure to coat evenly the entire stamp. Or you may tap the stamp several times on the ink pad. Take a look at the stamp to check to be sure all of the stamp is covered with ink.

Creative Skills

2. Place the inked stamp onto the surface you are using (paper, cloth, etc.) and press down firmly with an equal amount of pressure. Do not rock the stamp back and forth because rocking could cause the image to become blurred.
3. For best results, re-ink the stamp before each stamping.
4. Use colored pencils or brush markers to color your stamping.
5. When making a greeting card, you can add a greeting or special words with markers or a calligraphy pen.
6. You can add glitter or stickers, or anything you would like to give your card a special touch.

With markers —

1. You can use brush markers to color directly onto the rubber of a solid stamp. Work with lighter colors first, and then add the darker colors.
2. If you are coloring a large stamp in this way, the ink may dry. To fix this little problem, take a deep breath and exhale slowly onto the colored stamp. This re-moistens the image before stamping on the paper.
3. Follow steps 2 through 6 under “with a stamp pad” to complete your project.

A Note

The above methods are only the very basics to help you get started with the skill of rubber stamping. There are many wonderful books full of ideas that will teach you how to make exquisite cards for your family and friends, dress up your personal notes, and even make home decorations. So do not stop here. Keep going!

Things to Learn

1. Make six note cards using the rubber stamping techniques suggested here.



Tip! To make small, inexpensive cards, use blank 5"x8" index cards folded over once. A package of 100 will cost approximately \$3.00. That is 3¢ per card! A box of 100 “invitation” envelopes can be purchased as well for about \$12.00. That is 12¢ per envelope, which is 15¢ per card/envelope. Blank 3x5 index cards also can be folded over once to make gift tags.



✓ *Date Completed* _____



Scrapbooking

The Bible is God's preservation for man of His Law, doctrine, prophecy, history, the earthly life of Jesus, His resurrection, and so much more. Because of these preserved teachings and history in the Bible, we are permitted to travel back through the pages of time to other people and places. Scrapbooking is one way to preserve our personal memories, not only for us to remember special times and special people, but for our own future generations to know a little of their own history.



There are many creative ways to put together these personal scrapbooks, and that is what we are going to learn. This truly is one skill you can use throughout your life.

What You Will Need

1. A scrapbook — A binder which has rings in the center or posts in the binding is very nice because then you can add, rearrange, or remove pages without destroying the album.
2. Acid-free adhesives — Glue sticks, liquid glue, or double stick adhesive tapes can be used.
3. Acid-free black pens — Medium tips (.03mm or .05mm) are good for most uses. If you like, you can purchase a pen with a tip at each end which will allow you to make a thick or a thin line.
4. Templates — Templates are patterns for making designs such as circles, ovals, hearts, and stars. It is nice to start out with a few templates. You can use these to trace and cut out shapes to frame your photos.
5. Plain and patterned papers — There are many different kinds, colors, and patterns of paper. These can add variety to your scrapbook. Be sure to choose acid-free and lignin-free papers.
6. Scissors — Use both both straight-edged and patterned-edged scissors.
7. Sheet protectors — These plastic sheets slip over your album pages to protect them. Again, use acid-free protectors, not vinyl.

What Are Acid and Lignin?

Acid is used in the manufacture of paper to break down wood fibers and the lignin which binds them together. If acid remains in the materials used for photo albums, the acid can chemically react with the photos and cause them to deteriorate much more quickly.

Lignin is the material which bonds wood fibers together as a tree grows. If lignin remains in the final paper product, it will become yellow and brittle over time. Newspapers have lignin in them. Most other papers do not.

Helpful Information

- ◆ If you are working with old photographs which you would rather not cut, you can photocopy the pictures and use the copies. Make sure that the copy paper is acid-free and lignin-free.
- ◆ When you arrange your photos on your pages, remember that the eye naturally reads in a Z. If you place your pictures in a Z format, you can control which picture people see first, and also determine the focal point on a page.

Creative Skills

- ◆ It is important to write a description of the people, places, or pets on a page. Dates are another important detail, as well as a line or two about the pictures. This is called “journaling,” and will help you to remember in years to come about whom, when, and where these pictures were taken.

Things to Learn

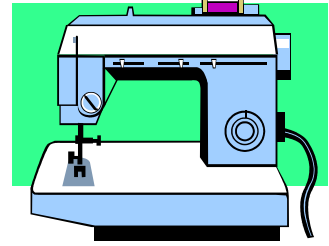
1. Demonstrate how to crop pictures. When you crop pictures, you show only the important parts of the picture.
2. Demonstrate how to mat pictures. Matting is the background for a picture.
3. Learn how to use “lettering” in different ways.
4. Make your own scrapbooking album using the different techniques mentioned above.

✓ *Date Completed* _____



Sewing

“She maketh herself coverings of tapestry; her clothing is silk and purple,” —Proverbs 31:22. Yes, in past centuries, a godly woman has always known how to skillfully use a needle to clothe her family well. Because it is often difficult to find pretty, feminine, and modest clothing, a godly woman will use her sewing skills to clothe her family well in our generation too! Sewing opens the door to a world of beauty not commonly found in store-bought clothes. For these reasons, every girl should consider sewing a fundamental part of her education. This sewing skill is a sequel to the Hand Sewing skill. It is suggested to complete the Hand Sewing skill first.



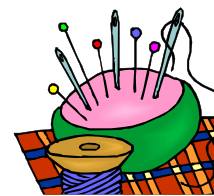
Helpful Information

- ◆ A basic sewing book is indispensable when you are learning to sew. It will give you easy-to-understand instructions for everything you want to learn and do.
- ◆ Sewing, like most other skills, becomes easier the more you do it, and it is easier than you think! After completing only a garment or two, you will be quite skilled at it!

Things to Learn

1. Take your personal measurements and keep them in your sewing basket. Then you always will have ready information to buy the correct size when you look at patterns. Take measurements of chest, waist, hips, skirt length, nape of neck to waist, and crotch depth (for culottes).
2. In your notebook complete the following:
 - (1) Describe some of the familiar types of different fabrics available today, their uses, and how to care for them (washing instructions).
 - (2) Explain the different kinds of interfacing and when to use them, and with which fabrics.
3. Do one each of the following.
 - Lay out and cut out a pattern.
 - Put in a zipper. Sew a buttonhole.
 - Put in an elastic casing. Sew a ruffle.
 - Make a gathered section (can be for a skirt or attaching a bodice to a skirt).
4. Make one skirt.
5. Make a simple dress or jumper.

Tip! Always keep your clothes in good repair. Do not let your mending pile up!



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Soap Making

Keepers at home in past generations considered the skill of making soap a necessity. They did not have the convenience of shopping at local stores as we do. For us, making soap is not a necessity, but it is still a very nice skill to possess. Homemade soaps can be made free of the many harsh chemicals found in commercially made soaps. They can be made with added oils for moisturizers. Pretty colors can be added along with scents for fragrance. There are even pretty soap molds to make shaped soaps. It is fun to make soap that cleans, smells good, and is good for our skin!



What You Will Need

1. Glycerine soap base — This is a natural vegetable soap base that has already gone through the saponification process. Although adult supervision still is needed, it is much safer for young people to make soap if this process has already been completed. Glycerine soap base nearly always is sold in a solid block and is available from stores that sell soap making supplies. Many craft stores carry it.
2. Dye — If you wish to color your soap, different color chips are available to add to your melted soap base. Liquid dyes are also available.
3. Scent — If you wish to add fragrance to your soaps, fragrance oils and chips are available.
4. Molds — There are many different soap molds.
5. Double boiler or microwave — These will be your heat sources to melt the glycerine block. You also will need a microwave safe dish if you are using a microwave. For instructions on using a double boiler, see the section on Candle Making.

Soapmakers traditionally use lye to make soaps. They mix oils, fat, and lye together. This creates a chemical reaction known as saponification. Working with lye can be dangerous if you do not take special precautions. A glycerine soap base eliminates the need to use lye, and affords an easier and safer soap making process for young people.

Learning to Make Soap

1. Cut the glycerin soap base into thin strips approximately $\frac{1}{8}$ " thick or less for quick, easy melting. Melt the glycerin soap base in a double boiler or microwave until it is liquid.

Double Boiler Method —

If you are melting the soap base in a double boiler, do not leave the soap heating for more than ten minutes.

Microwave Method —

When using a microwave, heat for approximately 30 seconds to one minute, depending on the amount of soap. Remove and stir lightly. Continue to microwave 15 seconds at a time until melted. Do not continue to microwave after soap is melted because it can cause the soap to discolor.

2. If you plan to add color to your soap, add thin shavings of your color chips and stir until you have the color that you want. Colors will lighten once the soap has cooled. You can also blend colors to make new colors.

Creative Skills

3. If you are using fragrance to scent your soap, add thin shavings of fragrance chips or a drop or two of fragrance oil until the soap is scented as you wish.
4. As soon as you have added the fragrance, pour the soap into your molds. Repeated heating of the soap will cause your fragrance to lose its scent. Let soap cool and harden before removing it from the molds. If you want to harden your soap more quickly, let it cool for one minute, then seal it with plastic wrap. Place it in the refrigerator or freezer for about ten minutes.

Warning!!!

✘ Be careful not to get any of the scent oil on your skin or in your eyes. It is highly concentrated.

✘ Be careful when you are handling melted soap. The hot liquid can burn.

Helpful Information

- ◆ Body scrubs will gently remove dead skin and leave your skin feeling soft, clean, and healthy. For body scrubs melt soap according to instructions. Once soap is melted, add one tablespoon of texture material per cup of soap. (Texture material is a material such as oatmeal or ground almonds which gives a rougher feel to the soap that, in turn, makes a scrubbing texture.) Next, add the fragrance and stir thoroughly. Some textured soaps will need more texture material. Experiment and find the amount that you need. Your texture materials need to be finely ground, not chunky or coarse.

Soap Recipes

- ◆ *Almond Scrub* — finely ground almonds and almond fragrance
- ◆ *Coconut Scrub* — finely ground coconut and coconut fragrance
- ◆ *Honey and Oatmeal* — finely ground toasted oatmeal and one tablespoon of honey per 4 oz. of soap
- ◆ *Mint Foot Scrub* — dried parsley or mint leaves and essential mint oil
- ◆ *Oatmeal and Almond Scrub* — finely ground oatmeal and almond fragrance
- ◆ You can also create skin conditioning soaps. Add one percent of an essential oil to the melted soap before pouring soap into mold. *Caution: Skin irritations may occur if you use too much essential oil.* Here are a few essential oils that you might like to try: chamomile, rosemary, lavender, lemon, and orange blossom.

Things to Learn

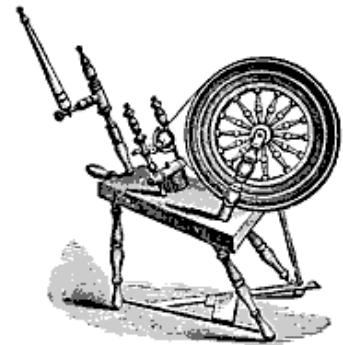
1. Make soap using fragrance and color.
2. Make one body scrub soap.
3. Make one conditioning soap.

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Spinning

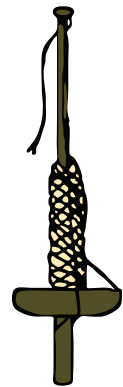
“And all the women that were wise hearted did spin with their hands, and brought that which they had spun, both of blue, and of purple, and of scarlet, and of fine linen,” —Exodus 35:25. Spinning is the very ancient skill of taking fibers and twisting them into threads or yarns. Originally people used only their fingers and hands to twist threads. Gradually hand spindles were invented, and later spinning wheels came into common use. For centuries, man spun his fibers with the spinning wheel until, just in the last century, with the advent of the industrial age, machinery took over the process of making threads and yarns.



Let us not forget that if we will be pliable in God’s hand, as the fibers are in the hand of the spinner, He will make something useful of us.

What You Will Need

1. A spinning instruction book
2. Drop spindle or spinning wheel — A drop spindle is a hand spindle. These usually can be purchased from companies that sell spinning supplies and looms. It is more difficult to locate an actual spinning wheel, but not impossible. You can check your local newspaper to see if there are any local spinning groups in your area. These groups usually welcome visitors and are happy to teach others the skill of spinning.
3. Wool fibers — Wool is a good, easy fiber with which to learn spinning. It is best for a beginner to purchase wool from a spinning supply house. This wool has already been prepared for spinning.



Things to Learn

1. In your notebook, complete the following:
 - (1) What is scouring?
 - (2) What is carding?
 - (3) What types of fibers are used for making ropes and strong cords?
 - (4) What types of fibers are used for making cloth?
 - (5) List the two main types of spinning wheels and describe their differences.
2. Spin 4 oz. of wool into yarn using either a drop spindle or a spinning wheel.
3. Write a short essay in your notebook explaining the following verse:

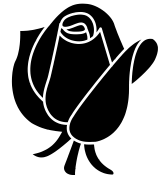
“Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these,” —Luke 12:27.

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Stenciling

Stenciling is a method by which anyone immediately can achieve results that usually require considerable painting skill. Stenciling can be used to decorate gifts, household items, furniture, walls, note cards, or nearly anything else. Stenciling can be done on wood, plastic, glass, fabric, and many other surfaces. One simply paints the open spaces on a stencil. Nothing could be easier!



Isn't that just how it is with God? He has all the knowledge and skill. He gives us His Word, as a stencil to paint our lives. We use it clumsily at best, but when it is lifted, it reveals His beautiful design.

What You Will Need

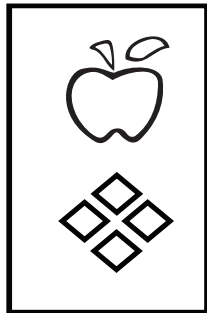
1. Stencils — Craft stores usually have a large variety of stencils. Most stencils are of the inexpensive, plastic variety which work very well.
2. Paints — There are three types of acrylic paints normally used for stenciling. Paints usually come in 2 oz. plastic bottles and are available wherever craft products are sold.
 - ◆ Acrylic (basic) — These paints usually come premixed and are used directly from the bottle. They can be used on any hard surface such as walls and fabrics. If used on fabrics, a special textile medium must be mixed with the paint.
 - ◆ Acrylic enamel — These are suitable for use both indoors and out. They leave a gloss finish. They are also good for painting very smooth surfaces such as plastic.
 - ◆ Dry brush stencil paint — These are solid paints formulated especially for stencils. They will work on all surfaces. When you open the container, there will be a thin film on the surface of the paint. You need to remove this by rubbing gently with a paper towel. This will need to be done before each stenciling session.
3. Textile medium — This is mixed one part textile medium to one part with paint to be used on fabric. The textile medium helps the paint to bond to the fabric fibers. The painted item will need to be heat set when dry. To heat set an item, place a piece of fabric, such as cotton muslin, over the painted area and place a dry, hot iron on it for ten to fifteen seconds. Do not slide the iron as when ironing. You do need to cover the entire object though, and may have to do this by lifting and moving the iron.
4. Brushes — Stencil brushes have stiff bristles and flat edges. There is also a sponge brush used for stenciling called a “spouncer.” It has a round spongy tip and a handle which fits into the palm of your hand. With the spouncer, the paint is “pounced” or daubed onto the surface.
5. Sandpaper — Sandpaper is helpful when you are stenciling on fabric. It is placed under the fabric to keep it from moving.
6. Paper towels, brush cleaner

Learning to Stencil

1. Tape the stencil in place with masking tape.
2. When loading paint onto your brush, dip only the tip of the brush into the paint. Be sure to remove all excess paint by dabbing the tips of the bristles on a paper towel. This will distribute the paint evenly across the brush. Too much paint on a brush can cause the paint to run underneath the stencil and make a messy print.
3. Always brush from the outside of the stencil toward the center.
4. If you are going to stencil on fabric, place a piece of sandpaper under the fabric. Because the same circular brush motion used on hard surfaces is also used on fabric, it will pull and move the fabric if the fabric is not held securely. Placing a piece of sandpaper under the fabric will hold the fabric in place while you stencil it.

Things to Learn

1. Stencil several sheets of stationery or note cards.
2. Stencil one fabric project.

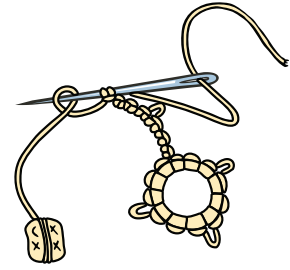


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Tatting

Tatting is the old-fashioned method of forming small knots into shapes and edgings. In crochet or knitting, we use loops to form stitches. In tatting, we are tying knots to create our stitches. Tatting looks very delicate, but because it is made of knots, it is actually quite strong. It is easy to learn. There is only one knot to master, the “double stitch.” You can make lovely doilies or beautiful edgings for collars, hankies, pillowcases, and a variety of other objects. Tatting is also a very handy craft to take with you nearly anywhere, as it does not take up much space and requires few supplies.



There are two methods for tatting — tatting using a shuttle, or tatting using tatting needles. Either method works, and you may choose which method you prefer.

What You Will Need

1. Tatting shuttle — There are two basic types of shuttles: plastic and metal. They both work equally well. Some shuttles have hooks on one end for joining threads where necessary. If yours does not, a small crochet hook will do.
2. Tatting needles — These are special needles designed for tatting.
3. Tatting thread — There are special threads made just for tatting. The very best tatting thread will be very tightly twisted and highly mercerized. Mercerized means the thread has been treated chemically to create a very smooth, shiny finish. This makes it possible for the tatted knot to slide easily along the shuttle thread. If you do not use a highly mercerized thread, you may notice that the thread unravels and becomes fuzzy. You can also use mercerized cotton crochet thread.
4. Scissors — These are used for trimming threads.
5. Small crochet hook — This is necessary only if your shuttle does not have a hook on it.
6. Tatting pattern — These are found in books on tatting. Tatting books will usually have good instructions for learning tatting.

Helpful Information

- ◆ Thread size is very important. The larger the number, the finer the thread will be. Size 100 cotton would be very fine, whereas size 20 would be much thicker. Heavier threads will be easier for beginners.
- ◆ When winding your thread on the shuttle, do not overfill the shuttle.

Things to Learn

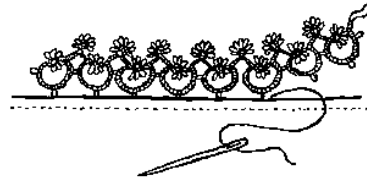
1. Learn to wind thread on a shuttle.
2. Tat an edge around a handkerchief.
3. Do a project of your choice.

Tatting Ideas

- ★ Edging handkerchiefs, pillowcases, or collars
- ★ Making doilies
- ★ Making collars
- ★ Decorating paper
- ★ Making bookmarks
- ★ Making ornaments
- ★ Personalizing note cards

Work throughout the year on tatting handkerchiefs, and you will always have a ready supply of handmade, lovely gifts for others. They are so nice to place in a special birthday card or get well card, or just to send along with a kind note.

Hint! To attach your tatting work to a project, use a fine needle and thread to stitch in place. If you are using it as an edging, sew a hem before attaching the edging.



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Tie Dyeing

Tie dyeing has been around for centuries, and has been used in many different cultures. Shibori is a form of tie dyeing originating from Japan which includes many different techniques to form elaborate and beautiful patterns for kimonos. Mudmee is another form of tie dyeing. It comes from Thailand, and is very different from shibori. Tie dyeing is also popular in the United States. It can be a lot of fun, and is a great project to do with a group of friends!



What You Will Need

1. A book or information on how to tie dye.
2. Kits — Kits are available from craft stores and online.

Helpful Information

- ◆ *Cloth to use* — Any natural fiber fabric can be used. A white cotton T-shirt is a great starting point. Be sure to prewash and dry whatever garment you choose.
- ◆ *Soda ash (sodium carbonate)* — You can find sodium carbonate in the swimming pool supply section. It is used to increase the pH in water. Soda ash also changes the pH of the fiber-reactive dye and the natural fiber so that the dye reacts with the fiber, making a permanent connection that bonds the dye to the fiber. It activates the fiber molecules so that they can chemically attack the dye. Soda ash will not work with all-purpose dye, only fiber reactive dyes. Sodium carbonate is caustic, so be sure to use rubber gloves when working with it.
- ◆ *Dye* — The best dyes to use with tie dyeing are fiber reactive dyes. Other dyes will work, but not as well. Fiber reactive dyes are brighter, longer lasting, and easier to use than all-purpose dyes. Fiber reactive dyes bond with the fiber of the garment, therefore, when you wash your garment the color does not leach out to other items of clothing. (As with any dyeing project, you do need to wash your project to remove any excess dye before laundering with other clothing.) Squeeze bottles work best when tie dyeing—empty ketchup or mustard bottles are great for mixing and applying the dye to your garment. After dyeing your garment, rinse the excess dye out with cold water until the water runs clear before putting in the washing machine.
- ◆ *Tying items* — Rubber bands or string will be needed to make your designs in your garment before soaking your garment in the soda ash, and before dyeing your garment. There are many different ways to make designs in tie dyeing. Experiment and have fun!
- ◆ *Garbage bags* — Cover your work surface with cut open plastic garbage bags to protect your work area from the dye and also for a quick cleanup. Newspaper doesn't work quite as well.
- ◆ While working with the soda ash and dye products, for safety sake wear rubber gloves, dust masks, and safety glasses.



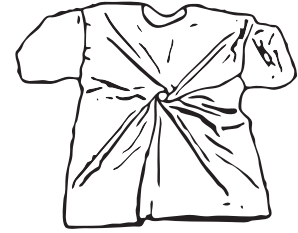
Patterns to Make

◆ *Stripes*

Gather fabric that you are dyeing into a long tube shape. You can twist the fabric for more of a white wrinkled effect, or leave the fabric straight. Place rubber bands snugly around the tube of fabric in equal distances apart, or in varying widths, however you would like. The more rubber bands you have the more white stripes you will have after dyeing the fabric.

◆ *Circles*

Lay the fabric that you are dyeing out on a flat surface. Pinch the center of the fabric and pull it up toward you. You can pull up as much fabric as you would like. Gather the base of the part that you have pulled up in your hand and place a rubber band snugly around the base. The longer the piece that you pull towards you, the larger the circle will be. Twist the fabric that you pulled up, and place rubber bands snugly around the fabric for more circles. The more rubber bands you use, the more circles you will get.



◆ *Spiral*

Lay the fabric that you are dyeing out on a flat surface. Grab a small part of the center of the shirt and pull it up toward you a little bit and start twisting the fabric. Keep on twisting the fabric until you have a spiral shape. Lay the spiral down on the shirt and keep on twisting until it makes something like a nest shape. Carefully secure the shape with two or three rubber bands snugly wrapped around the outside edge of the spiral/nest.

Things to Learn

1. Collect the supplies that you need to make a tie dyed garment.
2. Make one tie dyed garment.

Tip: Wear old clothes and shoes when working with dye.



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Weaving

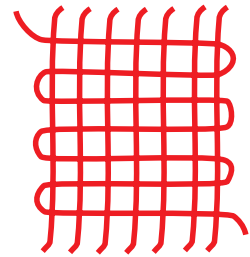
Weaving is one of the oldest crafts known to man. Mats, fishing nets, and simple baskets were among the first things woven many centuries ago. Weaving was basically a home craft used mainly to make the family's own clothes and bedding with small extras for sale or trade.

When the industrial revolution came, manufacturers put an end to home weaving since it could be done more quickly and easily in a factory.

In the less industrialized areas of the world, people still weave their own clothes and mats. It is especially popular in this country among the American Indians.

Today, items are woven mostly for fun, uniqueness, and personal enjoyment. Purses, placemats, baskets, and many other items can be woven.

It is truly amazing how God, as a Master Weaver, is able to take the raw, tangled strands of our lives and make them into a fabric or life that can be used to His glory.



What You Will Need

1. Loom — The loom can be a wooden one or made of sturdy cardboard.
2. Yarn — Sturdy yarn such as acrylic will work fine.
3. Measuring tape — This will be used to measure the lengths of yarn.
4. Scissors — These are necessary for cutting yarn.
5. Masking tape — This is needed only if you are using a cardboard loom.
6. Pattern — Patterns can be found in books about weaving, or you can easily design your own. A pattern is also included under Things to Learn.

Helpful Information

- ◆ Yarn made from synthetic fibers is strong and durable. It is made to look and feel like wool or cotton. Synthetic yarn is a good choice for beginning weavers. It can be machine washed and dried.
- ◆ Wool is used for finely woven garments because of its strength. It does shrink when exposed to water, so it is a good idea not to use it for something that would have to be washed. Wool should be dry cleaned.
- ◆ Cotton yarn can be washed and does not shrink as much as wool, but cotton woven items are not as strong, and they wrinkle easily.

Terms to Know

- ◆ *Loom* The base mechanism for weaving
- ◆ *Warp* The first set of threads to be put in place and the base upon which the weaving is done.
- ◆ *Weft* The element that is interlaced with the warp, passing over and under it.
- ◆ *Web* The finished product made by weaving.

Creative Skills

Looms

Looms can range in size from small squares (to make coasters) to large looms the size of a grand piano. Indians used small tree branches tied together. In other parts of the world, leather straps tied to trees were used.

Things to Learn

1. Demonstrate familiarity with the elements of weaving.
2. Complete the placemat and coaster described below or complete a similar project approved by your parent or leader.

Learning to Weave Placemats

Materials Needed

1. Sturdy cardboard rectangle 16½" by 11½"
2. Three skeins of rug yarn for a total of 180 yards

Directions

1. On the short sides of the cardboard, cut twenty-two ½" deep slits ½" apart.
2. Tie a knot in the end of the yarn and slip the yarn into the first slot from either corner with the knot on the back side.
3. String the yarn across the cardboard to the first notch on the other short side, then wrap it behind the cardboard and back up through the next notch.
4. Repeat step three in the opposite direction. The yarn always crosses the cardboard in front and wraps around the backs of the tabs on one side (except behind the notches on the short side). When you reach the last notch, knot the yarn behind it and cut it.
5. Cut a length of yarn 16" long.
6. Starting at one end, weave the piece of yarn over and under the strings, leaving an even length at each end.
7. Cut another length measuring 16½" and weave it under and over, opposite of the first string. Tie the two yarns together in a firm knot at both ends to anchor them to the workpiece.
8. Continue this process until the loom is filled. Trim the fringes to a uniform desired length.
9. When finished weaving, slip the ends off the cardboard. Tie the end knots to the last yarn that was woven through (at both ends). Adjust the place mat until the weaving looks uniform and the loops that were behind the tabs do not show. Be careful not to pull too tightly.

Learning to Weave Coasters

Materials Needed

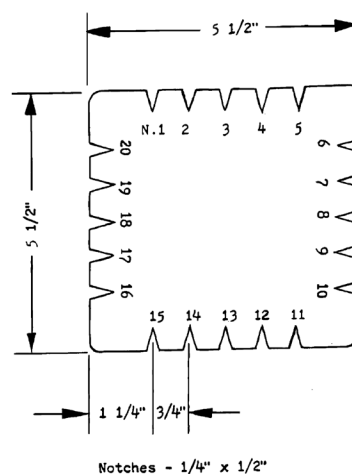
1. A 5" sturdy cardboard loom (see template).
2. 8 yards of rug yarn
3. Tape

Creative Skills

Directions

1. Tape the end of the yarn to the center back of the loom.
2. Bring the yarn to the front of the loom through N. (notch) #1.
3. Bring the yarn to N.15, wrap behind it and come through N.14. Take the yarn to N.2, wrap behind it and come out at N.3. Go to N.13 and come out at N.12. Go to N.4 and come out at N.5. Go to N.11 and come out at N.10. Go to N.16 and come out at N.17. Go to N.9 and come out at N.8. Go to N.18 and come out at N.19. Go to N.7 and come out at N.6. Go to N.20 and come out at N.1.
4. Repeat step 3.
5. Bring the yarn from N.1 to N.15 and bring it out at N.16. Go to N.10 and come out at N.9. Go to N.17 and come out at N.18. Go to N.8 and come out at N.7. Go to N.19 and come out at N.20. Go to N.6 and come out at N.5. Go to N.11 and come out at N.12. Go to N.4 and come out at N.3. Go to N.13 and come out at N.14. Go to N.2 and come out at N.1.
6. Repeat step 5.
7. You are now finished weaving. You should have 8 yarns crossing at each intersection.
8. Release the taped end and tie to other loose end behind N.1. Tie the knot firmly. Trim off the end yarns.
9. Take the remaining yarn and cut into 25 lengths of 4".
10. Take 1 length of yarn and tie an intersection together with a square knot, making sure you go under all 8 yarns. Tie remaining intersections, making sure they are slanted in the same direction. Trim ends.
11. To remove coaster from loom, just slip off the yarns behind each notch on the sides and then from the corners.
12. Turn the coaster so the knots are on the back and straighten it. If desired, snip outside loops in the center to make an outer fringe.

*Coaster
Template*

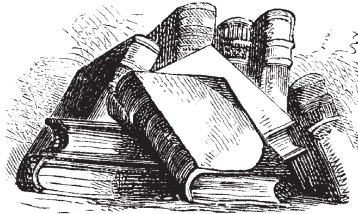


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Category VIII Scholarship Studies

“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth,”
—2 Timothy 2:15

God’s Word tells us to study so that we will not be ashamed, and we will be able to divide correctly truth from error. There are thousands of people who teach every kind of error as truth. How will you know the truth about anything?



The first thing is to start studying. Learn to read, and read well. And after you learn to read, read the Bible every single day, and read it with a purpose—to learn truth, for it is truth, and there is no lie in it. Then, as you read and learn more about the world, its history, its science, and its politics, compare what you have read with the Word of God. If you find discrepancies, discard the teaching, and never, never discard the Word of God.

Don’t study things that are not necessary, and that the Bible warns against, such as false religions, false gods, and pagan ways of doing things. That is not the way to gain discernment. Do not study error and lies to determine how they might be wrong. No, the way to gain discernment is to study truth, and then when you happen upon a lie, you will recognize it as such.

So, get busy, and start learning truth, and compare all else with it. You will find that it will be a lifelong job, but an extremely important one!

Academic Studies

Academics are important! Study increases our understanding of the world around us and puts present happenings in perspective with history, geography, and science. Of course, study of God's Word is the most important study of all. We can compare all the new things we learn with the Bible to see if the new things are true or false. In practical matters, a good command of language skills helps us to communicate with others. Good math skills help us to be good stewards of what we have. Understanding how things work aids us in functioning in this technological world. Never stop learning!



Helpful Information

Select a topic of study, list your goals for the study, and compile a curriculum, study books, and information on the topic.

Things to Learn

1. After you have completed your study, write an essay about what you learned and found interesting on your topic. Include the following information in your essay:
 - ◆ What was the value of what you learned?
 - ◆ How does it benefit your present life?
 - ◆ How will it will benefit your future life?
 - ◆ How will you use the information gained from the study?

Academic Study Categories

- | | | | |
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| <input type="checkbox"/> | Aerospace | <input type="checkbox"/> | Native American History |
| <input type="checkbox"/> | Ancient History | <input type="checkbox"/> | Noah's Flood |
| <input type="checkbox"/> | Astronomy | <input type="checkbox"/> | Penmanship |
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| <input type="checkbox"/> | Creation Science | <input type="checkbox"/> | Reading 3 |
| <input type="checkbox"/> | Cultural Awareness | <input type="checkbox"/> | Reading 4 |
| <input type="checkbox"/> | Dinosaurs | <input type="checkbox"/> | Reading 5 |
| <input type="checkbox"/> | Earth Science | <input type="checkbox"/> | Reading 6 |
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| <input type="checkbox"/> | Mathematics 1 | <input type="checkbox"/> | US History |
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| <input type="checkbox"/> | Mathematics 3 | <input type="checkbox"/> | World Geography |
| <input type="checkbox"/> | Mathematics 4 | <input type="checkbox"/> | World History |
| <input type="checkbox"/> | Mathematics 5 | | |



Biography



A biography, which is the story of someone’s life, lets us take a peek into another’s life. We can learn much from reading about others. God seemed to think it was very important also, because He included many life stories in the Bible—some long and some brief, but all for instruction. He knew that we could not only learn about these people, but we could also learn from their experiences. His intention is for us to learn about Him, and how He deals with people. There is an old adage which goes something like this: “The wise man learns from the mistakes of others; the foolish man makes the same mistakes.” Reading the right biographies can sometimes help us become wiser.

Things to Learn

1. Read ten biographies. In your notebook, record the following information. From each biography list the following: subject (person), title, author, and five useful lessons that you learned.
2. Read five biographies (stories) of people in the Bible. In your notebook, record the following information: list the subject (person), title, author, and five useful lessons that you learned.

Subject	_____
Title	_____
Author	_____
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

✓ *Date Completed* _____



Foreign Language

Being able to speak in another language opens one's communication to a whole new land of people. The Apostles carried the Gospel to people of many languages. Learning a foreign language while you are young prepares your mind for easier language learning when you are older. Who knows where God may call you someday to do His Kingdom's work?



Things to Learn

1. Choose a foreign language that you would like to learn, and write the answers to the following questions in your notebook:
 - (1) What language have you chosen?
 - (2) Why did you choose this language?
 - (3) What country or countries predominantly speak this language?
2. Choose a country from those that speak this language, and research the geography, history, economics, religion, and favorite pastimes of the country. In your notebook, write a small report about the country using this information.
3. Learn the following expressions in your chosen language.

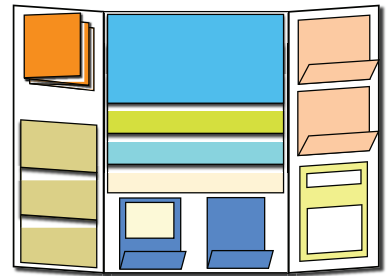
<input type="checkbox"/> Please	<input type="checkbox"/> Thank you	<input type="checkbox"/> You are welcome
<input type="checkbox"/> Good-bye	<input type="checkbox"/> Hello	<input type="checkbox"/> Good morning
<input type="checkbox"/> Good afternoon	<input type="checkbox"/> Good evening	<input type="checkbox"/> Excuse me
<input type="checkbox"/> How are you?	<input type="checkbox"/> I am well. And you?	<input type="checkbox"/> Jesus loves you
4. Spell the words involved in these expressions in either their native language or with an English alphabet if it applies.
5. If possible, find and memorize John 3:16 in your chosen language.
6. Learn about the spiritual condition of the country that speaks this language. (Perhaps your church has a missionary there.)
7. Pray for the people of that country on a regular basis.

✓ *Date Completed* _____



Lapbooking

What is a lapbook? Lapbooks are miniature unit studies or studies on a particular topic. Lapbooks are usually created by students out of file folders. They contain a variety of information which may include pictures, drawings, minibooks or foldouts, and written notes. They are great fun to make! Every student should know how to make a lapbook!



What You Will Need

1. A book or other information on lapbooking — There are also some kits available that should include enough of the basic instructions and supplies to help you get started.
2. File folders — These are the mainstay of lapbooking, and come in several different colors. They are the base to which you glue, tape, or stitch booklets, information, pictures, etc. There are many different ways that you can fold them and add extensions to them. When working with the folders, it helps to work on a firm surface.
3. Adhesives — Double stick tape, paste, glue, a good glue stick, or any acid-free adhesive product.
4. Things to put in your folder — These could include booklets, pictures, brochures, reports, stickers, or anything that you are compiling about a certain subject.

Helpful Information

- ◆ To make a basic lapbook, start with a folder opened up in front of you. Fold the left edge of the folder toward the center crease and press the folded edge firmly to sharpen the new crease. Repeat with the right side. This is your basic starting point for a lapbook. You can stop here, and fill it up with whatever you choose.
- ◆ An important thing to remember is that you usually make a lapbook *after* you have finished gathering all of your information. That way you will be able to arrange things the way that you want them, and also you will be sure to have enough room for what you want in your lapbook.
- ◆ To make a lapbook with an extension, you will need two basic lapbooks (folders) and glue. Unfold the lapbooks and place them side by side on a table in front of you. Take the two short flaps that are next to each other, and fold them up to place them back to back. These are the two parts that you will be gluing together to form a longer lapbook. You will find that you still will be able to fold the lapbook closed, though a little differently than the basic lapbook. There are other ways to expand a lapbook. Experiment to see which ways that you like the best.
- ◆ A lapbook can contain information that you have gathered on a particular topic. If you are doing a unit study, each time you have a lesson, you can make a mini book for your lapbook. When you are finished with the unit study, arrange the mini books in your lapbook. Other special touches can be added such as memorabilia, stickers, pictures, journal notes, and more. Pockets also can be added to hold special items. There are different ways to add closures to your lapbook such as brads and string, or eyelets and ribbon.

Scholarship Studies

Things to Learn

1. Demonstrate how to:
 - Fold a lapbook
 - Fold a lapbook with extensions
2. Make a lapbook on a subject of your choice.

✓ *Date Completed* _____



Literature

“And the book is delivered to him that is not learned, saying, Read this, I pray thee: and he saith, I am not learned,” —Isaiah 29:12. Christian girls should be knowledgeable. When we read, we should have a purpose for our reading. What is it that we want to learn? What would we like to know more about? This section requires using a variety of reading materials in order to broaden our minds and open new doors of learning. School will simply not supply all the learning we need to be competent as adults. Let us not need to say, “I am not learned.”



Things to Learn

1. Read 25 books selected from the following categories:
 - (1) Biography - 3 books
 - (2) Nature & Science - 1 book
 - (3) History - 1 book
 - (4) Poetry - 1 book
 - (5) Cooking - 1 book
 - (6) Crafts - 1 book
 - (7) The remainder of books can be your personal choice within the realm of good Christian literature.

Note: Any books credited to this skill may also be credited to others skills to which they might apply.

In your notebook, keep a record of each book similar to the sample below.

Title _____
Type _____ Author _____

✓ *Date Completed* _____



Poetry

We all love a good poem. The rhyming words, the interesting stories, and the pictures created in our minds all work together to make reading a good poem an enjoyable experience. Poetry can be written to accomplish different objectives. Some poems tell stories. Some poems ask questions. Some poems just describe what the author sees and feels.



Many of our hymns that we love to sing come from poems. One very famous poem that was turned into a beautiful hymn is *More About Jesus* by Eliza Hewett.

More about Jesus would I know,
More of His grace to others show;
More of His saving fullness see,
More of His love Who died for me.
More about Jesus let me learn,
More of His holy will discern;
Spirit of God, my teacher be,
Showing the things of Christ to me.
More about Jesus in His Word,
Holding communion with my Lord;
Hearing His voice in every line,
Making each faithful saying mine.
More about Jesus on His throne,
Riches in glory all His own;
More of His kingdom's sure increase;
More of His coming, Prince of Peace.

Poetry can be written in many different styles. Some poems rhyme, while others do not. Some poems have a specific format, and others have none. There are, of course, rules to writing certain kinds of poetry, but the freedom of many styles makes it possible for anyone to write a good poem.

Poetry is not difficult to write. Writing it merely requires our time, creativity, and perseverance.

What You Will Need

1. A book about writing poetry that will describe different poetry formats, components of poems, and how to write poems.
2. A book of poetry approved by your parent or leader.

Helpful Information

- ◆ When you are writing your poems, try to be creative. Use descriptive words. Learn to say things differently from how you would in normal conversation. Poetry is about creative expression. Choose a topic and then work on using the right words to make it rhyme.
- ◆ Try to read as much as you can of different types of poetry before attempting to write a poem. Reading poetry will help you develop your poetic ear, and give you ideas for poems of your own.

Things to Learn

1. Read a book on the basics of poetry.
2. Read an approved book of poetry.
3. In your notebook, define the following terms as they relate to poetry:
 - Verse Stanza Meter
 - Rhyme Rhyme Scheme Quatrain
 - Couplet
4. A ballad is usually a rather long poem that tells a story. It is most often written in quatrains with the second and fourth lines rhyming. Write a ballad about a story in your life that contains at least four stanzas and uses the correct rhyming scheme.
5. A limerick is usually a humorous poem with five lines. The rhyme scheme is a-a-b-b-a. Write your own limerick in the proper format. An example is given below.

*There once was a young man named Jason
Who was told he really must hasten.
While washing his clothes,
He stepped on his toes
And fell with a splash in the basin.*

6. A sonnet has a more complicated format than most poems and requires much more work. It is composed of fourteen lines, which contain three quatrains and a couplet. In each quatrain, the first and the third lines rhyme, and the second and the fourth lines rhyme. The two lines of the couplet also rhyme. Write your own sonnet on a topic of your choice, following the correct format.
7. A lyric is usually a short poem that expresses personal feeling and is set to a musical rhythm. A lyric does not have to follow a rhyming scheme. Write a short poem that expresses your feelings on a certain topic. After you have written the poem, see if you can apply a musical tune to your poem.

He always wins who sides with God,
No chance to him is lost;
God's will is sweetest to him, when
It triumphs at his cost.
Selected

✓ *Date Completed* _____



Scholarship

A scholar is a person who understands the value of study and makes it a part of her life. Information becomes wisdom in the hands of a scholar, because a scholar is not only able to locate information, she is also able to understand it. This may take more information or study. A scholar also is able to communicate this information to others when necessary. And a true scholar always remembers that “*The fear of the Lord is the beginning of knowledge . . .*” —Proverbs 1:7. Study gets to the heart of a matter and yields understanding of it. Make it a habit—study—a part of your life!



What You Will Need

The following reference books are all really easy to use, and are great ways to quickly get information on a subject when you need help.

1. *Dictionary* — A dictionary lists all the words in the language in alphabetical order and gives their meaning. “Bat” comes before “cat” because “b” comes before “c.” “Cat” comes before “chat” because both words begin with “c,” but “a” comes before “h.” You can find your way to any word in the dictionary because all the words are in order. Once you find a word, you can learn its meaning.
2. *Thesaurus* — A thesaurus is another very handy tool for learning new words and ways to express yourself. In a thesaurus the words are all in order just as in the dictionary. However, instead of giving the meaning of a word, a thesaurus lists other words in the language that have similar meanings. By using a thesaurus, you can learn new words to use to express an idea more accurately.
3. *Encyclopedia* — An encyclopedia is in alphabetical order just like a dictionary. It is just much bigger because it contains more than just the meanings of words. It contains information about famous people, places, events, and many other things. Encyclopedias are simply treasures of information about history, geography, people, machines, etc.
4. *Concordance* — A concordance is a tool for finding information in the Bible. It is a list of all the words used in the Bible—again, in alphabetical order. However, when you look up a word, instead of its meaning, you will find listed every verse in the Bible in which it is used. If you are trying to find a particular passage, and know one of the words contained within that passage, it is very easy to find with a concordance. Also, if you are interested in a certain topic in the Bible, you can find and read all the passages that contain any key words associated with that topic.

Things to Learn

1. Read the first ten chapters of Proverbs. Notice the emphasis on seeking wisdom and knowledge.
2. Memorize Proverbs 2:1-11.
3. In your notebook, complete the following:
 - (1) *Dictionary* — Look up and write the definitions of ten new words that you encountered in your reading.

Scholarship Studies

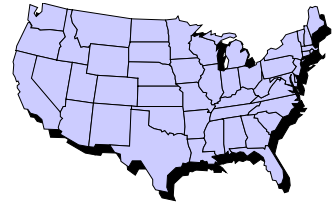
- (2) *Thesaurus* — Look up in a thesaurus the same ten words that you looked up in the dictionary, and beside each word write another word that also can be used for it. Write the second word's definition from the dictionary so that you know its exact meaning.
 - (3) *Encyclopedia* — Look up three things that you encountered in your reading and about which you would like to know more. Write a paragraph about each one.
 - (4) *Concordance* — Have someone read two Bible verses and copy them down. Find their location (book, chapter, verse) using a concordance.
4. Write a short paper explaining "Fear of the Lord."
- (1) Use a concordance to find three verses for the paper.
 - (2) Use a thesaurus to find substitutes for two words in your paper and replace them with the new ones.
 - (3) Use a dictionary to make sure that your substitutions are accurate.

✓ *Date Completed* _____



States

We live in a very large country, and depending on how one measures, it is considered the third or fourth largest in the world. It is comprised of fifty individual states and one federal district, the District of Columbia (Washington, D.C.). It is good to learn about our own individual state as well as the rest of the states that make up our United States. This information will help us in our future lives to choose where we would like to live, or even vacation. Awards are available for each state and the District of Columbia, as well as a “United States” award.



What You Will Need

1. Information about the state of your choice.
2. A good map of the state.

Things to Learn

1. Complete the following in your notebook.
 - (1) How large is the state, and in what section of the U.S. is it located?
 - (2) Describe the terrain of the state, and list its natural geography.
 - (3) What is something that the state produces?
 - (4) In what year did the state join the United States?
 - (5) How did the state get its name?
 - (6) Describe the state flag.
 - (7) What is the nickname of the state and its state flower?
 - (8) What is the state capitol?
 - (9) Who is the governor of the state?
 - (10) Write a short history of the state.
2. If possible, visit one of the state’s historic sites.
3. Write an essay about the state.

Scholarship Studies

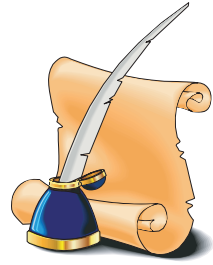
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| <hr/> | |
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Writing

“Out of Machir came down governors, and out of Zebulun they that handle the pen of the writer,” —Judges 5:14. The governors and learned men of old were those who could write. This does not mean that they could just copy characters on paper. It means that they could convey ideas to others on paper.

In our day and age, sometimes called the “Information Age,” it is as important as ever to be able to express our thoughts and ideas well. This certainly includes the ability to write effectively. The pen has always been a mighty tool when used to record truth. The “written” Word of God has preserved His truths throughout the ages. A skilled pen is still an excellent vehicle by which to teach others, defend truth, and expose error.



Writing is also a wonderful medium to convey ideas in story form, such as a parable. We might share deep feelings through the writing of poems. Many people actually earn their living by writing. One thing is for sure: if you learn to write well, you will always have a skill that can serve both God and you.

What You Will Need

The following reference books are all really easy to use and are great ways to quickly obtain information on a subject when you need help. These scholarly tools can assist you in successful writing. You may have already been introduced to them if you are working on, or have worked on, Scholarship. If not, read What you Will Need under Scholarship.

- ◆ *Dictionary*
- ◆ *Thesaurus*
- ◆ *Encyclopedia*
- ◆ *Concordance*

Helpful Information

- ◆ Write about something which you know. If you must write about something that you do not know, research it. Read what others have written about it. An encyclopedia is a good place to start.
- ◆ Stick to the purpose for which you are writing, or stay on the central theme or thought.
- ◆ Never write anything that you would be ashamed for Jesus to read.
- ◆ Words have many meanings, and it is very important to choose words that mean exactly what we intend to express. Look up any unusual words in the dictionary to be sure of their exact meaning.
- ◆ If you find yourself using a word over and over, try using a thesaurus to find another word that can be used in its place. A word repeated too often can become boring to the reader.
- ◆ Remember to use a new paragraph for each new thought. There may be several sentences used in a paragraph to complete that thought.
- ◆ After your first draft, rewrite your essay at least once. You will be surprised at how many things you will find to improve. You might also find a few mistakes. Allow a day or more between drafts, if possible.

Parts of an Essay

An essay should consist of three main parts:

- ◆ *Introduction* — The introduction should consist of at least one paragraph that introduces the reader to the purpose of the essay.
- ◆ *Body* — The body of an essay usually consists of three or more paragraphs that describe all the thoughts and details that pertain to the main idea.
- ◆ *Conclusion* — A written work does not simply end with the last detail. The conclusion is usually one paragraph at the end of the essay that “wraps up” what has been said, or notifies the reader that the writer has finished with the topic.

Things to Learn

For each of these requirements, use at least one tool from the What You Will Need section.

1. Write an essay explaining your favorite Bible verse.
2. Write an essay describing the importance of homemaking.
3. Write an essay describing the importance of being a wife and mother.
4. Write an essay explaining what one Bible passage means to you.
5. Write an essay explaining salvation.



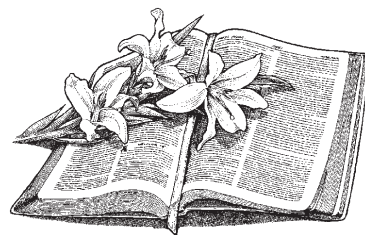
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Category IX Special Knowledge

“Receive my instruction, and not silver; and knowledge rather than choice gold. For wisdom is better than rubies; and all the things that may be desired are not to be compared to it. I wisdom dwell with prudence, and find out knowledge of witty inventions,” —Proverbs 8:10-12.

Two things a girl should seek to receive are instruction and knowledge. These will prove more valuable to her than silver and gold. Nothing is to be compared with instruction and knowledge. Do you know why this is so? Riches can be stolen, or adverse circumstances can make you poor, but if you possess knowledge, you will be able to survive.

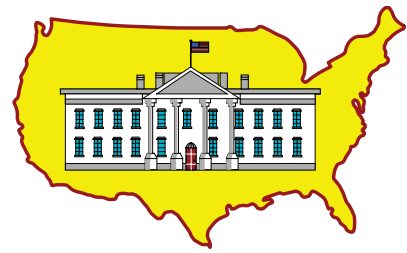
Of course, as the Bible teaches us, *“The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction,” —Proverbs 1:7.* Let us remember to fear God and learn all we can!





Citizenship

God's Word teaches us that it is good and right and important to be good citizens of our respective countries. In Titus 3:1, it says, *"Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work."* Yes, we are to obey the laws of our land. We obey God's laws first, and then we obey man's laws. And more importantly, we need to remember that this world is not our home, but we are on a journey—*"But now they desire a better country, that is, an heavenly: wherefore God is not ashamed to be called their God: for he hath prepared for them a city,"* —Hebrews 11:16. We are on a journey to our heavenly home, and we keep the laws of our land because that is the law of our great God, and we are future citizens of His Home!



What You Will Need

Information about the Constitution and the Bill of Rights.

Helpful Information

- ◆ *The Bill of Rights* are the first ten amendments added to the Constitution to protect certain rights of each citizen of the United States.
- ◆ *Citizenship* is a condition in which a person is part of a country, is able to take part in the government, and also is allowed to take part in elections by voting. When you are a citizen of a country, you are expected to follow the laws of the country, state, and town to which you belong. Good citizens have important character qualities such as: honesty, compassion, respect, responsibility, and courage. If you are a citizen of the United States, you also may be chosen to be part of a jury.
- ◆ A *Jury* is a panel of people chosen to make a decision in a court case.
- ◆ *Naturalization* is a process by which a person, who was not born in a country, becomes a citizen of that country.
- ◆ *Voting* is a process in which each citizen is allowed to cast one vote, or one choice, toward the election of a government officer or the outcome of a governmental issue. The votes are counted, and the majority wins.

Things to Learn

1. Complete the following in your notebook:
 - (1) What is the Constitution?
 - (2) Why is the Constitution so important?
 - (3) Who were some of the writers of the Constitution?
 - (4) What is the Bill of Rights?
 - (5) List the Bill of Right's ten amendments.
 - (6) What are the voting requirements in the United States?
 - (7) Why is it important to vote?
 - (8) What is naturalization?

Special Knowledge

- (9) What are the requirements to become a U.S. citizen?
- (10) What is dual citizenship?
- (11) What is a trial by jury?
- (12) Write a short essay on these verses: Matthew 22:17-22.

“Tell us therefore, What thinkest thou? Is it lawful to give tribute unto Caesar, or not? But Jesus perceived their wickedness, and said, Why tempt ye me, ye hypocrites? Shew me the tribute money. And they brought unto him a penny. And he saith unto them, Whose is this image and superscription? They say unto him, Caesar’s. Then saith he unto them, Render therefore unto Caesar the things which are Caesar’s; and unto God the things that are God’s. When they had heard these words, they marvelled, and left him, and went their way.”

✓ *Date Completed* _____



Computers

“A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels,” —Proverbs 1:5. A computer is a tool. Some tools are used for cooking. Others are used for sewing. A computer is used for information—to store it, to sort through it, to process it, to write it, to reshape it, and even to send it electronically.



We all work with information in some way or another. Thus, most of us will have a use for the abilities of a computer. We can write letters or even books with a computer. We can use a computer to organize our recipes, keep family information, and even do research and schoolwork on it. We can use it to make greeting cards, publish a family newsletter, or draw. We can also communicate with others through the use of email (electronic mail). The list goes on.

Understanding how computers work and being able to effectively use one are invaluable skills for a young lady to possess.

What You Will Need

You will need a computer book that explains how computers work. You will also need access to a computer with a word processing program. Try your local library if you do not have a computer, or do not know anyone who does.

Things to Learn

Warning! *If you are going to physically install or uninstall files or programs in the requirements below, be sure to have adult supervision. Do not attempt to do this on a another person’s computer without his or her permission.*

1. In your notebook, define the following terms:
 - (1) CPU
 - (2) Boot-up process
 - (3) RAM
 - (4) Operating system
 - (5) USB drive
 - (6) CD-DVD drive
 - (7) Hard drive
 - (8) Virus, worm, rootkit
2. In your notebook explain the difference between software and hardware.
3. In your notebook, explain what a programming language is.
4. Demonstrate how to copy a file to another folder.
5. Demonstrate how to create a file and delete the same file.
6. Demonstrate how to install and uninstall a program on a computer.
7. In a word processing program, create a new document and write a letter to someone you know. When you are finished, run the spell checker to correct any errors. If you have a printer, print out your document.

Special Knowledge

8. If you have internet access, use a search engine to locate a piece of information specified by your leader.
9. If you have email service, send someone an email message.

Email Etiquette Tips

- ◆ Use a courteous greeting and closing.
- ◆ Make sure your email is not demanding or terse.
- ◆ Do not use all capital letters. This seems like shouting.
- ◆ Spell check your emails.
- ◆ Be polite. Use “please” and “thank you.”
- ◆ Do not ignore emails. Always answer emails from those you know in a timely manner.
- ◆ Never write an email that you would not want Jesus to read.

✓ *Date Completed* _____



CPR

CPR is short for cardiopulmonary resuscitation. The words come from “cardio” which means “of the heart,” and “pulmonary,” which means “of the lungs.” Resuscitation is a medical word that means “to revive.” CPR is used when a person has stopped breathing. Many people learn CPR as a safety precaution. People who offer medical services, and are involved in safety services know how to do CPR. Many times people who work with children learn CPR. It can save a life. A brain needs oxygen to function and survive. Without oxygen, a person can have severe brain damage, or die in eight minutes or less.



What You Will Need

1. Information on cardiopulmonary resuscitation.
2. A teacher skilled in performing CPR.

Helpful Information

- ◆ If someone needs CPR, it is important to administer CPR as quickly as possible. Every moment that the brain is without oxygen is critical. It is also important to call medically trained help, or have someone else do that while you are helping the victim. Think safety. Where is the person that needs CPR? Is he on a busy street? Make sure that you will be safe. Has the person been electrocuted? Make sure that the source of electricity has been turned off, so you will not be electrocuted.
- ◆ A person giving CPR will usually use artificial resuscitation, or mouth-to-mouth resuscitation, which is a way of getting air into the victim’s lungs. Emergency workers have special equipment to use in this situation, but if you need to help someone until emergency workers arrive, you will need to perform mouth-to-mouth resuscitation, which is putting your mouth over the victim’s mouth and blowing two breaths of air into his lungs. This will force the oxygen into his lungs. Next, you will need to use chest compressions to help move blood to the vital organs. Chest compressions are done by pressing on a person’s chest many times in a row to help move the oxygen-carrying blood to the vital organs. After thirty chest compressions, give two more breaths of air, then thirty chest compressions again. Repeating these two procedures until help arrives can keep a victim alive.
- ◆ Check with your local health department, or American Health Association to find out where you can take a course to become certified in CPR rescue. Even after learning CPR, it is good to review the information every year or two.

Things to Learn

1. Read about cardiopulmonary resuscitation.
2. In your notebook, describe the three basic parts of CPR.
3. Take a course in CPR or learn from someone who is very familiar with CPR.

✓ *Date Completed* _____



Fire Safety

Fire can be extremely harmful and damaging. Disaster can strike quickly, and leave in its wake much pain and suffering. Fire is very volatile, and the rule is “Never play with fire!” The way to deal with fire is to prevent it. We should all learn about fire prevention and do whatever we can to protect our homes. The lives we save may well be our own.



What You Will Need

1. Book about fire safety
2. Smoke detector — You will need a smoke detector (it can be mounted and in use) in order to demonstrate how to make sure it is in proper working order.

Helpful Information

There are many actions that can be taken to fireproof a home. Here are some things you can do around your home in order to prevent fires and make it safer in case a fire does start.

- ◆ Always make sure that you have good batteries in your smoke detectors.
- ◆ Keep matches out of the reach of small children.
- ◆ Remove oily rags from the premises.
- ◆ Keep flammable liquids such as gasoline out of the house and in a shed.
- ◆ Make sure electric cords are not frayed.
- ◆ Do not store things on the top of your stove.
- ◆ Make sure any outside water hoses are in good working order. They may be of use in the case of small fires.
- ◆ Check all windows in the house to make sure that they can be opened easily in case of an emergency. You must be able to open the windows from inside the room.
- ◆ If a fire does occur in your home, stay as close to the floor as possible while exiting. Heat and poisonous gases rise up to the ceiling, so the air will be safer near the floor.
- ◆ Also, if you are caught in a fire, check doors for heat before opening them. There may be fire on the other side.

Things to Learn

1. In your notebook, explain how many smoke detectors should be installed in a home and where they should be installed.
2. Demonstrate how to test a smoke detector to make sure it is in good working order.
3. Draw up a fire escape plan for your home, including the proper exit route from each part of your home and a rendezvous point for all family members. Place this plan in your notebook.
4. The word “fire” is found many times in the Bible. In several occurrences, “fire” is linked to the tongue, or the words of our mouth. In your notebook, copy the following verses and write a short paragraph explaining the meaning of each.

Special Knowledge

“Where no wood is, there the fire goeth out: so where there is no talebearer, the strife ceaseth,” —Proverbs 26:20.

“As coals are to burning coals, and wood to fire; so is a contentious man to kindle strife,” —Proverbs 26:21.

Idea! A good idea would be to make an appointment at your local fire department for some expert advice on fire prevention and safety.

✓ *Date Completed* _____



First Aid

“But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, and went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him,” —Luke 10:33-34. It is important to know how to help others when they are sick or injured. Being prepared with proper items and the knowledge to handle emergencies allows a girl to be calm in the midst of a crisis. This could mean the difference between saving a person’s life and being a helpless bystander.



What You Will Need

A first aid instruction book

Things to Learn

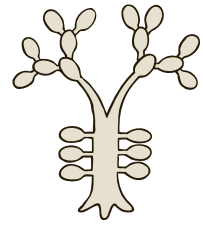
1. Make a list of doctor, police, and fire department telephone numbers.
2. Demonstrate how to make an emergency phone call.
3. Demonstrate what you should do to treat:
 - Choking
 - Small cuts
 - Fainting
 - Burns
 - Abrasions
 - Fractures and sprains
4. Demonstrate what to do if someone’s clothes catch fire.
5. Explain why it is important to keep someone warm while waiting for emergency medical help.
6. Explain why a person should not be moved if he or she is injured.
7. Assemble a first aid kit for your home containing the following items:
 - matches tweezers smelling salts bandages
 - soap ice pack pain relievers cotton
 - safety pins scissors first aid book first aid cream
 - bicarbonate of soda

✓ *Date Completed* _____



Genealogy

The word “genealogy” was derived from the Greek language, and refers to one’s ancestry or descent. In easier terms, genealogy is simply the history of a family. Genealogy was very important to people in the past because it was necessary for some individuals, especially the wealthy, to prove their birthrights or inheritance. Today people study the genealogy of their families because it is such an interesting thing to do!



Genealogy was very important to God because it was through a chosen line of people that His Son, Jesus, was promised to be born. The Bible records the genealogy of Jesus all the way from Adam, the first man, to Jesus, the only-begotten Son of God.

It is not only interesting to study our physical genealogies, but it is exciting to study our spiritual genealogies too. Some children come from a long line of believers, and some have only their parents. Of course, the most important thing to remember is that our genealogy is not what is important to God. We can each become a member of His eternal family by repenting of our sins, receiving His forgiveness, and deciding to obey and belong to Him in all things.

What You Will Need

1. Genealogy workbook — or you may create a section in your Keepers Notebook for this study.
2. Poster board — A poster board or very large paper is needed to make your own family tree chart.

Helpful Information

Unless you are sure of dates, it is best to write them in pencil. When you are sure your information is correct, you then can write it in ink. This will help keep your papers neat. Also, always write down your information, who gave it to you, and the date.

It is also helpful to know the following abbreviations:

b.	=	Born	m.	=	Married
d.	=	Died	bd.	=	Buried
bap.	=	Baptized	c.	=	Circa (circa means “about”)
nmi.	=	No middle initial			

Making a Genealogy Workbook

The first thing you will want to do when beginning your genealogy workbook is collect information. In your notebook, you will want to keep a page or pages for each family member. The following paragraphs list some of the information you will want to begin collecting and writing in your notebook.

—First Pages

This will be about you. It would be nice to include a photo. You will want to write your name, your address, the date your family research was started, the names of your father and mother, the color of your hair and eyes, your favorite hobbies, and any other interesting facts about yourself. Also include your date and time of birth, place of birth (hospital or home), and town or city. List your weight and length at birth. It is also interesting to find out after whom you were named.

Special Knowledge

You can continue for several more pages telling where you have lived, schools you have attended, classes you have taken such as music lessons, etc. You even can set aside a special page for your spiritual history. This might include what churches you have attended, when and how you came to know the Lord, your baptismal date, and anything else you would like to remember.

—Next Set of Pages

These pages would be for your father, mother, brothers, and sisters. Information to include would be name, date of birth, place of birth, father's name, mother's name, after whom they were named, date and place of marriage, occupation and place of employment, color of eyes, color of hair, hobbies, and interesting facts.

—Next Set of Pages

These pages would contain the same type of information, except it would be for your paternal grandfather and grandmother. Paternal means your father's side of the family. You would continue by making pages for your maternal grandfather and grandmother. "Maternal" means your mother's side of the family. These pages would continue with your great-grandparents on both the paternal and maternal sides. If possible, you might even be able to make pages for your great-great-grandparents, paternal and maternal sides.

—Other Interesting Pages to Include

It would be nice to include a complete listing of your aunts, uncles, cousins, nephews, and nieces. It is also of interest, since the families of most people in the United States have immigrated from somewhere else, to make pages for the original person who immigrated, from what city and country he/she came, where he/she settled in this country, and any other interesting facts about him or her.

Another good thing to put in your workbook is a page about your country of origin. This could include the name of country, government, language, religion, customs, foods, songs, etc.

Things to Learn

1. Either purchase a genealogy workbook or create your own. Complete as much as possible in this workbook.
2. Make your family tree on a poster board.
3. Write the answers to the following questions in your notebook.
 - (1) Who was the great-grandmother of King David?
 - (2) Noah had three sons. What was the son's name who was an ancestor of Abraham?
 - (3) How many generations removed was Noah from Adam?

✓ *Date Completed* _____



Library

“But if any man be ignorant, let him be ignorant,” —I Corinthians 14:38. Public libraries were established in our country with the hope that no American would be ignorant. Libraries truly have made it possible for us to be knowledgeable on any subject about which we need to know. You do not need to be rich to be rich in knowledge. Local libraries are full of books with information on nearly any subject. For a very small fee, one can purchase a library card and avail oneself of this knowledge. One who owns a book is not so great as one who owns the knowledge!



However, as Christian young people, we do want to be careful about what we read. Not all books are good literature, and there are some topics we definitely would not want to study. It is a very good idea to have your parents look over your books and make sure they are okay for you to read. A great question to keep in mind when considering what books to choose is to ask yourself, “Would Jesus read this book?” If He would not, neither should we.

Things to Learn

1. Learn how your library catalogs books so that you can find them. (Most libraries use the Dewey Decimal System.) Your librarian will be happy to instruct you in using the catalog system.

What is the number classification for:

<i>Science</i> _____	<i>Nature</i> _____
<i>Biography</i> _____	<i>Exercise</i> _____
<i>Cookbooks</i> _____	<i>Geography</i> _____
<i>Craft</i> _____	<i>History</i> _____
<i>Religion</i> _____	<i>Sewing</i> _____

2. Demonstrate how to use the card catalog or computer to search for books by name and by topic.
3. Obtain your own library card.
4. List three rules of courtesy while in the library. Library rules usually are posted. Ask your librarian.

(1) _____

(2) _____

(3) _____

5. Check out and read twelve books from your local library. Since the books should be checked out over a period of time to develop familiarity with the library and good library habits, only two books at a time may count for this skill. You must return the books on time. Late library books cannot be counted. Library books can be used to count toward other skills that require reading books.

Special Knowledge

Write the title and author of the book in your notebook along with the date you read the book and a paragraph or two about what you learned from the book.

Place an X in a box each time you check out a book and return it.

✓ *Date Completed* _____



Puppetry

A puppet is a hand-manipulated object used to represent an animal or a person. A puppeteer is the person who makes the puppet appear to come alive by animating its motions and speaking for it. Children love to play with puppets, and puppets really hold the attention of very young children. Puppets can be used to tell good, moral stories. And, we know that everyone, especially a child, loves a good story!



What You Will Need

A book on puppetry

Helpful Information

Puppets are figures that usually depict a person or animal, and are controlled by hand movements, rods, or strings. There are very simple puppets, and puppets that are made with great detail. They can be made from paper bags, socks, felt, cloth, papier-mache, wood, and many other materials. Puppets are great fun to use when telling a story. When choosing a short story or character example to use with your puppets, start with a simple one with only a few characters. Go through the story and make a list of the details that you would like to emphasize, making sure that you have all the objects or things that you will need. Practice until you are comfortable with your final version.

Things to Learn

1. Write or find a short story or character example to use with your puppet(s).
2. Make the puppet(s) that you will need for your puppet show.
3. Give a puppet show to your family or friends.

✓ *Date Completed* _____



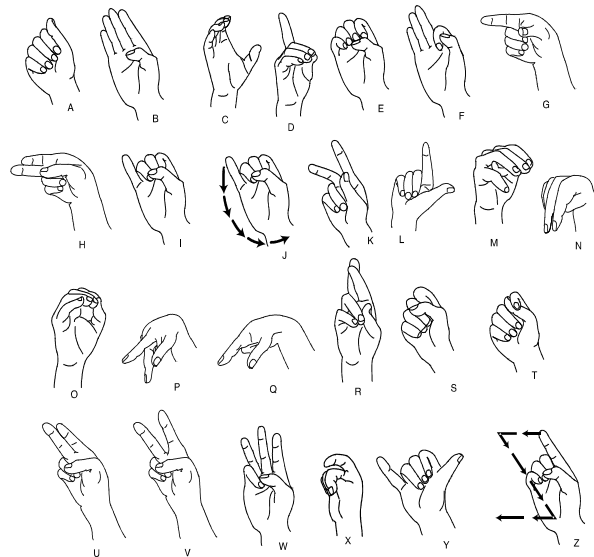
Sign Language

Sign language is a means of communicating with our fingers and hands instead of using our mouths. This skill will help us to speak with those people who cannot hear or are hearing impaired. Take the time to learn this skill so that you will be prepared to communicate with whomever God sends your way. Who knows if you might be able to tell them of God's love for them.

Things to Learn

- Learn the alphabet in sign language and demonstrate this knowledge.
- Learn the signs for—

<input type="checkbox"/> God	<input type="checkbox"/> Lord	<input type="checkbox"/> Jesus Christ
<input type="checkbox"/> Please	<input type="checkbox"/> Thank you	<input type="checkbox"/> You are welcome
<input type="checkbox"/> How are you?	<input type="checkbox"/> I love you	<input type="checkbox"/> I'm glad to see you
- Be able to say John 3:16 using sign language.
- Use sign language to sing one verse and stanza of your favorite hymn.
- Research the history of sign language and how it relates to the deaf culture. In your notebook, write an essay presenting some of the information you found.



✓ Date Completed _____



Storytelling

When a skilled storyteller begins to tell a story, all ears, regardless of age, usually perk up. This is because people of all ages enjoy listening to a story. The best stories are the sort that have a truth or lesson woven into them. Our Saviour knew this, and that is likely one reason why He constantly told short stories or parables to those around Him.



Storytelling is an excellent skill to possess. It is most valuable when used for teaching. Likely, one day you will be a mother, and you will have children to whom you will want to teach many things. Stories are a wonderful way to teach children, especially little children. Even sooner, you may work with a class of girls at church. Storytelling will come in handy then also.

Storytelling does not take talent. It simply takes a little practice. Anyone can become a skilled storyteller.

Thoughts on Storytelling

- ◆ Always have a truth or a particular point that you want to share when you tell a story.
- ◆ Always ask yourself the question, “Would Jesus tell this story?” Follow His leading.
- ◆ Stories have three parts—an introduction, a body, and a conclusion.
 - ★ *Introduction* — In the introduction you let the listeners know when and where the story took place, and tell them a little about the characters so that they get to know them.
 - ★ *Body* — The body is the story itself.
 - ★ *Conclusion* — In the conclusion you make sure that the listeners understand the moral or the truth of the story, which is the reason that you told it.
- ◆ Tell your listeners if you are telling a true story.
- ◆ Tell your listeners where you came by your story. Is it a Bible story? Is it a story that happened to Aunt Mary? Is it a missionary story? Or is it one of your stories?
- ◆ A good storyteller always uses a great deal of “expression.” She changes her voice for different characters in her story. She expresses emotions such as fear or happiness in her voice. She makes “eye contact” with her audience.
- ◆ Props or visuals are often great helps in keeping the attention of your listeners. A prop can be any item that lends understanding and reality to your story. A visual can be a picture or an object illustrating something about which you are speaking. A prop is a visual.

Things to Learn

1. Tell one story from the Bible.
2. Tell one parable of Jesus.
3. Tell one story about a lesson that God taught you.
4. Tell one story which illustrates a character trait such as honesty or truthfulness.

These stories can be told to your group or to your family. Preferably, if you are telling your family, the whole family should be present.

✓ *Date Completed* _____



Teaching

God gives a special command to older women. In the book of Titus we read, *“The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things,”* —Titus 2:3. You might ask, “What does that have to do with me?” Why, how will you ever become an older woman who can teach good things, if you do not begin learning how to teach?



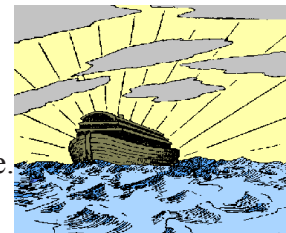
You might be wondering when and how you should be learning to teach. Well, now is as good a time as ever to begin. Teaching is nothing more than imparting something that you have learned to someone else. It is a skill that can be mastered with practice. You may have younger brothers, sisters, or cousins. You may have children in your neighborhood who are not believers in Jesus. It may be your turn to give a devotional at your club meeting. You may be a helper in a children’s class at church. Learning something of this skill of teaching now will help you to be ready when you are called upon to teach, and it will prepare you for your future.

Helpful Information

- ◆ Always pray first for those whom you will be teaching, and pray for guidance about what you should teach and how you should teach it.
- ◆ Always use Scripture. The Bible says, *“So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it,”* —Isaiah 55:11. God’s Word is the seed that is sown in the hearts of people.
- ◆ Jesus used stories, called parables, to illustrate truths.
- ◆ Jesus often used what was at hand to illustrate His stories, or the message He wanted to convey. For example, He referred to the sky, to sheep, to lost coins, etc.
- ◆ Children love visuals—things they can see or touch. Whenever possible, use a visual with your lesson. You might use props like objects that would be used by the characters in your story. You could use a blackboard or whiteboard to help illustrate an idea. Flannel boards and felts are especially nice. They provide very colorful pictures with which to illustrate a story.
- ◆ Children love to sing. If possible, use some of your teaching time to teach them a hymn about the truth they are learning.
- ◆ Children also love to take things home with them. Their Bible verse could be written out on an index card or bookmark for them, or perhaps, you might have a picture that they could take home and color.

Things to Learn

1. Teach one lesson from a verse in Proverbs. Use a visual.
2. Teach one lesson on one of Jesus’ parables. Use a visual.
3. Speak about one of your favorite Bible verses, and why it is a favorite.

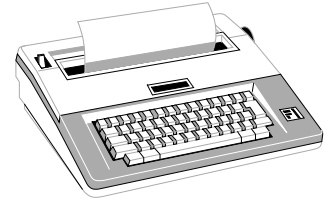


✓ *Date Completed* _____



Typing

“And it shall be, when he sitteth upon the throne of his kingdom, that he shall write him a copy of this law in a book out of that which is before the priests the Levites,” —Deuteronomy 17:18. In this passage, God was telling His people that when they come into the promised land and get a king, the king should make a copy of the law. Until the invention of the printing press, books were handwritten. Once the press came into common use, books were printed and people were able to read the law (Bible) for themselves. With the invention of the typewriter, individuals could have a little press right in their own homes to type or write books. With the advent of the computer, information of all sorts has become available to nearly everyone.



Typing is such an excellent skill to possess! Instead of picking out the keys one at a time, your fingers can fly across them with great speed. Much of what you do in the way of processing information will be greatly enhanced by learning to type quickly and accurately. Typing does not take a great amount of talent. It simply takes practice.

What You Will Need

1. Typing instruction manual or typing software
2. Typewriter, word processor, or computer

Things to Learn

1. Complete a typing course.
2. Be able to type 25 words a minute with one error or less.
3. Type one poem.
4. Type one chapter from the Bible.

*Remember! Accuracy should
always come before speed.*

✓ *Date Completed* _____

Category X Music Arts

What is music? That is an interesting question. A simple answer would be that music consists of sounds woven together in a structured and continuous manner. God's world is full of musical sounds—birds singing, wind blowing, bees humming, waves breaking, and the list is endless. When we think of music, we most likely think of singing, humming, playing instruments, and making melody. The right kind of music praises and honors our God. Good music elevates our moods and lifts our spirits. God's Word admonishes us to sing praises to our God, and so we should be busy doing this every day of our lives.

“Sing praises to God, sing praises: sing praises unto our King, sing praises. For God is the King of all the earth: sing ye praises with understanding,” —Psalm 47:6-7. “Praise ye the LORD. Sing unto the LORD a new song, and his praise in the congregation of saints,” —Psalm 149:1





Band

A band is usually smaller than an orchestra, which is a very formal group. An orchestra contains stationary instruments, and always plays in a hall, theater, or indoor arena. A band may play indoors, and it may have some stationary instruments, but they are all very portable. There are no pianos, organs, etc. Some bands, like marching bands, contain only non-stationary instruments. Some bands are rather small and informal. It is fun to get together with friends and learn to play songs in harmony with each other.



Things to Learn

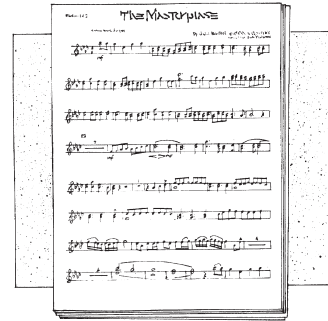
1. Learn to play an instrument.
2. Learn to play with a group of musicians.
3. Participate in one performance.

✓ *Date Completed* _____



Choral Music

A choir, chorale, or chorus is a musical group of singers. Choral music is the music specifically written to be sung by a choir or chorus of singers. When Nehemiah led the Jewish people back home to Jerusalem to repair the walls and fix the temple, thousands went, including a choir! *“The whole congregation together was forty and two thousand three hundred and threescore, Beside their manservants and their maidservants, of whom there were seven thousand three hundred thirty and seven: and they had two hundred forty and five singing men and singing women,”* —Nehemiah 7:66-67. It seems like there have always been people who formed choirs to sing praises to our great God, Who alone is worthy of praise. Perhaps you would like to learn how to sing in a choir or small group. It is a skill that will bless you and others.



Things to Learn

1. Learn to sing in a group.
2. Sing in at least three choir presentations.

✓ *Date Completed* _____



Hymns

In Colossians 3:16 we read, “*Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.*” We should read the Bible as often as we can so that the Words of Christ will really dwell in us, and so that we will know true wisdom, the wisdom of God.



Isn't it interesting that we can admonish or give earnest advice and teach others through the singing of psalms and hymns and spiritual songs? This would indicate that the singer is not singing alone, but is singing with someone or singing to someone. And we notice that there are three different kinds of singing—psalms, hymns, and spiritual songs. Psalms are found in the Bible, hymns are songs of praise to God, and spiritual songs are songs which most likely encourage or lift the spirits of ourselves and others by helping us to focus on our wonderful God and our Lord and Saviour, Jesus Christ. The purpose of the “Hymns” skill is to become more aware of our rich heritage in hymns, and to become obedient to the gentle command to be singing with grace in our hearts to the Lord.

Things to Learn

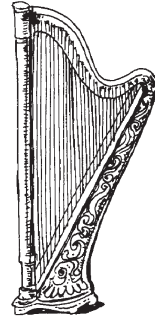
1. Choose three hymns, and learn the meaning behind each hymn. In your notebook, write a short essay on each hymn explaining why the hymn was written. Learn all the stanzas by memory for the three hymns.
2. Choose your favorite hymn, tell the story behind the hymn, sing the hymn, play the hymn on an instrument, or play a recording of the hymn for your family or club.

✓ *Date Completed* _____



Musical Instruments

Way back in Genesis we find that the early people had musical instruments. “*And his brother’s name was Jubal: he was the father of all such as handle the harp and organ,*” —Genesis 4:21. God is the Creator of music, His world is filled with the music of nature, and He has put it into the heart of man to make music too. In fact, He commands man to “*Praise the LORD with harp: sing unto him with the psaltery and an instrument of ten strings,*” —Psalm 33:2. If you learn to play an instrument, you will be able to bless yourself by playing unto the Lord and bless others too, and enjoy the instrument throughout your whole life.



Things to Learn

1. Learn to play an instrument. Take lessons for at least one year.
2. Play a song before your club, group, or family.

- | | |
|--|---|
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| <input type="checkbox"/> Banjo | <input type="checkbox"/> Lyre |
| <input type="checkbox"/> Bass Clarinet | <input type="checkbox"/> Mandolin |
| <input type="checkbox"/> Bassoon | <input type="checkbox"/> Musical Instrument |
| <input type="checkbox"/> Bass Violin | <input type="checkbox"/> Oboe |
| <input type="checkbox"/> Bugle | <input type="checkbox"/> Organ |
| <input type="checkbox"/> Cello | <input type="checkbox"/> Piano |
| <input type="checkbox"/> Clarinet | <input type="checkbox"/> Piccolo |
| <input type="checkbox"/> Cornet | <input type="checkbox"/> Recorder |
| <input type="checkbox"/> Drum | <input type="checkbox"/> Saxophone |
| <input type="checkbox"/> Flute | <input type="checkbox"/> Trombone |
| <input type="checkbox"/> French Horn | <input type="checkbox"/> Trumpet |
| <input type="checkbox"/> Guitar | <input type="checkbox"/> Tuba |
| <input type="checkbox"/> Hand Bells | <input type="checkbox"/> Ukulele |
| <input type="checkbox"/> Harmonica | <input type="checkbox"/> Viola |
| <input type="checkbox"/> Harp | <input type="checkbox"/> Violin |
| <input type="checkbox"/> Keyboard | <input type="checkbox"/> Xylophone |

✓ *Date Completed* _____



Singing

“Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,” — Ephesians 5:19. Because scriptural, beautiful music lifts our souls and stirs our hearts, we are admonished to encourage one another in psalms and hymns and spiritual songs, singing with grace in our hearts unto the Lord. Have you ever realized that you cannot be down in the dumps or grumpy while you are singing praises to the Lord? Have you noticed that you cannot be cranky and sing at the same time? Why not make it a habit to always have a song in your heart, and, whenever possible, hum or sing softly while you work.



Things to Learn

1. In your notebook, list five of your favorite Christian hymns and/or spiritual songs, their authors, and why each song is special to you. A sample format is shown below.

Title	_____
Author	_____
Special because	_____

2. Memorize all the verses of one Christian hymn or song.

Title _____

✓ Date Completed _____

Category XI Artistic Skills

Art is a process of arranging materials in such a way as to make them appealing, or pleasing, or to convey a message or a lesson. God's world is the perfect example because our God *is* an artist—the *Original One*. He has arranged the materials of His world into beautiful sunsets, the majesty of mountains, the awesome night skies, the exquisiteness of a rose, the flutter of a butterfly, and thousands of other points of beauty.

God has instilled in men and women the same creative urge to be artists, only people must start with the things God has made or given them in order to create their art. We like to beautify our homes and our personal surroundings with pretty things, and so we are all artists of some sort. Creating is fun! There is much to learn, so we hope you will enjoy this section of skills, because these skills can add beauty and enjoyment to your life, and be a means of blessing to others.





Ceramics



“But now, O LORD, thou art our father; we are the clay, and thou our potter; and we all are the work of thy hand,” —Isaiah 64:8. Just as we are clay in the hands of our God for Him to mold and shape us, ceramics is the process of molding items out of clay. Many articles such as vases, dishes, flowerpots can be made. Ceramics is easy to learn and best of all, you can have the pleasure of creating these items, making you a potter of sorts.

Learning the Process

Ceramic articles are made by pouring liquid clay into a mold and allowing it to set until an outer layer solidifies against the surface of the mold. The excess liquid clay is then poured from the mold, leaving a hollow clay object in the mold. Thus, the ceramic will not be excessively heavy, and shrinking and cracking will be reduced.

After the clay has continued to harden, the mold will be removed. The clay item will continue to dry. The dried clay in this state is called greenware.

After a little cleaning with a ceramic cleaning tool to take away any rough edges, it will be fired (heated) in a special oven called a kiln in order to harden it. After it is fired, it is called bisque.

The bisque can be handpainted using a special ceramic paint. This paint acts like a sealer and gives a shiny appearance to the ceramic item. This process is called glazing. The piece will then be refired in the kiln to harden the glaze.

What You Will Need

The very best way to learn this skill is to visit a ceramic store. They have lots of information available, have a kiln, and give classes in ceramics.

Things to Learn

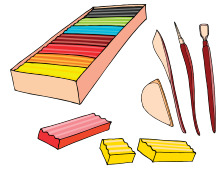
1. Complete a ceramic vase, a flower pot, or a similar item.

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Clay Sculpting

For most of us, since we were small children, we have enjoyed working with modeling clay. It was so much fun to create all kinds of wonderful things, but there was no way to keep them. So, we had to put sculpting away. Today, with the new clays and techniques, the things that we make, we can preserve them to keep them or give them away as gifts. And, you know what? It is still fun!



What You Will Need

1. A book on clay sculpting
2. Clay sculpting kit — A kit is usually available. It will contain most of what you will need to get started including clay, basic instructions, and perhaps a few tools. You already may have some of the things listed below. Some of the tools you may be able to make yourself.
3. Polymer clay — This clay is a non-toxic material made for sculpting. There are many different kinds of polymer clay available. Some can be air cured, and others need a low heat temperature to cure. To safely work with polymer clay, always follow the manufacturer's directions for curing. Never exceed the recommended curing temperature.
4. Rubbing alcohol, 90% or 70% — This is used for smoothing your sculptures. If you are using a heat source to dry your sculptures, be sure to let your sculpture dry overnight after smoothing, and before curing, the clay.
5. Work surface — A glass cutting board works very well for this purpose. If you are using a pattern, you can also slip it under the glass while working. Remember not to use the glass cutting board for food purposes after using it for clay.
6. Cutting tool — A craft knife or similar tool
7. Rolling tool — A rolling pin works well, but be sure not to use it for food use at a later time. Set it aside to be only used as a craft tool.
8. Simple modeling tools — A basic set can be found at most craft stores.
9. Loop tool — Recommended for removing bits of clay from your designs.
10. Needle tool — This tool is used for making lines and dots in your sculptures.
11. Armature materials — These can be used to form a strong base for your clay. Wire, crumpled aluminum foil, or sculpting epoxy can be used.
12. Paints — Acrylic paints (artist acrylic, not craft acrylic), oil-based paints, or powdered pigments can also be used to add color and detail to your designs. When painting or working with pigments, it is usually best to prime your sculpture before painting and finishing your piece with a sealer.

Helpful Information

- ◆ Never use tools that you have used for polymer clay for food use. Clay residues may linger on the tools, and they could be ingested. If you do a lot of sculpting with polymer clay, and you choose to use an oven for curing, it is best to have a toaster oven just for that purpose. If you do need to use a regular oven, be sure to thoroughly clean the oven when you are finished, or use a purchased roasting bag in which to place the sculptures while curing.

Artistic Skills

- ◆ If the polymer clay that you are using is too soft, flatten it and place it between two pieces of plain white paper under a stack of books for a couple of hours or overnight. The paper will absorb excess plasticizers in the clay. If the clay is too dry, there are clay softeners you can purchase to add to your polymer clay.

Things to Learn

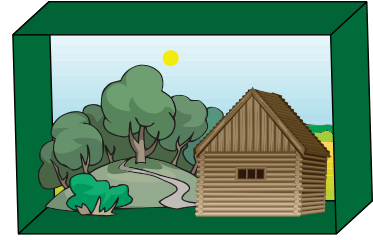
1. Demonstrate using the various sculpting tools.
2. Make three different things from polymer clay or the clay of your choice.

✓ *Date Completed* _____



Diorama

Diorama is a three-dimensional, realistic-looking display. A diorama can be full-sized or miniature. It is used to depict a scene, or to portray some occurrence or important point in time. Creating a diorama is an enjoyable way to show what you have learned about a certain subject. A picture can be worth a thousand words!



What You Will Need

1. Diorama display box — Check around the house; almost any container that has some depth can be used for a diorama. Think about the diorama that you will be making. Is there a container that would suit the subject material? This can be something as simple as a cardboard shoe box, a specially purchased shadow box, or even a homemade wooden box.
2. Objects to use in your diorama — These can be almost anything that has to do with the subject you have chosen as long as it is to scale. Miniatures, origami, cut-outs, clay objects, small figures, moss, twigs, etc. will all work.
3. Things with which to decorate your display box — Paint, markers, colored papers, paper cut-outs, stickers, or anything that will help with what you are trying to display. You will also need basic supplies such as scissors, glue, paint brushes, tape, etc.

Helpful Information

- ◆ The most important thing to remember when making your diorama is to keep things to scale. Scale is the ratio between life-sized and the size of your scene. Keep things consistent. Do not use a three-inch tall person with a three-inch tall house. A common scale for miniatures and doll houses is 1 inch = 1 foot. Remember, a diorama is a *realistic* picture of a larger scene in a smaller space. Perception and depth can be important. If there are objects in your diorama that are off in the distance, place them toward the back of the display box and possibly make them a little smaller.
- ◆ It is also important to have a plan. Roughly sketch out on paper how you would like your diorama to look. You can always change your plan if necessary. Think of how the diorama will look to other people. Will they understand what you are trying to show them?
- ◆ After you have found a display box, chosen a subject, and collected or made the models that you will be using, you will need to decorate the background scene in your display box. You can do this with paints, markers, colored papers, etc. Be sure that you differentiate between the ground and the sky, and keep the scale size consistent. Start placing the objects where you would like them. When you are happy with how your diorama looks, start gluing or attaching the different objects in place.

Things to Learn

1. Choose a subject for a diorama.
2. Collect the items you will need.
3. Make a diorama.

✓ *Date Completed* _____



Drawing

Drawing is the foundation for many skills in life. Quilters, pattern makers, sewers, and painters all need drawings from which to work. The ability to illustrate a concept is a very beneficial skill to possess. An excellent side benefit of drawing is that it increases our awareness of the intricacies of God's world in a new way. Studying the shapes, textures, and the infinite detail that make up our surroundings increases our appreciation for God's handiwork. A pencil and paper are portable, and subjects to draw are everywhere. It is relaxing and fun. Take the time to learn this skill well. You do not know how much it might benefit you in the future.



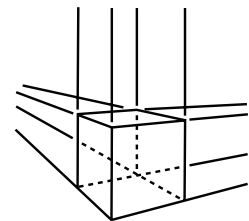
What You Will Need

1. Pencils — The degree of hardness of the lead depends upon the clay/graphite mixture used. The degree of hardness is indicated by a letter and number combination printed on the side of the pencil. The scale begins with the H's, which are hard and light, and goes to the B's, which are soft and dark. A number 2H pencil is a good one with which to start for beginners.
Lighter — 6H 2H H HB B 2B 6B — Darker
2. Paper — Drawing paper usually has a slight texture to it. This more textured paper seems to catch and hold the pencil marks. Smooth, non-textured paper is also available and gives sharp clean lines. It is also the easiest to keep clean.
3. Drawing board — For working at home, a drawing board with two clips to hold the paper in place works great. If you want to be able to draw anywhere, a spiral sketch pad will work.
4. Vinyl eraser — This will erase effectively any pencil's degree of hardness and does not damage the paper.
5. Artist's brush — This is helpful to brush away the eraser crumbs without smearing the drawing.
6. Bridge — When working at home on larger projects, a bridge is very helpful. This is a 1" wide piece of wood with small blocks glued to each end, or a wooden dowel will serve almost as well. This keeps one's hand off the paper while drawing. A piece of typing paper may also be used to cover portions of work so that one's hand can move freely across paper without smearing anything.
7. Pencil sharpener — Maintain the proper pencil points for the line thicknesses desired.
8. Fixative — This is a spray which seals the finished drawing.
9. Sandpaper — A small piece of sandpaper is very handy for putting a chisel point on a pencil or charcoal stick. Chisel points can be turned to provide very different textures and depths of lines.



Terms to Know

- ◆ *Perspective* — Using perspective in a sketch is accomplished by drawing things larger to make them look close and drawing things smaller when you want them to look far away. In perspective a building looks tapered. The front part or close part is tall, and the building tapers down with the back or farthest part being much shorter. Look at some sample sketches to get some ideas.

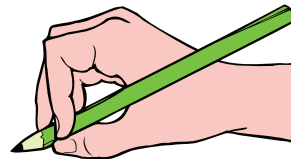
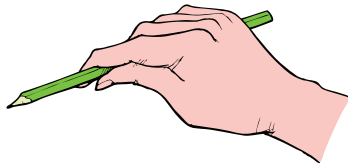
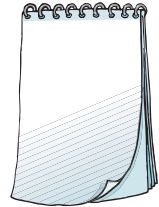


Artistic Skills

- ◆ *Shading* — Shading is the idea of creating shadows, usually with the side of the pencil lead. In order to give the appearance of light shining on an object, you shade, or create shadows, on the other side.

Helpful Information

- ◆ You can really draw on any size paper; even a tiny 3" by 5" sketch pad will work. You can carry this small pad and a pencil nearly anywhere you go. You can sketch in free moments, making good use of your time. The more you draw, the better you will become at it.
- ◆ Pencils with different degrees of hardness produce different effects. Using different pencils will give the ability to use these effects. Use different amounts of pressure to see how many shades you can obtain. See how many different strokes and patterns you can make.
- ◆ Holding the pencil with different hand positions can produce different effects and can also make drawing certain lines or strokes easier. Practice with different hand positions.



- ◆ Learn how to use colored pencils. They will be used in the same manner as the black pencils, but the color will add greater detail to your sketches.
- ◆ Experimenting with chisel-shaped points on pencils or charcoal sticks will show how to create new effects.

Things to Learn

1. Draw three sketches, alternating the positions that you use to hold the pencil. Use at least two positions.
2. Draw two sketches using chisel points on your pencils.
3. Draw two sketches using colored pencils.
4. Draw two sketches using perspective (showing close and far away).
5. Draw two sketches using shading to simulate light shining on an object from some point.

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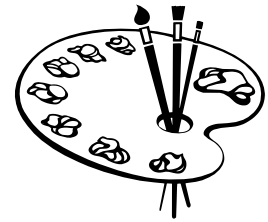
Oil Painting

Many people never try new things because they are afraid that they will not be able to do them well. This is a common fear with oil painting. Oil painting is easier than you think, but you will never know if you do not give it a try.

Oil painting has become a lifelong hobby for many people. Some people even sell their paintings. Others simply enjoy giving them as gifts or framing them for their own enjoyment.

No one is just born with the talent to paint. As with anything, it takes a little learning and a lot of practice. Taking time to work on this skill provides you with a wonderful learning opportunity! You just may discover that you really do enjoy oil painting, and you may excel at it as time passes.

We humans love beauty, and we are made in God's image. Look at the beauty of the sunset and so many other beautiful facets of our environment that God has painted around us. Is it any wonder that we should enjoy reproducing some little pieces of that beauty on canvas?



What You Will Need

1. An instructional book
2. Paints — Oil paints come in small tubes like a toothpaste tube. You will gently squeeze the paint out onto a palette. It is best to buy paints of good quality instead of inexpensive ones. With inexpensive paints, the oil separates from the pigment more easily, making painting more difficult, especially for the beginner. Tubes in each of the primary colors will make a good starting set, with a little extra white. You will use white to blend many of your other colors. Oil paints are sold at most craft stores.
3. Canvas — Canvas especially prepared for oil painting is the best. However, it can be expensive, and is not necessary for beginners. An inexpensive cardboard type of canvas is available from most craft and hobby stores. This works very well also.
4. Palette — Palette paper can also be purchased. You will want to use a fairly large size of paper so that you will have plenty of room to blend your colors.
5. Palette knife — A palette knife with a bent blade is used for scraping unused paint off your palette. It also can be used for applying paint to your canvas if you are doing large areas.
6. Oil painting brushes — Good quality brushes are important to a painter. They are the primary tools for creating a painting. Just a few sizes are needed. A good selection would consist of a #5 Round, a #5 Bright, a #6 Flat, and a #10 Filbert.
7. Turpentine — This is necessary for cleaning your brushes after each use.
8. Linseed oil — Linseed oil is used to mix with paints that are too thick. A very small container of the oil is sufficient. You will need a cup to hold the oil that you are currently using.
9. Easel — This can be a full-size standing easel or a tabletop easel (which will work nicely for beginners). You can also improvise your own easel by placing a stack of old books behind your painting and something flat in front of your painting. Your canvas should be at a comfortable angle.
10. Paper towels — These will be used for cleaning up.

Artistic Skills

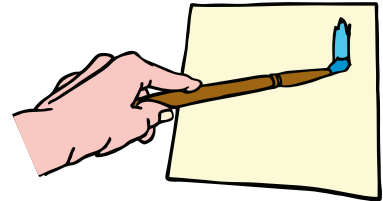
11. Subject to paint — Choose a fairly easy picture to paint. Easy subjects would be a simple landscape with a tree, green grass, blue sky, clouds, and any other items you would like to add. It is best to work from a photograph. Another easy picture would be a sandy beach, with a few seashells, blue sky, and the ocean.

Helpful Information

- ◆ Before beginning to paint, take time to just play with your paints to get the feel of blending colors and to see what they will look like on the canvas. You might be able to locate some poster board or odd, large scraps of heavy paper on which to practice. Mix each color with every other one. Add black to each color. Add white to each color. Sketch a small picture and practice painting it with just three colors.
- ◆ Practice making as many different types of brush strokes as you can with your different brushes. Make heavy, thick ones. Make light, airy ones. Make swirls.

Learning to Hold a Brush Properly

Oil painting brushes have long handles on them. This is so you can stand back and really see your canvas as you are painting it. Because of this, you will not hold the brush as you do a pencil. You will hold it by the end of the handle while you are applying the paint. Of course, if you are drawing something on your canvas, you then may place your hands closer to the front of the brush. However, the majority of your painting will be done by standing back and holding the end of your brush.



Things to Learn

1. Demonstrate how to properly hold a brush.
2. Demonstrate several different brush strokes.
3. Demonstrate how to mix different colors.
4. Paint a picture in oils and show it to your leader or group.



✓ *Date Completed* _____



Pottery

The skill of creating pottery has always been important to mankind. Pottery pieces have provided containers, dishes, and decorative items. The same basic use of pottery items exists today. Because man understands the concept of being a potter and making pottery, that is perhaps the reason God has a number of references to it in His Word, the Bible. A very important verse is in Jeremiah 18:6 that says, “*O house of Israel, cannot I do with you as this potter? saith the LORD. Behold, as the clay is in the potter’s hand, so are ye in mine hand, O house of Israel.*” While you are working on learning this skill, ponder and meditate on this verse.



What You Will Need

1. Beginner pottery information — You will need a book or other information on different pottery-making techniques. It should explain the glazing and kiln drying process. Beginner kits for making pottery are available. The kits usually will include the basic materials to get you started. If it is available in your area, you may be able to take a class on pottery making.
2. Clay — There are several different types of clay, but the main types are earthenware, stoneware, and porcelain. Earthenware clay is the most common clay. It is worked easily, but can be sticky.
3. Pottery tools — Below are some basic tools that potters use, and while you will not need all of them to begin working with clay, it is good to know what tools are available and their purpose:
 - ◆ Towels — Old cotton towels work great for wiping hands when necessary. You also can use a damp towel to keep a work in process from drying out.
 - ◆ Potter’s needles — These are useful for trimming the top edges of pottery pieces, and also for scoring slabs and coils when hand building pottery.
 - ◆ Cut-off wires — These are used to remove thrown ware from the potter’s wheel. They can also be used to cut large lumps of clay.
 - ◆ Fettling knives — These are thin-bladed knives available in a hard or soft temper. The hard temper knives are inflexible and the soft temper knives can be bent into desired angles. They are used to remove the lines made from molds, and also used to trim slabs and thrown pots.
 - ◆ Ribs and scrappers — These are used to help shape and smooth pots being made on a potter’s wheel. They also are useful when making coiled pots.
 - ◆ Loop, wire, and ribbon tools — These types of tools are nice for trimming greenware, and also for hand building. Wire and ribbon tools are not recommended for throwing pottery; they are too fragile.
 - ◆ Wooden modeling tools — These are good for hand building, and also for trimming pottery pieces.
 - ◆ Sponges — When throwing pottery, sponges are used to absorb or distribute water. Special pottery sponges are available. They are more sturdy than a typical sponge and will not fall apart as readily.

Artistic Skills

- ◆ Brushes — These are used to place water on the piece or to slip into specific areas when working with clay. They also can be used to paint and decorate your project. The best types of brushes to use with clay are sumi or bamboo brushes.
- ◆ Glazes — These are a type of glass made especially for pots and other ceramic surfaces for decoration and protection. When glazes are heated in a kiln, the liquid is quite stiff, allowing it to stay on vertical surfaces in high temperatures. There are many different colors and types of glazes.
- ◆ Potter's wheel — A wheel is only used for thrown pottery work. (Throwing means to form clay on a potter's wheel.) There are many different kinds of wheels. Wheels are most often powered by hand or leg power. Others are powered by electricity.
- ◆ Kilns — Kilns are used to fire the greenware (dried pottery). They are expensive, so it is a good idea to check around to see if there are some local potters that would be willing to fire your greenware, or rent you kiln space. Be patient though! They have their own work to do, so you might need to wait until they have space for your pieces. Different kilns also use different temperatures and atmospheres to fire greenware. Make sure that the clay and glazes that you use will be compatible with the temperature and atmosphere that you are using.

Helpful Information

- ◆ When working with clay, it is best to do so on a protected surface. Cotton duck cloth placed on your working area works well, and allows for easy cleanup. Before using your clay for a project, you need to work it. You work your clay by kneading it just like bread dough. Kneading the clay will help remove any air bubbles trapped in the clay. If those air bubbles are left in the clay, they will expand when exposed to heat, causing your project to 'explode.' Evenly worked clay also helps to create a uniform consistency, fires better, hardens better, and is the starting point for correctly thrown wheel clay. There are two methods of making things with clay: by hand building or with a potter's wheel. Both have their advantages, but working by hand is the least expensive and great for a beginner.
- ◆ When making a project from clay, you will want to work toward an even thickness of walls, well joined seams, and a pleasing form. Once you have finished a project, put it aside to dry. When it feels as dry as leather, you may add designs to the surface. After you have finished decorating your project, and it has finished drying, your finished piece is called greenware. To test if your pottery project is dry, see if it still feels cold. If it is still cold, then it is not finished drying. Once your piece is completely dry, you are ready to under-glaze and/or glaze your piece and fire it in a kiln.

Tip: Your clay piece is going to shrink after it has dried and been fired. This is normal, but something to take into consideration when making a project.

Things to Learn

1. In your notebook, explain the following methods:
 - The Pinch Method
 - The Coiled Method
 - The Slab\Molding Method

Artistic Skills

2. Complete the following in your notebook.
 - (1) How does a pottery wheel work?
 - (2) What is throwing?
 - (3) What is greenware?
 - (4) What is bisqueware?
 - (5) How is glaze used?
 - (6) Why do you kiln dry pottery?
3. If possible, visit a kiln or potter's studio to see how a potter's wheel is used, and how a kiln is used.
4. Make a project using one of these hand methods:
 - The Pinch Method The Coiled Method
 - The Slab/Molding Method

Tip: Never rinse tools, or put clay or residue down drains. That will eventually clog the drain pipes. Use buckets of water to wash your hands and tools; you can recycle the clay that settles at the bottom.

✓ *Date Completed* _____



Tole Painting

Tole painting is considered to be decorative painting. Oil painting and watercolors are painted on canvases, but tole painting can be done on nearly any surface. Furniture, plaques, keepsake boxes, clothes, and many items too numerous to mention can all be tole painted. It is simpler than oil painting because patterns are used, and it is usually done with acrylic paints. In some ways, it is like coloring in a coloring book, but instead of crayons, paints are used. Once a few simple techniques are mastered such as different types of shading, there is no end to what you can do with this skill.



What You Will Need

1. A pattern — This can be any design, shape, or picture. It can even be a simple picture from a coloring book.
2. Tracing paper — This will be used to trace a picture of your design.
3. Graphite paper — This is a special paper used to transfer your pattern onto your project. It comes in two shades: light and dark. Light paper will be used to transfer items onto darkly colored projects, whereas the dark paper will be used to transfer items to lightly shaded projects.
4. Stylus — A stylus has a wooden handle at one end and a metal cylinder with a tiny ball attached to it on the other end. The stylus is used in transferring your pattern to your project. You will use this tool to go over your tracing. By pressing lightly with this tool, the graphite will be released onto your project. When you remove the pattern tracing and graphite paper, your project will have your pattern on it ready for you to begin painting.
5. Sandpaper — If you have chosen a wooden project such as a plaque, it will need to be sanded smooth.
6. Base sealer — If you have chosen a wooden project, a sealer will need to be applied. A very common brand of sealer for tole painting is called “White Lightning.”
7. Acrylic paints — These paints usually come in 2 oz. bottles and are found in any store that sells crafts. They are easy to use and clean up with water. A few basic colors will get you started. The paints can last for years if tightly sealed after each use.
8. Paint brushes — It always pays to buy good brushes because they are so much easier to use than inexpensive, poorer quality brushes. You need only a few brushes to start painting, and with proper care, they should last years. A flat brush, round brush, and a liner brush will get you started. Although the wooden handles of brushes used for tole painting are all about the same size, the brushes come in different sizes. For example, a #2 round would be a small brush, whereas a #10 round brush would be a great deal larger.
9. Sealer — A finishing clear sealer helps to preserve your project.
10. Palette — This is a special paper for mixing your paints. You will pour a little of your paint onto this paper, blend the paint with other colors, and use it to develop just the right color. This paper is available at nearly any craft store. Wax paper can also be a good substitute for it.

Artistic Skills

- 11. Water — A medium sized jar of water is needed for rinsing your brushes and also to add water to thickened paint.
- 12. Paper towels — These will be used for dabbing your paint brushes and cleanup.
- 13. Project — This can be nearly anything. It is on this that you will transfer and paint your pattern.

Helpful Information

- ◆ There are scores of tole painting books available through craft stores or the local library. These books provide wonderful patterns and give lots of helpful instruction on learning brush strokes.
- ◆ Before beginning a project, spend a great deal of time just painting on your palette or wax paper, practicing different brush strokes, and learning to blend paints. This will provide you with the confidence to paint a project well.



Flat brush stroke



Round brush stroke



S-stroke with a flat brush



Round brush strokes



Liner brush strokes

Things to Learn

- 1. Demonstrate the following:
 - Applying a base coat
 - Side loading
 - Shading
 - Highlighting
- 2. Explain what a wash is.

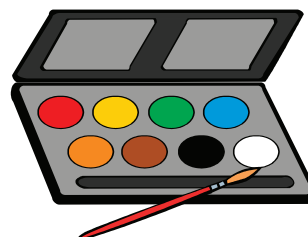
- 3. Demonstrate how to transfer a pattern.
- 4. Paint a tole painting project approved by your leader.

✓ *Date Completed* _____



Watercolors

Watercolor paintings have a look all their own. The watercolors tend to capture light and glow like no other paints due to their transparency. A watercolor painting can be loose and free, or it can be full of crisp details. Watercolor paintings can be done freehand or painted with a pattern.



What You Will Need

1. Watercolor paints — These paints are available at nearly any craft store. Good watercolor paints come in tubes. Acrylic paints used for decorative painting also will work if a sufficient amount of water is added to them.
2. Watercolor paper — Watercolor paper is available in loose sheets, pads of paper, or spiral-bound sheets. It is made especially for using water-based paints.
3. Palette — A palette is the surface on which you mix and blend your colors. Because we are working with watercolors, a waxy palette paper or a plastic or glass surface will work well. You even can use a glass dinner plate for a watercolor palette. When you are finished, the paints will easily rinse right off. There are handy plastic palettes available at craft stores that have little indentations for holding small amounts of paints.
4. Brushes — Good brushes are always important. You do not need many to start. Several sizes of round brushes usually will be sufficient, along with one $\frac{3}{4}$ " square brush which will be used to fill in large areas such as skies.
5. Two Cups of Water — One cup is for adding a tiny bit of clean water to wet the surface of paper or to add moisture to a spot that is drying too rapidly. The second cup will be used to rinse your brush before changing colors.
6. Paper towels — Used for cleanup or to dab your brush to dry it a bit.
7. Masking tape — If you are using individual sheets of watercolor paper, you will want to secure your paper with several small pieces of masking tape. You can tape your paper on any waterproof surface.
8. Pencil and eraser — Nearly all painters will draw a very light sketch before they apply paints just to give some shape and design to their intended painting.



Helpful Information

Experiment on several sheets of paper before actually attempting to paint. Practice brush strokes, add different amounts of water to the paint, and blend colors. Experiment with blending light and dark shades together.

Things to Learn

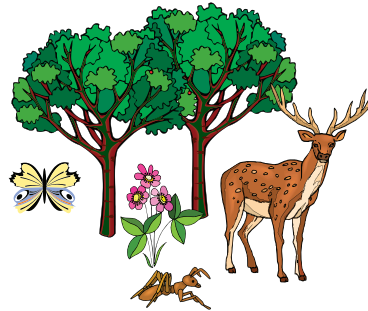
1. Demonstrate how to blend colors.
2. Complete two watercolor paintings.

✓ *Date Completed* _____

Category XII Nature Studies

“In the beginning God created the heaven and the earth . . . And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day,” —Genesis 1:1, 31.

God created nature, and it was and is very good! God placed us in His magnificent world not only to simply enjoy the beauties of it, but He uses nature to teach us about Him.



“The heavens declare the glory of God; and the firmament sheweth his handywork. Day unto day uttereth speech, and night unto night sheweth knowledge,” — Psalm 19:1-2.

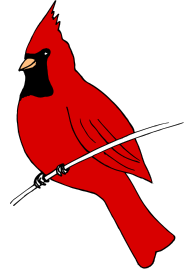
We should try very hard to not become so busy doing things indoors that we seldom go outdoors to enjoy and learn about God through His marvelous handiwork. Always take time to look at a sunset, watch the snowflakes fall, feel the wind on your face, or smell a flower.

We pray that these skills in this Nature section will be a stepping-stone to learn more about God and His world, for it is very good!



Birds

“And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good,” —Genesis 1:21. Many birds are mentioned in the Bible. Doves told Noah of dry land after the flood. Turtledoves were used as sacrifices. Ravens fed Elijah in the wilderness. The Holy Spirit descended on Jesus at His baptism in the form of a dove.



Birds were created by God and used for many purposes. Birds are a blessing to us. Many of us wake up each morning hearing their melodious songs as they brighten our environments, and some birds even provide many of us with food on a regular basis.

What You Will Need

1. A book about birds
2. A kit — or supplies for building a birdhouse or bird feeder.

Things to Learn

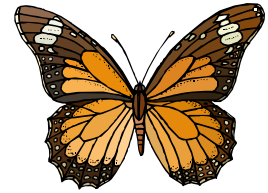
1. Gather information on the nests, songs, and habits of ten birds, and put this information into your notebook.
2. Make a birdhouse or feeding tray.
3. Write the answers to the following in your notebook:
 - (1) Name five unusual facts about birds.
 - (2) Name three birds that cannot fly.
 - (3) Name three predatory birds.
 - (4) Name three migratory birds.
 - (5) Name three birds that fish for food.
 - (6) Name a bird that can fly backward.
 - (7) Name a bird that chisels wood with its beak.
 - (8) Name a bird that can see in the dark.
 - (9) What is the name of your state bird?
4. After all you have learned about birds, consider the following verses and write a paragraph on each one explaining what it means.
 - “As a bird that wandereth from her nest, so is a man that wandereth from his place,”* —Proverbs 27:8.
 - “Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows,”* —Matthew 10:29-31.
 - “Wilt thou set thine eyes upon that which is not? for riches certainly make themselves wings; they fly away as an eagle toward heaven,”* —Proverbs 23:5.

✓ *Date Completed* _____



Butterflies

Butterflies are beautiful little creatures that are very dainty and colorful. God has certainly filled nature with exquisite patterns for us to observe. The butterfly is especially unique because it changes, or is transformed, from a lowly caterpillar to a soaring butterfly. It seems there is a lesson for us in that. When we come to Jesus, we come as lowly sinners, but through Him and His forgiveness, we are transformed into children of God. Think about these things as you study butterflies.



What You Will Need

1. A book about butterflies
2. Binoculars — Binoculars are useful for studying butterflies at a distance.

Helpful Information

- ◆ When you are looking for a certain type of butterfly, find out what plants that type of butterfly frequents, what time of day the butterfly is most likely to be out, and where it likes to go (maybe in the shade, near flower beds, or in grassy areas). You will be much more likely to locate the butterfly that you are seeking if you know its habits.
- ◆ If you spot a butterfly, observe that one butterfly as long as possible. Watch what it does. Does it drink nectar from the flowers or does it drink tree sap? How long does it drink the nectar? Is it just resting in the sun? You can learn a great deal about butterflies from simply watching them.

Things to Learn

1. Write the answers to the following in your notebook:
 - (1) List the four life stages of a butterfly.
 - (2) List the three main body parts of a butterfly.
 - (3) For what are the two antennae used?
 - (4) For what is the proboscis used?
 - (5) With what are the wings covered?
2. Find and identify five different butterflies in your area. Study about these butterflies and learn what plants and flowers they like to eat. What habitat does each butterfly like? *Its habitat is its home environment. A home environment will be the place it can find food, sleep, sun, etc.* What time of day will you see each butterfly? Place the following information on each butterfly in your notebook.



Sample:

Butterfly _____
Date sighted _____
Time sighted _____
Location _____
Habitat _____
What it likes to eat _____

A Garden for Butterflies

An excellent way to attract butterflies to your backyard is to plant a garden of sweet-smelling flowers. Common nectar plants include marigold, lilac, and zinnia. Of course, these flowers will only attract passing butterflies unless you also include a place for caterpillars to feed. Caterpillars love to feed on cabbage and broccoli plants. You will also want to plant flowers that bloom in different months of the summer so that you can enjoy butterflies all summer long!

If you do not have a large enough yard to have a garden, you always can plant flowers in containers, such as large plastic buckets.

✓ *Date Completed* _____



Flowers

Flowers are God's artistic handiwork, and with them, He has literally adorned the world. They are found on mountains, in valleys, and everywhere in between. Flowers come in an almost unlimited variety of color, design, and fragrance. Flowers are not only beautiful, but they serve a very useful purpose. You see, God wastes nothing. God always creates things for several purposes. Flowers are food for a variety of animals and insects. Even we enjoy a very sweet food which comes from flowers—honey! Bees draw the nectar from flowers to make honey. Perhaps learning a little about flowers now will help you to enjoy them even more for the rest of your life!



What You Will Need

A book about flowers

Things to Learn

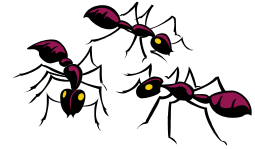
1. Collect pictures of ten different flowers and place them in your notebook.
 - Write down any interesting facts about these ten flowers.
 - For each of the ten flowers, write down the amount of sun it needs and how frequently it should be watered. Also, note whether it is an annual or perennial flower.
2. Care for at least one flowering plant in your home. Be responsible for the feeding and watering of this plant.
3. Write the answers to the following in your notebook.
 - (1) Explain how to prune a plant.
 - (2) Explain why plants need fertilizer.
 - (3) Explain how to divide an overgrown houseplant.



✓ *Date Completed* _____



Insects



Insects are some of God’s smallest, yet most fascinating creatures. Not only are they interesting to observe, but we also can learn many things from them. In God’s Word, we are admonished to study ants. “Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest,” —Proverbs 6:6-8. As we study about insects, let us keep in mind all the things that we might learn from them.

What You Will Need

1. A book about insects
2. Magnifying glass — A magnifying glass will enable you to look more closely at insects.
3. Glass jar — A clean glass jar to hold insects.
4. Paint brush — A small paint brush to lift small bugs up without harming them is useful.
5. Trowel — A trowel (a very small flat metal or plastic shovel) is a handy tool to scrape away dirt to help you find insects which live in the ground.
6. Butterfly net — A butterfly net will help you to catch and observe insects that would naturally fly away from you if you come too close to them.
7. Notebook — A small notebook and pencil for recording information about your insects.

Helpful Information

- ◆ If you have caught something in your net, turn the handle of the net to close the opening. The insect will not be able to escape, and you can look at it.
- ◆ When you are finished observing an insect, set it free near the place you found it.

Things to Learn

1. Write the answers to the following in your notebook:
 - (1) List the three main body parts of an insect.
 - (2) List three insects that are good for gardens. Explain how they benefit a garden.
 - (3) List five insects in the Bible, and give the Bible reference for them.
2. In your notebook, list five insects that live around your home, and give the pertinent information about them.

Sample:

Insect _____
Description _____

Habitat _____
Life Span _____
What does it eat? _____

3. Write a short paragraph in your notebook on one lesson you learned about God through studying insects.

✓ *Date Completed* _____



Trees

Truly, all of God's creations are marvelous works of beauty and practicality. Trees are beautiful, provide shade from the hot sun, and clean the air that we breathe. Their size, changing colors, and endurance through the seasons reflect a picture of God's continuing love for all of us.



God says that we, too, can be like trees. Psalm 1:3 says, *“And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.”* Of course, this promise is dependent upon our fulfilling the requirements found in the first two verses of Psalm 1. *“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night.”*

As we study about trees, let us keep in mind all the spiritual applications we can make from them. The Bible has more than 300 references to trees.

Things to Learn

1. In your notebook collect pictures of ten trees. Give a description of each tree. Note if this tree is mentioned in the Bible.
2. Collect a leaf or draw a picture of a leaf from each of the ten trees. Place these in your notebook.
3. Plant a tree.
4. Write the answers to the following in your notebook:
 - (1) Name four trees used primarily for lumber.
 - (2) Name seven trees that bear food.
 - (3) Write the definition of *coniferous*.
 - (4) Name three coniferous trees.
 - (5) Write the definition of *deciduous*.
 - (6) Name six deciduous trees.
 - (7) Name five trees listed in the Bible and give the Scripture reference.
 - (8) *“She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her,”* —Proverbs 3:18. How is wisdom a tree of life, and why is it important to retain her?
 - (9) *“The fruit of the righteous is a tree of life; and he that winneth souls is wise,”* —Proverbs 11:30. What kind of fruit is this verse talking about? Why is the fruit of the righteous person a tree of life?

✓ *Date Completed* _____



Wildflowers

God has adorned our earth with an abundance of natural beauty. Some of you who truly enjoy flowers might be interested in going beyond cultured flowers to learn more about some of the species generally tended only by God. Wildflowers are flowers which grow wildly. They are not planted and nourished by people, but they still flourish and offer their beauty by God's design. From the highest mountains to the lowest valleys, you will find wildflowers on the job beautifying their surroundings. It was wildflowers that Jesus had in mind when He spoke of the "lilies of the field."



What You Will Need

A book about wildflowers

Helpful Information

Never taste a flower or put any parts of a flower into your mouth. Some wildflowers are poisonous.

Things to Learn

1. Make a collection of ten wildflowers found in your area. You can either press them, photograph them, or draw and color them. Place them in your notebook.
2. In your notebook, answer the following questions about each flower you have collected.
 - (1) What is its name?
 - (2) Where did you find it?
 - (3) How many petals does it have?
 - (4) Do the flowers grow alone, in pairs, in groups, or in tight clusters?
 - (5) What color are the flowers?
 - (6) Are the leaves opposite each other, or are they staggered?
 - (7) Are the leaves smooth or hairy?
 - (8) How tall is the plant?
3. Write the answers to the following in your notebook.
 - (1) Describe the lily of the valley.
 - (2) How is Jesus like the lily of the valley?

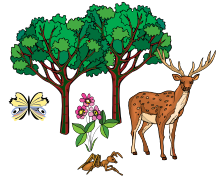
*"I am the
rose of
Sharon, and
the lily of
the valleys,
—Song of
Solomon 2:1.*



✓ *Date Completed* _____

Nature Study Topics

God's world is awesome! There is no end to the things we can study and enjoy learning. And the truth is, we should never stop learning about the wonderful world God made for us. The following are just a very few topics with which to begin, but we hope you will continue well beyond this list!



Helpful Information

Pick a topic and gather information to begin your study. For example, under mammals, you might want to study bears, deer, squirrels, etc. You might want to make a lapbook on your topic using pictures and stickers. You might want to gather information and put into a special notebook or nature journal. You even might want to start a collection on your favorite subject.

Things to Learn

- Select a topic of study. Complete the following in your notebook:
 - ◆ What is the topic?
 - ◆ What were your resources for information gathered?
 - ◆ What is your topic's scientific classification?
 - ◆ List ten things pertaining to your topic.
- Put your collected information into a folder, album, or lapbook.

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Amphibians | <input type="checkbox"/> Oceans |
| <input type="checkbox"/> Aquatic Life | <input type="checkbox"/> Plants |
| <input type="checkbox"/> Astronomy | <input type="checkbox"/> Rainforests |
| <input type="checkbox"/> Dinosaurs | <input type="checkbox"/> Reptiles |
| <input type="checkbox"/> Earthquakes | <input type="checkbox"/> Rocks and Minerals |
| <input type="checkbox"/> Fossils | <input type="checkbox"/> Seashells |
| <input type="checkbox"/> Frogs | <input type="checkbox"/> Sea Turtles |
| <input type="checkbox"/> Gemstones | <input type="checkbox"/> Snakes |
| <input type="checkbox"/> Grains | <input type="checkbox"/> Spiders |
| <input type="checkbox"/> Herbs | <input type="checkbox"/> Volcanoes |
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Category XIII Caring for Pets and Farm Animals

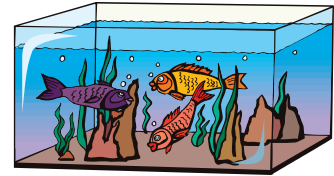
“And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven. And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good. And God blessed them, saying, Be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth. And the evening and the morning were the fifth day. And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so. And God made the beast of the earth after his kind, and cattle after their kind, and every thing that creepeth upon the earth after his kind: and God saw that it was good,” —Genesis 1:20-25

God provided us with so many wondrous creatures, both wild and tame. It is a special delight to us to be able to take care of some of them ourselves by having them for pets or farm animals. Animals add lots of enjoyment to our lives.



Aquarium

Aquariums are wonderful things to own. They have wonderful health benefits for people of all ages. It is very calming to watch fish because watching fish reduces stress levels. Besides these benefits, it is very interesting to be able to watch fish in their own little habitat. God's creation seems to be infinite!



What You Will Need

1. A book on aquariums
2. A basic aquarium kit — This will usually include an aquarium, light, filter, and possibly a heater. Some aquariums also come with a stand. Aquariums come in many different shapes and sizes and are either glass or acrylic. Those that are short and wide have more surface area (which means more oxygen is available to the fish) and are better than ones that are tall and narrow. A 20-30 gallon tank is a good size for a beginner. In smaller tanks it is more difficult to keep water conditions stable. Full spectrum florescent lights are best for beginners. The plants like them too. Filters are very important. Make sure that you choose the correct kind of filter for the size of the aquarium that you have.
3. An air stone — This will help to oxygenate the water.
4. Things to put in the aquarium — There are many different things with which you can decorate your aquarium. Just make sure that they are safe for your aquarium inhabitants. If you use any gravel or rocks, be sure to wash the dust off before using. Never use soap to clean anything that is going in your aquarium. It will kill the fish. Also, whether you use live plants or plastic plants, make sure that the bases or roots are well covered and weighed down. Try to avoid anything with sharp points or edges; they could harm the fish.
5. Fish — There are many different fish from which to choose. Do your research before you go shopping. Remember, different fish need different food, different pH levels, and different water temperatures. Be sure that the fish you choose will be compatible with each other. Also, a good rule of thumb for how many fish can live in your aquarium is one two-inch fish (full grown) for each two gallons of water. Thus a 30-gallon tank would hold 15 full grown two-inch fish.

Helpful Information

- ◆ It is best not to set up an aquarium in direct sunlight, otherwise the algae builds up faster.
- ◆ When you are ready to fill your aquarium, fill slowly with water so the objects in your aquarium will not be displaced. After you have started the filters, you will need to add a dechlorinator. After running the aquarium filters overnight, you will need to add a starter culture of good bacteria to help keep your aquarium clean. It is also important to check the pH level of the water. Let your aquarium age for about two weeks before adding any fish. This will help the good bacteria to grow and you will have a better chance of having a healthy habitat for your fish.

Things to Learn

1. Complete the following in your notebook.
 - (1) What is the difference between a freshwater and saltwater aquarium?
 - (2) Name three types of fish that you can put in a freshwater aquarium?
 - (3) Name three types of fish that you can put in a saltwater aquarium?
 - (4) How do you add a new fish to existing fish in an aquarium?
 - (5) What should you do if a fish becomes sick or dies?
 - (6) How do you test and adjust the pH of the water in your aquarium?
2. Demonstrate how to feed fish.
3. Demonstrate how to clean the aquarium.
4. If you own an aquarium, be responsible for cleaning it for three months.

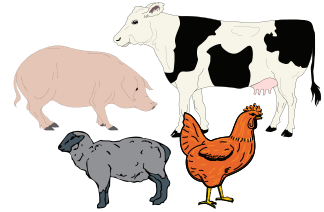
Tip: Aquariums can be heavy! Be sure that you have chosen a safe place to put yours.

✓ *Date Completed* _____



Farm Animals

Many people live in rural areas and have farms or large lots. Caring for farm animals is a part of their daily lives. Studying about farm animals is important to them and is often also interesting to those who do not have farms. If you have animals or know someone who does, you may wish to learn more about caring for them, and earn an award for your effort!



What You Will Need

Books on the care of farm animals

Things to Learn

Complete the following requirements for each type of animal or bird listed. Completion of the requirements for a specific type would count for that award. Completion of three or more would qualify for the Master Farmer award.

- Master Farmer
- Chickens Cows Ducks Geese
- Goats Pigs Sheep Turkeys

1. Write the answers to the following in your notebook:
 - (1) What type of food can the animal eat?
 - (2) What types of minerals does it need in its diet?
 - (3) Why does it need certain types of food and minerals?
 - (4) What are the signs of sickness the animal will exhibit?
2. Care for your animal or bird for at least six months.
3. Write an essay on what you learned while caring for your animal or bird.

God gives the animals a Sabbath Day too!

“Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be refreshed,”

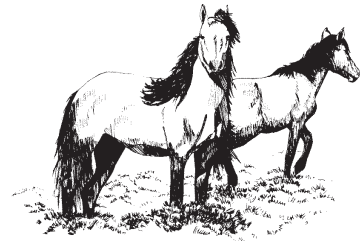
—Exodus 23:12.

✓ *Date Completed* _____



Horses

For centuries, horses were extremely useful to mankind. They were man's premium method of transportation. Horses were also an invaluable source of labor. They plowed fields, hauled produce to market, and made deliveries. Today, horses are primarily employed for the pleasure of riding them. They are another of God's masterpieces over which He has given man dominion to use and enjoy.



Things to Learn

1. Write the answers to the following in your notebook.
 - (1) Name five breeds of horses and tell for what each breed is noted.
 - (2) What is meant by the term "hot-blooded" horse?
 - (3) What is meant by the term "cold-blooded" horse?
 - (4) What is meant by the term "warm-blooded" horse?
 - (5) How is a horse measured?
 - (6) What is the name of this measurement?
 - (7) Equate this measurement to inches.
 - (8) Gaits are different not only in speed, but in beat. Explain what a horse's "beat" is.
 - (9) Name and define the four gaits.
2. Demonstrate how to properly mount and dismount a horse.
3. Demonstrate how to ride a horse at a walk, a trot, and a gallop.

"I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye. Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee," —Psalm 32:8-9.

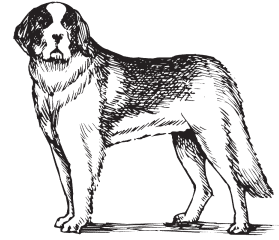
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Pets

Our life is enriched by a puppy's love or a kitten's purr, but our pets' lives are enriched when love and proper care are given to them. If we are going to be pet owners, we should be responsible pet owners.

The Bible is plain about the fact that God expects man to care properly for the animals under his dominion. To do so, he must understand something about them, their care, their traits, and their strengths.



What You Will Need

A book about pet training and care

Things to Learn

1. Choose from the list of pets and complete the following information in your notebook:

Pet Birds Cats Dogs Rabbits

- (1) Identify three to five breeds. Give the name, identifying information, and special traits or usefulness.
 - (2) List dietary information.
 - (3) If you have a pet, list five special types of care that you should be providing for it.
2. Care for your pet for at least six months.
3. Write an essay on what you learned while caring for your pet.



✓ *Date Completed* _____

Category XIV

Recreational Skills

“Whatsoever thy hand findeth to do, do it with thy might,”
—Ecclesiastes 9:10.

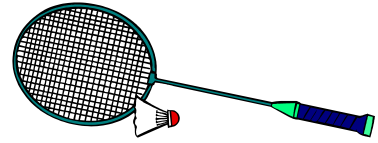
The word “recreation” means refreshment of the strength and spirit after toil. Certainly, as Christian girls, we will work hard at our daily tasks, but after our work is finished, it is really nice to take a short time to refresh ourselves with an enjoyable activity. *“A merry heart doeth good like a medicine: but a broken spirit drieth the bones,”* —Proverbs 17:22. Recreation can be a brisk walk in the fresh air or a rousing game of volleyball.

Recreational activities can be a challenge, an excellent means of exercise, fun, and a great way of having fellowship with others. In this section of the handbook, we will cover some activities that a young lady can enjoy throughout her life. Certainly, these are skills that you will enjoy learning.



Badminton

Badminton is a great game for friends to play as well as families. You do not need to travel anywhere to play. A backyard is the perfect place for a rousing game. The game involves hitting the shuttle back and forth over the net. Complete instructions are included with all badminton sets. Just in case you have misplaced your instructions for keeping score, the local library will nearly always have a book to provide you with that information.



What You Will Need

A Badminton Set — This can be purchased at nearly any store that carries sporting equipment. A badminton set consists of a net, rackets, and shuttles, which are commonly called birdies.

Helpful Information

When setting up your badminton set, be sure to choose a level piece of ground.

Things to Learn

1. Demonstrate a knowledge of the rules and scoring to your leader.
2. Play six games and keep score for the six games. Have an adult verify your scores.
3. In your notebook, answer the following questions:
 - (1) What is a volley?
 - (2) What is a net shot?
 - (3) What is a smash?
 - (4) What is an ace?
 - (5) What is a fault?

✓ *Date Completed* _____



Bicycling

Riding a bicycle is a peaceful and enjoyable activity, and it is a great way to enjoy the wonderful outdoor world that God created. *“Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore,”* —Psalm 16:11.



A bicycle is also handy for running errands in town or visiting a friend. It truly can be a joy to ride through the local countryside or a national parkway.

The bicycle is a wonderful invention because it is an energy-efficient, non-polluting, economical, healthy, and just plain fun form of transportation. This is a very practical skill to learn, and you should have a great deal of fun learning it!

What You Will Need

A bicycle — If you do not have your own bicycle, perhaps you could borrow a friend’s.

Helpful Information

- ◆ There are basically three types of bicycles.

Mountain Bike — This bike has a sturdy frame and fat tires. It is designed to handle rougher terrain than other bicycles.

Racing Bike — This bike is built for speed, so it has a very light frame and large, narrow wheels/tires. It is also the best choice for very long trips because of its very light weight.

Cruiser Bike — This bike is designed for riding on or off the road. It is a good, all-around bike for riding in town.

- ◆ Choosing the best bike for you depends on where you will be doing the most riding. If you will be riding locally, around town, a cruiser is fine. If you want to use your bike to ride up and down hills and across fields, a mountain bike will last much longer. If you plan to take very long trips, a racing bike might be best for you.
- ◆ Choosing a bike that is the correct size is important to your comfort in riding. You should be able to stand astride your bike with both feet on the ground. When sitting on the seat, you should be able to reach the handlebars and pedals easily.
- ◆ If you decide to take a long bicycle trip, a first aid kit is a very good thing to take along. It could include a few band-aids, wetwipes, a small gauze roll, tape, and a small tube of antibiotic cream. Also, it would be a good idea to take along a small bike repair kit.

Things to Learn

1. In your notebook, explain the purpose of each bicycle part listed.

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Wheel rim | <input type="checkbox"/> Air valve |
| <input type="checkbox"/> Seat post | <input type="checkbox"/> Chain |
| <input type="checkbox"/> Sprockets | <input type="checkbox"/> Brakes |
| <input type="checkbox"/> Brake pads | <input type="checkbox"/> Inner tube |

Recreational Skills

2. Demonstrate how to clean and care for a bicycle.
 - Frame and parts
 - Tire care
 - Brake care
 - Pedal care
 - Seat care
 - Chain care
3. Put together a small repair kit for your bicycle. (If you are borrowing a friend's bike, know what should be in a repair kit and why.)
 - Puncture kit
 - Nylon tie
 - Adjustable wrench
 - Fold-up multi tool
 - Tire lever & tape
 - Pump
4. Demonstrate the correct method of changing a tire.
5. If your bicycle has a transmission (multiple speeds), know how to replace the chain (which can easily come off).
6. Explain how to repair an inner tube.
7. Complete the following in your notebook:
 - (1) What kind of clothing should be worn for bicycle safety?
 - (2) What type of protective gear should be worn for bicycle safety?
8. Answer the following "Rules for Safety" questions in your notebook:
 - (1) On which side of the road should a bicycler ride?
 - (2) Who has the right of way—pedestrians or bicyclists?
 - (3) Should a bicyclist ride in a straight line or weave in and out of traffic?
 - (4) Must a rider obey all traffic regulations?
 - (5) Demonstrate or draw a diagram of the following hand signals.
 - Making a right turn
 - Making a left turn
 - Stopping
9. Go on a bike ride with your leader or parent. Make a small map of your intended route. The route should be approximately five miles.

You can find some of this information in an encyclopedia or a book from your local library, or from someone who knows bicycles.

Safety Tips!

- ◆ *Do not wear loose-fitting clothing that could get caught in the wheels or chains of your bike.*
- ◆ *Wear light-colored clothing and/or reflective clothing at night.*
- ◆ *Wear a helmet to protect against injury in case of a fall or accident.*

✓ *Date Completed* _____



Camping

“And Jacob . . . lighted upon a certain place, . . . and he took of the stones of that place, and put them for his pillows, and lay down in that place to sleep,” —Genesis 28:10-11. Jacob was “camping out” on his way to Haran. It can be great fun to leave the city and busyness behind to spend some time out in God’s wonderful world, and hike around the forest, and “sleep under the stars.”



Camping trips are usually special times for the family. Pre-trip preparations and the job of assembling most of the supplies often falls to the keeper at home. After all, a mother will continue to care for her family in the home or in the woods! It is a good thing for girls to begin learning what goes into a camping trip so that they will be able to handle the responsibility should it arise.

What You Will Need

1. A camping instructional book
2. Camping supplies — These will be needed for a camping trip.

Learning to Camp

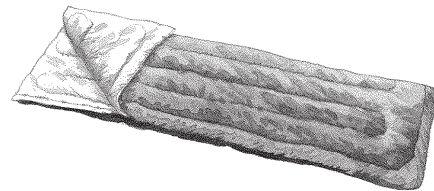
Camping can be a very enjoyable experience, or it can turn into a miserable experience for an unprepared camper. You should take great care in planning a camping trip. Preparations for bad weather, cold nights, the terrain, campsite regulations, and emergencies should all be taken into consideration.

You should also know whether your intended campsite has an accessible source of drinking water nearby. If a source of drinking water is questionable, you can bring water purification tablets, or plan to boil your water before drinking it.

Things to Learn

Take responsibility for one camping trip.

- Plan for the camping trip. Make a list of supplies needed including shelter, food, clothing, bedding, cooking gear, lighting, first aid kit, etc.
- Gather all the supplies and pack them.
- Cook three meals while on the camping trip.
Meal 1 Meal 2 Meal 3
- Keep your camp site clean and neat.
- Pack for the return trip home.
- Unpack the camping supplies and put everything away in its proper place.



✓ *Date Completed* _____



Croquet

Croquet is a game that people of all ages enjoy playing. The game involves hitting a wooden ball with a wooden mallet through a series of wickets (hoops). The one who finishes going through all the hoops and hitting the final stake first is declared the winner. This is a game that involves good eye and hand coordination.



What You Will Need

A Croquet Set

Helpful Information

- ◆ Keep the instructions for your croquet set in a safe place because they will contain the rules, terms, and anything else that you will need to know.
- ◆ It is recommended that boundaries be at least six feet away from the outer wickets. Natural boundaries such as trees and bushes will work fine.
- ◆ The game is best played on level ground.
- ◆ The order of play is determined by the colors on the stake.
- ◆ A game usually lasts for one to two hours. However, it can be ended at any time, and the winner is declared by adding up the points. One point is given for each wicket through which the ball has passed.

Things to Learn

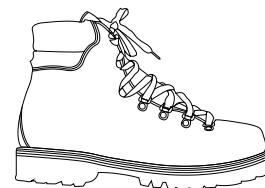
1. Demonstrate a knowledge of the rules and scoring.
2. Play six games and keep score for the six games.
3. Complete the following in your notebook.
(1) What is a fault? (2) What is a striker?
(3) What is a sticky wicket?

✓ *Date Completed* _____



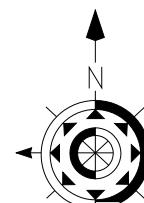
Hiking

Hiking is an enjoyable activity that one can do alone or with friends. It costs little to nothing, and is always a source of fun and pleasure. It can be done by people of all ages and is a great family activity. Hiking is a little different than just walking. We walk to go from place to place. For example, we walk from our home to the corner grocery store. When we hike, we might expect to travel a considerable distance, and not necessarily on a paved sidewalk. We might take a hike on a trail through a forest preserve, or hike across a field, or take a hike up a small mountain to explore a waterfall.



Helpful Information

- ◆ Good shoes are important for hiking. Tennis shoes will generally be sufficient for moderate hikes. If you really enjoy hiking, or begin to take hikes on more rugged terrain, you will probably want to purchase a pair of hiking boots. They offer much more protection where terrain can become hazardous to less-protected feet. They also offer extra ankle support when you are climbing or walking on uneven ground. Regardless of what shoe type you are wearing, be sure to wear shoes that fit well.
- ◆ Always wear socks. They provide extra cushion and help prevent friction that causes blisters.
- ◆ Proper clothing is very helpful to having a safe hike. Even though it may be hot outside, a cotton long-sleeve shirt with a collar is recommended. Appropriate clothing to cover your legs will definitely be a plus in warding off bugs, preventing unintentional contact with poison ivy, or protecting against abrasions and cuts from surrounding brush. Dress in layers. For example, a shirt and a sweater combination is better than just a heavy sweater. This way, if you become too hot, you can take off the sweater and tie it around your waist. Of course, if you become colder, you can put your sweater on again.
- ◆ Hikers can become quite thirsty during a long hike. Because one cannot know how healthy or contaminated any water found along the way might be, it is safer to drink tap water or bottled water. So, it is a good idea to carry water with you on a hike. There are water bottle carriers available that attach to belts, or a plastic water bottle can be carried in a backpack.
- ◆ Since bugs such as black flies, mosquitoes, and ticks could be abundant in areas where you may be hiking, a good bug repellent is very helpful.
- ◆ Take a compass along. If you are traveling in new territories, such as a state park where you have not hiked before, take a map of the hiking trail along with you.
- ◆ If you are hiking in sunny areas, a hat and sunscreen (lotion which helps screen out the sun's harmful rays) can provide some extra protection.
- ◆ It is helpful to carry a few light snacks to supplement your energy level when needed.



Important Safety Rules

- ◆ Always inform someone where you are going. Never just go off on a hike without telling anyone. If you become lost or injured, you will be glad that someone knows where to look for you.

Recreational Skills

- ◆ If you are on a group hike, never leave the group for any reason without telling someone in charge where you are going.
- ◆ A whistle is a good thing to bring along if you are hiking in the forest. If you should become lost, a whistle is a great deal louder than average vocal chords.

Things to Learn

1. Learn how to use a compass. Demonstrate this knowledge to your parent or leader.
2. Learn to distinguish basic directions by the sun. Demonstrate this knowledge to your parent or leader.
3. Learn how to read a map and demonstrate this knowledge to your leader. (The map may be of your city or town, a national park, or a trail.)
4. Take a two- to three-mile hike through your neighborhood. Take your backpack or waist pack and your water.
5. Draw a map of your route. For example: travel six blocks east to Mary Street, go north four blocks to Edgar Street, etc.
6. In your notebook, answer the following questions concerning the hike.
 - (1) How many miles did you hike?
 - (2) How long did your hike take?
 - (3) What did you learn about hiking from this trip?
7. Take a hike on a trail at a national park or local forest preserve. Obtain a map of the area trails you will be using.

In your notebook, record the following information.

 - (1) Where did you go on your hike?
 - (2) How many miles did you hike?
 - (3) What animals or wildlife did you see on your hike?

✓ *Date Completed* _____



Ice Skating

Ice skating is a wonderful winter activity appreciated by many people who enjoy winters cold enough to provide ice. Gliding on smooth ice on a crisp cold day is great fun. For those who live in warmer climates, ice rinks are usually available. The important thing to remember is to find a safe place to ice skate. It is always a good idea never to skate alone. Always take a friend along.



What You Will Need

A pair of ice skates

Safety Information

- ◆ Ice should be at least 4" thick to be considered safe enough to skate.
- ◆ White spots indicate air holes and could be dangerous.
- ◆ If ice appears wet and slushy, it can be very dangerous. Do not skate on it.

Things to Learn

1. Skate one mile by yourself. If you are skating in a rink, you can make laps around the rink to equal approximately one mile.
2. Learn to skate backwards and demonstrate this to your leader.
3. Learn to come to a quick stop without falling or depending on anyone or anything to stop you.

✓ *Date Completed* _____



Rollerblading

Rollerblading is a great form of exercise. It also can improve your balance and coordination. When choosing a pair of roller blades, be sure to try them on. There are many different types and styles, and a good fit will make rollerblading much more enjoyable. They should feel sturdy and fit like a shoe. It is also important to wear safety equipment while rollerblading. Helmets, knee pads, and wrist guards all play an important part in keeping a person safe.



What You Will Need

1. A pair of roller blades
2. Safety equipment
3. A place to rollerblade (Check locally for a rollerblading park, or for a safe rollerblading place in your neighborhood.)

Helpful Information

When you are first learning how to rollerblade, be sure to choose a smooth, flat surface. Don't try a hill, or a street with a lot of curves for your first try. Always think about safety. Never rollerblade in traffic. Watch out for drops in pavement, stones or rocks, and always rollerblade with a partner!

Things to Learn

1. Demonstrate how to properly wear your safety equipment.
2. Be able to skate for one mile.
3. Learn to skate backward and demonstrate this to your leader.
4. Learn to come to a quick stop without falling or depending on anyone or anything to stop you.

✓ *Date Completed* _____



Roller Skating

Roller skating is a great form of exercise and can be an activity to do with your family and friends. When purchasing a pair of roller skates, you want to check for fit and also for comfort. The skate should fit like a shoe and be comfortable to wear.



What You Will Need

1. A pair of roller skates
2. Safety equipment
3. A place to roller skate

Helpful Information

When you are learning how to roller skate, the first thing that you should learn is how to use the brake that is on your skate. Safety is very important. Always skate with a partner or group of people. It is also important to skate with the proper safety equipment—wearing a helmet and the proper padding will generally help protect you from bumps, bruises, and more serious injury. There are a lot of different types of safety equipment available, but the most important is a helmet. Also good to have are: knee pads, elbow pads, and wrist guards. If you are roller skating outside, be sure to find a smooth, flat surface on which to skate. If there is an incline, you can lose control very quickly.

Things To Learn

1. Demonstrate how to properly wear your safety equipment.
2. Demonstrate how to use your brake in order to come to a complete stop.
3. Be able to skate for one mile.
4. Learn to skate backwards and demonstrate this to your leader.

✓ *Date Completed* _____



Swimming

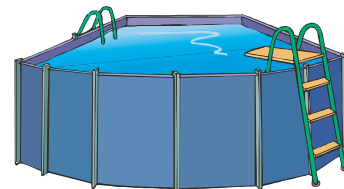
Swimming is a great activity on a hot summer day. Swimming is also an excellent skill to possess, especially if one wants to enjoy other water activities such as canoeing or boating. We are much safer around water if we can swim.



One thing we want to remember as Christian girls is to always be modest when swimming. Steps must be taken to ensure modesty. That really is not too difficult if we just give it some thought.

Things to Learn

1. Be able to tread water for five minutes.
2. Be able to float for five minutes.
3. Be able to swim 50 yards free style.
4. Be able to swim the breaststroke or backstroke.
5. In your notebook, list three swimming safety rules.
6. Demonstrate how to save another person from drowning.

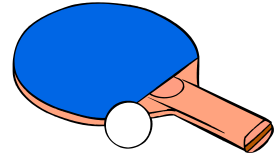


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Table Tennis

Table tennis is frequently called ping pong. It is a fast-paced game for two to four players. It is played on a large table. A low net spans the table right in the center. The players are positioned at the ends of the table, and use small paddles to hit the ball over the net onto the opponent's side of the table.



This game develops excellent eye-hand coordination and quick reflexes. Only a certain speed and skill will keep the ball bouncing back and forth. As skill levels rise, faster responses are required to keep the ball in play, and a game can then become a good workout also. This is a great game for families.

What You Will Need

A table tennis set

Things to Learn

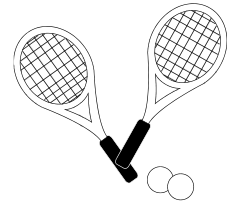
1. Demonstrate a knowledge of the rules and scoring to your parent or leader.
2. Play six games and keep score for six games.

✓ *Date Completed* _____



Tennis

Tennis is a great game for two to four players. A tennis game is a real physical workout. It is played out-of-doors on a large tennis court that is usually paved. This game is a great deal like badminton, but instead of hitting a lightweight shuttle across the net, one hits a special tennis ball. This is an activity that can be enjoyed throughout your life.



What You Will Need

1. A tennis racket and tennis balls
2. A pair of suitable sport shoes

Helpful Information

- ◆ Since tennis is played outdoors and requires strenuous exercise, one can become quite thirsty. It is a good idea to bring along a water bottle for a cool drink when needed.
- ◆ Good shoes which give support and will not slip or slide are important for safety.

Things to Learn

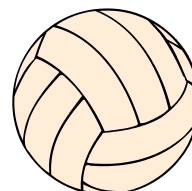
1. Demonstrate a knowledge of the rules and scoring to your parent or leader.
2. Play six games and keep score for the six games.
3. In your notebook, answer the following questions:
 - (1) What is a double fault?
 - (2) What is a foot fault?
 - (3) What is a “let” ball?
 - (4) What is a “deuce”?

✓ *Date Completed* _____



Volleyball

Volleyball is one of those games that is perfect for large groups to play at get-togethers. Family picnics, church picnics, or a gathering of young people, are all good occasions for having a great deal of fun playing a rousing game of volleyball. This game involves hitting a large ball by hand back and forth across an eight-foot high net. This game is an ideal game for friendly recreation. Even in pick-up games, teamwork really pays off.



What You Will Need

1. A volleyball set
2. An air pump — This is used to fill the volleyball when needed.

Helpful Information

- ◆ Always play in a good pair of shoes that give support to the feet and ankles.
- ◆ Avoid playing on slippery surfaces.
- ◆ Because volleyball is so physically demanding, be sure to drink plenty of water to avoid dehydration.

Things to Learn

1. Demonstrate a knowledge of the rules and scoring to your parent or leader.
2. Play six games and keep score for the six games.
3. In your notebook, answer the following:
 - (1) What is an ace?
 - (2) What is a net ball?
 - (3) What is a spike?
 - (4) What is a net serve?
 - (5) What is a setup?

Tips for caring for your volleyball.

- ✓ Never leave it in a hot place such as a car trunk for a long time.
- ✓ Never use your ball for a pillow or a seat.
- ✓ When not in use, overinflate it until it is hard. Let the excess air out the next time you play.

✓ *Date Completed* _____

Awards

Achievement Awards

An achievement award acknowledges the mastering of a particular skill, and is given to a young lady after she completes requirements demonstrating that she has become competent in that skill.

Awards Banquet

At the end of the year, a special banquet is often held to display what the girls have learned and accomplished throughout the year. It is at this time that recognition and special awards can be given to reward the diligence and hard work of learning and completing requirements. A family club can also enjoy a special evening to recount the many things learned during the previous year.

Special Awards

Member Award— A Keepers of the Faith Girls membership pin or disk stating the year of membership is awarded each year that a young lady is a club member. A simple gold star can also be awarded.

Finisher Award— “*I have fought a good fight, I have finished my course, I have kept the faith,*” —II Timothy 4:7. It is good to begin new things, but it is even more important to finish what we begin. Therefore, we want to encourage each girl to be a finisher of her projects. A special award is presented to each young lady for finishing all her projects for the year.

Faithful Award— “*Moreover it is required in stewards, that a man be found faithful,*” —I Corinthians 4:2. A special award is presented to a young lady for being faithful in attending her club meetings.



Outstanding Achievement Awards

Young ladies who complete the required number of skills for their level may be presented with a very special award for their effort.

Level A
(Ages 7-10) Learning five skills is recommended for Level A. The five skills should include Bible Memory and Bible Reading. The remaining skills should be selected from a variety of categories.

Level B
(Ages 11-16) Learning ten skills is recommended for Level B. The ten skills should include Bible Memory, Bible Reading, and a skill selected from the Others category. The remaining skills should be selected from a variety of categories.

Appendix

Types of Yarn Available

It is wonderful how many types of yarns are available for us to choose from today. Because it is important to select the right type of yarn for each project, read over this list carefully to familiarize yourself with it. It would be fun to take this list to a store where many yarns are sold. You could then touch and feel all the different types of yarn and begin to be able to identify many. Feeling the difference in yarns can aid you in knowing just what yarn you should select for your project.

Name	Description	Weight	Uses
Knitting Worsted	Wool, usually 4-ply	Heavy	Any article for which bulk and warmth are desired
Knitting Worsted	Acrylic, usually 4-ply	Heavy	Any article for which bulk and warmth are desired
Rug	Wool or acrylic, 4-ply	Very heavy	Rug, pillow cover
Sport	Wool or acrylic, 4-ply	Medium	Hats, shawls, sweaters
Fingering	Wool or acrylic, 3-ply	Light	Baby garments
Baby	Similar to fingering yarn but slightly bulkier; only pastel colors are available	Light	Baby garments
Mohair	Fluffy hair of the Angora goat, sometimes blended with other fibers	Light to medium	Hats, sweaters, shawls
Angora	very soft fluffy hair of Angora rabbit	Light	Hats, sweaters, shawls
Shetland	Loosely twisted wool from Shetland sheep	Medium	Sweaters, hats, mittens
Fisherman	Unbleached wool	Heavy	Aran-style garments
Boucle	Novelty, any fiber type, usually one thin and one thick yarn twisted together	Light to heavy	Sweaters, suits, dresses, hats
Icelandic	Homespun wool from mountain sheep of Iceland	Very heavy	Sweaters, ponchos, blankets

How to Buy Yarn

1. *Color* — Notice the number of the color and the dye lot number. Always buy all the yarn for a single project with the same dye lot number. This assures uniform color on the project. It is a good idea to purchase all the yarn for a project at the same time.
2. *Fibers* — There are a variety of yarns available. Wool yarn must be dry cleaned or washed in cold water. Orlon, acrylic, or nylon can be machine washed and dried in the dryer.
3. *Length* — This information is given in feet or yards on the package. Some patterns will specify a certain length of yardage required.
4. *Ply* — Refers to the number of strands that are twisted together to form yarn.
5. *Skeins* — A coil of yarn is called a skein. Yarn is sold in skeins.
6. *Strand* — A strand is a thread that is twisted with other threads to form yarn.
7. *Weight* — This information is given on the label. Some patterns call for the total weight in the skeins of yarn.
8. *Rug yarn* — This is a very heavy yarn used for rugs and place mats; it may also be used for slippers.

How to Care for Crocheted and Knitted Items

1. All yarns are labeled with laundering recommendations as to whether they are hand or machine washable. The label will usually indicate the best water temperature to use.
2. When machine washing the item, use mild soap or detergent. Machine dry at regular setting. (Be sure garment is absolutely dry so that it returns to original size and shape.)
3. When hand washing the item, use lukewarm water and mild soap or detergent. Rinse well. Squeeze out the excess water. Roll it in a turkish towel, and squeeze it again. Remove the item from the towel, and lay it flat until it is dry.
4. To block a knitted or crocheted garment, use rustproof pins and pin it to the ironing board, wrong side up, stretching it to the desired measurements. Steam press the seams. Leave the garment pinned to the ironing board until the garment is dry.
5. Do not steam block 100% acrylic yarns! First, pin the garment to a padded surface according to the blocking measurements. Then, lay a damp cloth over the garment and allow it to dry.
6. NEVER WASH items made with wool yarn in hot or warm water. Wool has a very large shrinkage factor.

How to Finish a Counted Cross Stitch, Embroidery, or Crewel Project

If your project became soiled, it should be washed. If it has been necessary to pick out any stitches, some faint fuzz may cling to the fabric. Remove the fuzz by rubbing it lightly with cellophane tape. Fill a small basin with lukewarm water and a very mild soap (not detergent) or a cold-water wool wash. Wash gently. Do not wring. Place the dripping-wet article on a terry towel. Smooth it out, and roll it up in the towel. Gently squeeze it to remove excess water. Place the embroidery on a padded ironing board face down (this helps to give a raised appearance to the stitches), and iron it on the wrong side. Never leave damp embroidery rolled up. Iron the piece until it is completely dry.

Tip!

Before each purchase, check a yarn's "recovery." Stretch and release a 6" length. If it does not return to its original size, the crocheted or knitted article can not be expected to retain its shape.

How to Transfer a Pattern

1. You will want to pin a cloth over your ironing board in order to protect it. It is possible that the transfer ink from the pattern could seep through your fabric and stain your ironing board cover.
2. Place the fabric onto which you want your pattern to be transferred on the ironing board and smooth it.
3. Cut out the transfer pattern, leaving a $\frac{3}{8}$ " margin all around.
4. Be sure you have placed your transfer in just the right place on your fabric.
5. Place the transfer on the fabric with the ink side down.
6. Tape the transfer securely to fabric.
7. Place a tissue paper on top of the transfer pattern and surrounding fabric as a safeguard of protection for the fabric.
8. Set the iron's temperature to "wool" or "cotton." Apply the iron gently but firmly on the fabric for 3 or 4 seconds.
9. If the transfer pattern has been used before, it may be necessary to increase the time just a little for additional impressions. Transfers can be used up to six times.

Warning! Too much heat may scorch the fabric, spoil the reuse of the transfer, or melt the tape.

Note! Transfer ink does not wash out.

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Available Resources

★ **Handbooks** (Downloadable PDF Format)

Little Keepers Handbook (for ages 4 to 6)
Keepers of the Faith Girls Handbook (for ages 7 to 16)
Keepers of the Faith Girls Companion Notebook
Little Contenders Handbook (for ages 4 to 6)
Contenders for the Faith Boys (for ages 7 to 16)
Contenders for the Faith Companion Notebook
Essential Guide for Parents and Leaders

★ **Awards**

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