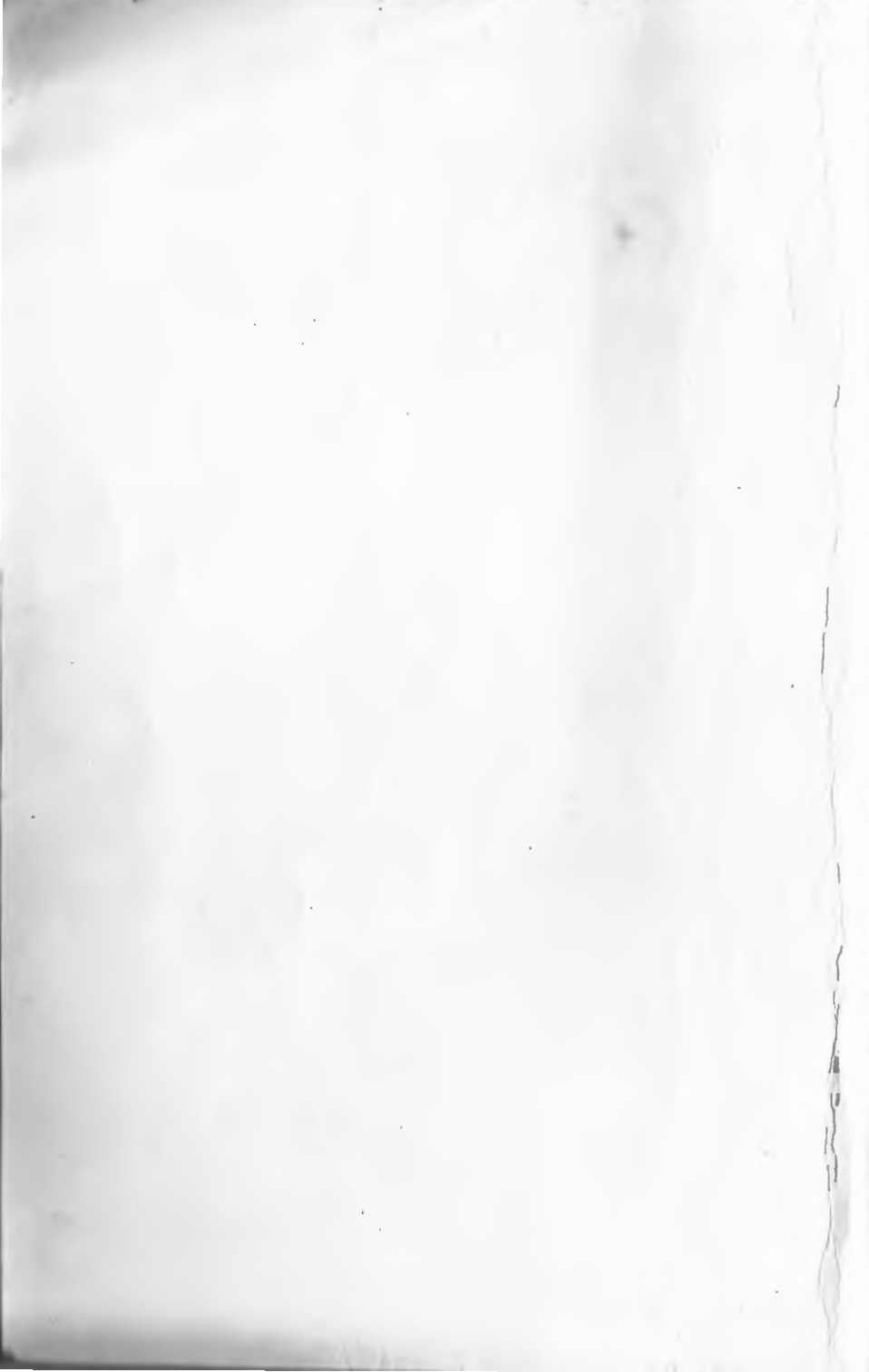


**HOME
ECONOMICS
FOR**

CLASS VI 6

(English Medium)

**SINDH TEXTBOOK BOARD,
JAMSHORO**



~~Names: Nishad Gill~~
~~Class: 6C~~

Angel Gill
VI-B

HOME ECONOMICS

for
CLASS VI
English Medium



FOR
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INTRODUCTION

This book on Home Economics is written for your class in accordance with the new syllabus. It deals with three subjects: (1) Food, (2) Clothing and (3) Family living. Though there are separate sections for each unit, we would like learners to remember that all these units are one single whole. All of them deal with you and attempt to teach you how to live better life. You will learn what to eat, what to wear and how to behave with others.

An attempt is also made to help you realize the importance of living together in families in an effective way. You are made conscious of the fact that living is a joint venture. Living together requires all the members of the family to do their share of work and contribute toward family welfare. Specific ways are suggested to learn about balanced diet, comfortable clothing, desirable manners and appropriate ways of keeping your home clean and safe.

Throughout the book you are reminded that you have certain rights and obligations as a member of the family. You have to learn not only about your rights but also about your obligations in order to play your role in the home effectively. For this purpose apart from classroom activities we have added a section of suggested activities at the end of each chapter. These activities would help you to learn necessary skills through practice.

It is emphasized that you can learn to live a better life if you (1) try to practise what you learn and avoid mere memorization of the facts; (2) try to use your resources intelligently and keep in mind that the wise use of money is essential for happy living; (3) try to follow a schedule of work so that you may find time for everything.

At the end of the book, once again we have drawn your attention to the main and central idea running through the text.

Q1 Describe the important of food

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

FOOD

Eat and drink;
But waste not by excess,
For God loveth not the wasters.

(سورة اعراف)

Ans 1

CHAPTER 1

IMPORTANCE OF FOOD FOR HEALTH

(Food plays an important part in our lives. Men work hard and earn money to buy food and other things for the family. Women find that the preparation, cooking and serving of food takes a large share of their time and energy. In most families a very large part of the family income is spent on food. How are we to know (1) the value for the money and time spent, (2) food which is good for our health and (3) need to change our food habits in order to have better nutrition? Modern Science provides us with this information. Let us start learning some of these important facts, form attitudes based on them and learn necessary skills to make wise choice and use of food.

Need for food:

All living things need food. The importance of food can be better realized in the absence of food, in conditions of famine and starvation. The human body can keep alive on its reserve for some time, but soon the reserve is used up. The body cannot function without food.

Food keeps us fit:

What are the main signs of good health?

Food keeps our body and mind fit. Can you judge from a person's appearance if he is eating well or his food is nutritious?

Some signs of good health are given below:—

Weight	In proportion to height and age.
Skin	Clear, smooth and moist, slightly pink at cheeks.
Hair	Abundant and lustrous.
Eyes	Bright and clear with no dark rings under them.

Ans 2

300
hea

Colour of finger nails .. Pink
and lips:

* Tongue: .. Red in colour, with no white coating.

Teeth: .. Clean and free from cavities.)

The muscles of a healthy person are firm and strong; the bones of the arms and legs are well-developed with no enlargements of joints. The chest is broad and deep. A healthy person is active, alert and vigorous.

Check and see how far you and your friends fulfil this description!

Functions of food: 3) What are the functions of food?

It is important that we know clearly (The main functions of food.

1. Food provides energy.
2. Food helps in growth and development.
3. Food repairs and replaces the wear and tear in the body.

Food provides energy :

You need energy for working and playing and even for breathing. The farmer needs energy to plough the field, the labourer needs energy to carry heavy loads. The housewife needs energy for doing household work such as sweeping, dusting, cooking food and looking after the children. What for do young boys and girls need energy? For making things, climbing trees, running, jumping and playing games. Sitting and resting and not doing actual work, need energy for internal working of our body. This energy is provided by food.

The more active you are, the more energy you spend. As a young active boy or girl, you spend a great deal of energy in work and play. You need to replace it with energy provided by good food.

Food articles containing carbohydrates and fats supply energy.

Food helps in growth and development:

What is the size and weight of a new born baby? Normally it is 46 centimetres long and weighs 3-4 kilograms. We were all that size when we were born. What is your height now? What is your weight? What do you think your height and weight will be when you are fully grown up?

***Inadequate diet may result
in poor health***



If a baby is deprived of food, it will not live. If a baby is given insufficient food, its growth will be slow. Growth continues from birth to about 18--20 years. Bones, muscles and organs in the body keep growing until maturity. With good food, growth continues normally.

Food repairs and replaces the wear and tear in the body:

When do we feel tired? After we have done the day's work, and after a strenuous play. This feeling of tiredness is produced because cells and tissues in our body are worn out. This wear and tear should be repaired and replaced. This is done by food.

Our mother and father have reached the maximum stages of growth and are not growing in height. However, the work they do causes wear and tear in their bodies. Food is essential for them just as it is essential for us. It builds new cells and tissues to replace the worn out cells. Proteins and minerals are important for this purpose.

Exercise:

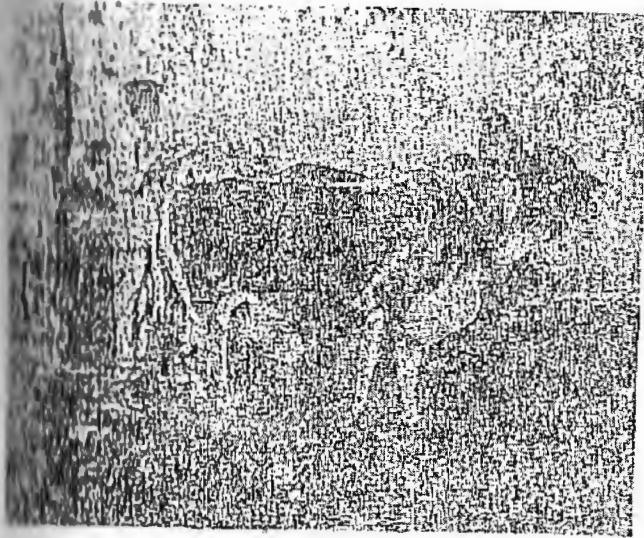
Answer the following questions:—

- (a) What is hunger?
- (b) Why do we need food?
- (c) What are the functions of food?

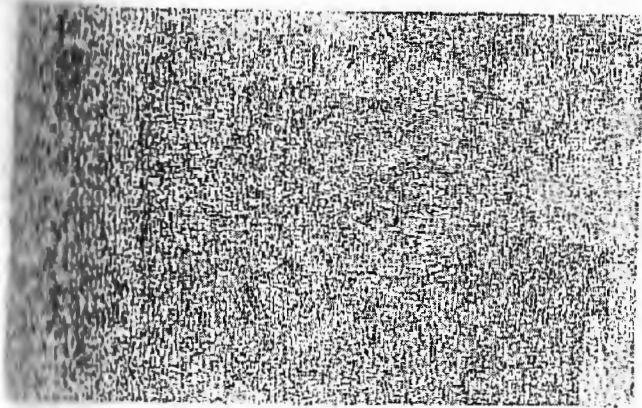
SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Class members should weigh and measure one another and present this information in a table form.
- (b) Collect pictures of healthy and unhealthy children. Put these pictures on the bulletin board. Let the class discuss ways of "Keeping oneself healthy".
- (c) Prepare chart showing the functions of food.

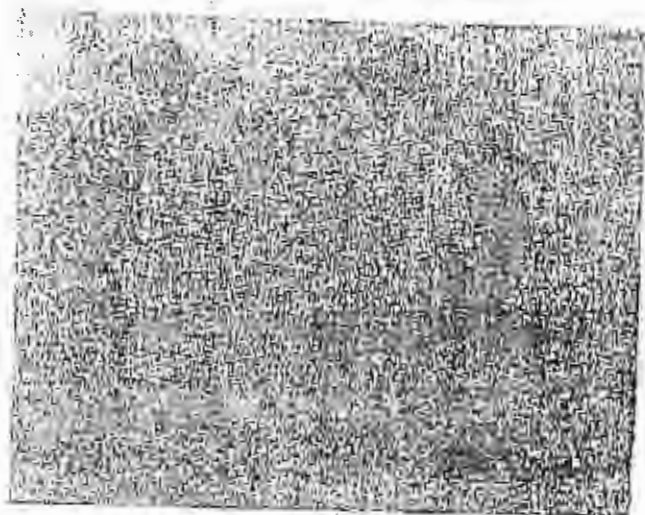


Farmer working in the field

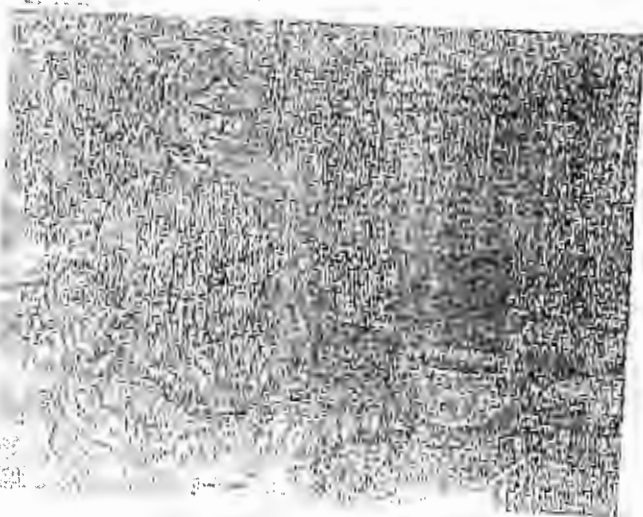


Man working in the office

ALL ACTIVITIES REQUIRE ENERGY



Children playing



Woman doing household work

CHAPTER 2

NUTRITIVE VALUE OF FOODS

You have learnt that we eat food to supply energy and to supply materials for the body's growth, repair and upkeep. During growth we must have large amounts of every kind of building material for bone, blood, organs and other tissues. When growth is complete, smaller amounts of the same materials are needed for upkeep and repair.

Nature of nutrients:

These different needs require different kinds of materials called nutrients. (Nutrients are substances found in foods. They are the materials of which the foods are made up.)

There are nearly fifty nutrients found in foods but in common with us, we need to be concerned with only five. They are carbohydrates, fats, proteins, minerals and vitamins.

most important.

It will help you to know that wise selection of foods containing these five classes of nutrients usually provides all the 50 nutrients needed for growth and repair.

Many foods contain several nutrients, while others may contain only one. For example, milk contains nearly all types of nutrients needed for good nutrition, while sugar contains only one kind of nutrient, that is, carbohydrate.

health.

Relation between food and nutrients:

The difference between foods and nutrients should now be clear to you. Milk, cheese, bread, butter, tomatoes, apples, etc., are foods and (carbohydrates, fats, proteins, minerals and vitamins) are nutrients contained in the foods. Our task is to select foods that contain the important nutrients needed for health. For this purpose, we must know the sources of nutrients. We should also know the special functions the nutrient performs in the body.

CARBOHYDRATES

Chapati and rice are familiar foods for you. They form the larger part of our food. In rural areas, bread may be made of maize, bajra and jawar also. All these contain carbohydrates.

Carbohydrates provide heat and energy. They help the body to use other nutrients.

Carbohydrates are of two kinds: (a) starch (b) sugars.

Starch. All cereal grains contain starch. The cereal grains grown in our country are wheat, rice, maize, jawar and bajra.

Some vegetables are also rich in carbohydrates. Potatoes and sweet potatoes contain a lot of starch. Pulses are also good source of carbohydrates.

Sugars. When we use the word sugar as a nutrient, we mean sugars other than the common cane sugar also. Simple sugars are found in sweet fruits and honey and also in milk.

Sources of sugars are all sweet fruits such as grapes, mangoes, mulberry, dates and bananas. Sugar-cane is so rich that cane sugar is manufactured from juice. Gur is also a good source of sugar.

These cereal grains besides carbohydrates contain other nutrients also. These are very good for us.

If there is too much of carbohydrates in the diet the excess is stored as fat in the body. It may cause obesity or fatness.

(FATS)

Fats are favourite nutrients as they make the food tasty.

Fats are of two kinds:—

- 1 (a) Animal fats
- 2 (b) Vegetable fats.

~~Examples of~~ animal fats are milk fat (cream), butter, ghee, mutton and beef fat and fish liver oils.

~~Examples of~~ vegetable fats are mustard oil and gingli oil, peanuts, coconut and all kinds of nuts like almonds, walnuts etc.

Fats are rich sources of energy and as compared to carbohydrates give twice as much energy for the same amount. But fats are expensive and we cannot depend on fat for the energy we need. Most of the energy is obtained from carbohydrates.

Vegetable fats are less expensive than animal fats and are as good sources of energy as animal fats.

Functions of fat. (1) Fats provide heat and energy and add flavour to our food. (2) Fat is stored in the body just beneath the skin and so it gives roundness and good shape to the body. (3) Excess fat can be stored in the body. This stored fat is used by the body in times of need such as in fasting, starvation and illness. (4) Fat protects our internal organs such as kidneys and intestines.

If there is not enough fat in the diet, the person will be weak and thin. He may be frequently attacked by diseases.

Excess of fat. If too much fat is stored under the skin, it may make the person too fat.

PROTEINS

We can consider protein as the most important nutrient. Protein is a Greek word which means "Of First Importance". Protein provides the building material in the body. During the growth period, protein is needed for making muscle cells, red blood cells, and cells of skin, hair and bones. In fact every cell in the body contains some protein. You need it throughout your life to repair worn or broken tissue.

Q8 Ans

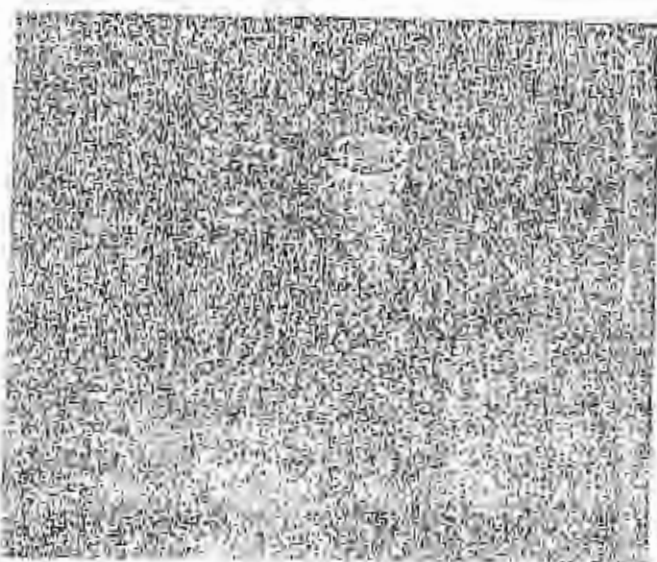
Protein is obtained from two sources:—

1 (a) Animal ~~and~~ protein

4 (b) Vegetables. Protein 2011

3 (Animal protein) is the better of the two. It is high quality or "complete protein", and greatly helps in growth and in keeping a person healthy. Milk and milk products, meat, fish and eggs are complete protein foods. We must include at least some of these foods in our diet everyday. 3

4 (Vegetable protein) is obtained from dried beans, peas, dals and nuts. Cereal grains such as wheat and rice also contain some vegetable protein. 4 These are partially incomplete protein foods. If vegetable protein are eaten with some animal protein in the same meal the protein in animal foods balances the incomplete protein in plant food.



Rich Sources of Proteins

It is one reason why we should eat a mixed diet containing a wide variety of foods instead of eating only one or two things that we like.

Animal protein is good for health but as you know milk, meat and eggs are expensive foods. Thus many people all over the world do not get enough protein for maintenance of good health. If you can raise chickens at home you can help your family to have eggs and poultry meat of their own.

functions of protein

Q 3

Protein has the following functions:

1. It helps in growth.
2. It helps in the repair of wear and tear in the body.
3. It regulates body functions.)

Deficiency of protein causes slow growth, low resistance to disease and poor health.

MINERALS

You will surely be amazed to learn that our body is partly made of minerals. You need to eat some minerals everyday as part of your food.

There are more than a dozen minerals found in the body, we will mention only four that do important work. You must remember that these minerals should have the assistance of other minerals and vitamins in proper amounts. An important thing to keep in mind is that nutrients co-operate with each other to keep the body healthy.

The important minerals are :—

1. Calcium
2. Phosphorus
3. Iron
4. Iodine

Calcium. Calcium is the most abundant mineral in the body, and most of it is found in the bones.

In a way, the construction of the body is like that of a building. The building, if it is to be strong, has to be supported by an inner structure of steel. The muscles and skin of our body are supported by an inner structure of bone. The bones make up a large part of the total weight and bulk of the body, and 99% of the calcium found in the whole body is in the bones and teeth.

Perhaps you may think of the bones and teeth not as living material but as something more like stones or steel. In reality the bones and teeth are living structure and are constantly undergoing change. This means that calcium is needed for the growth of bones and teeth and also for maintaining them in good condition.

A growing girl or boy naturally needs more calcium than an adult. Calcium is very low in most foods but is found in good quantity in milk.

Sources. Milk is the most important source of calcium. Growing boys and girls need plenty of milk for building strong bones and teeth.

Other sources of calcium are egg yolk, dried beans, and green leafy vegetables.

Phosphorus. Phosphorus is needed for many functions in the body. It combines with calcium to make bones and teeth. It is necessary for all soft tissues.

Sources. Phosphorus is a companion mineral to calcium and so will be obtained from foods that supply calcium. Foods rich in protein also contain phosphorus.

Important sources of phosphorus are milk, fish, liver, meat, egg yolk, whole grains, legumes and leafy vegetables.

Iron. You have only a little iron in your body (enough only to make a small nail) but this small amount of iron is very important. Most of the iron in the body is found in the red substance of the red blood cells. The red blood cells perform the important function of carrying oxygen from the lungs to the different parts of the body. Iron helps in this important function.

Sources. Liver is the best source of iron. Be sure to include it in your diet occasionally. Other good sources are meat, dried beans, dried apricots, egg yolk, almonds, peanuts, honey and molasses.

Remember that milk, which is rich in many other nutrients is poor in iron. Lack of iron in the diet causes anaemia.

Iodine. Iodine is also needed in very small amounts but the small amount is important.

It promotes growth and regulates body functions. If there is not enough iodine, a gland in the front part of the neck becomes enlarged. This condition is known as goitre.

In some parts of the world, there is not enough iodine in the soil and so foods grown in these areas do not contain enough iodine. In these places, iodine is added to table salt.

Sources. Cod-liver oil, salt water fish and sea food are good sources of iodine.

VITAMINS

More than two-hundred years ago, it was observed that sailors who lived on ships for a long time developed a disease called scurvy. It caused the teeth to become loose in their sockets and the gums were swollen and bleeding. The joints became stiff and swollen. But when the sailors came to shore and ate fresh fruits and vegetables, their condition improved.

Similarly, in rice-eating countries, it was noted that eating polished rice produced beriberi. Other vitamins were discovered as a result of experiments with animals.

More than fifteen vitamins are now known. Vitamins have definite functions in the body which are different from the services performed by other nutrients. Vitamins are regulators of body functions. Without them the body cannot use other nutrients that are necessary for health. If certain vitamins are not present in the diet, serious diseases may be caused.

We will discuss four vitamins and their functions. In higher classes, you will learn about more.

Vitamin A. This vitamin is found mainly in butter, egg yolk, cod-liver oil and milk. Carrots and dried apricots are also very rich in this vitamin.

One medium size carrot or 7 dried apricots will give us enough vitamin A for one day. Other good sources are green leafy vegetables.

Vitamin A protects us from infectious disease by keeping the membranes inside the body healthy and thus preventing the disease germs to attack us. It is essential for good eye-sight. If vitamin A is lacking in the diet, a disease called night-blindness occurs, in which the person cannot see at night.

Vitamin B Complex. These consist of a group of vitamins, each with different functions. Fortunately most of them are found in the same foods and so you will not have to remember a different group of foods for each B vitamin.

You should also remember that all B vitamins are soluble in water and so the foods will have to be cooked and handled properly if we want to save and keep the vitamin in the food.

Of the B vitamin group, we will discuss here two members, B_1 and B_2 .

Vitamin B_1 . This is sometimes called the "Appetite Vitamin" because it increases appetite. Lack of B_1 causes nervousness, lack of interest in work and loss of strength. A severe lack of B_1 causes beriberi, which means "extreme weakness".

The best sources of this wonderful vitamin are whole wheat and other cereals, milk, meat, pulses, nuts, liver and green vegetables. Remember that this vitamin is found in the outer layers of wheat and other cereal and pulses. If these layers are removed as in the preparation of 'maida' (white flour) from wheat, a large part of B_1 is also removed. Whole wheat atta is therefore much richer in B_1 than is refined white flour.

Vitamin B_2 . is another member of the B vitamins. B_2 is essential for growth and good health. Lack of B_2 results in the cracking of skin, especially in the lips and corners of the mouth. Milk, eggs, meat, liver, kidney, whole wheat and vegetables are good sources of this vitamin.

Vitamin C. This can be called the Fruit and Vegetable vitamin because it is important for the formation and repair of bones and teeth, and for keeping the fine blood vessels healthy. It helps calcium to be used better in the body. You have already learnt that severe lack of this vitamin causes scurvy.

Vitamin C is easily destroyed by heating. It also dissolves in water. Cooking, greatly reduces the vitamin C they may contain. Vegetables that can be eaten raw should be used for obtaining vitamin C.

Among fruits, the citrus variety such as oranges, grapefruit, lemons and limes have long been known to contain vitamin C. It has now been found that guavas are even a richer source of vitamin C. Papaya and mangoes also contain a good amount of vitamin C. Other fruits also contain some. Among vegetables tomatoes, cabbage and green pepper contain good amounts. Cooked potatoes, spinach and other green leafy vegetables retain some vitamin C.

Vitamin D. You can remember this vitamin as the sunshine vitamin. Actually it is not present in sunshine, but when sunlight falls on the skin, a substance in the fat of the body makes vitamin D.

Vitamin D is present in a few foods only. It is found in milk, cream and butter, egg yolk and in fish liver oils. The vegetable sources of this vitamin are hardly any.

Vitamin D is needed for growth and for the maintenance of bones and teeth. It is especially important during period of fast growth, such as for a young child and girls of young age. Vitamin D helps calcium and other nutrients to form bones and teeth.

Lack of vitamin D causes a disease called rickets.

Exercise:

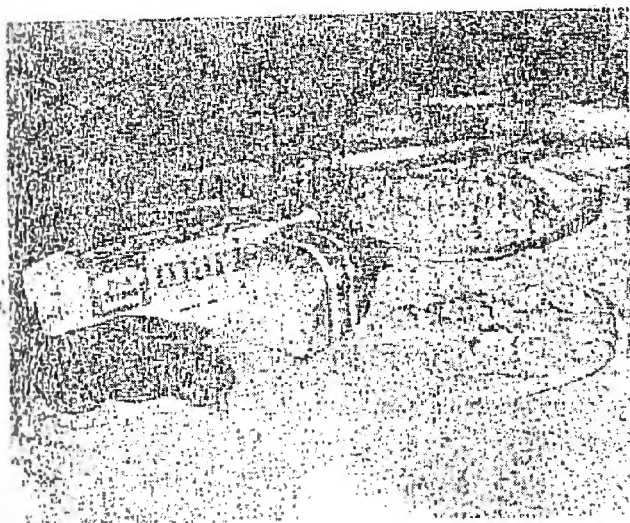
Answer the following questions :—

- (a) What are nutrients?
- (b) What is the difference between food and nutrients?
- (c) What are the sources of carbohydrates?
- (d) Write about the functions of fat.
- (e) Why is calcium important for us ?
- (f) What are vitamins ?

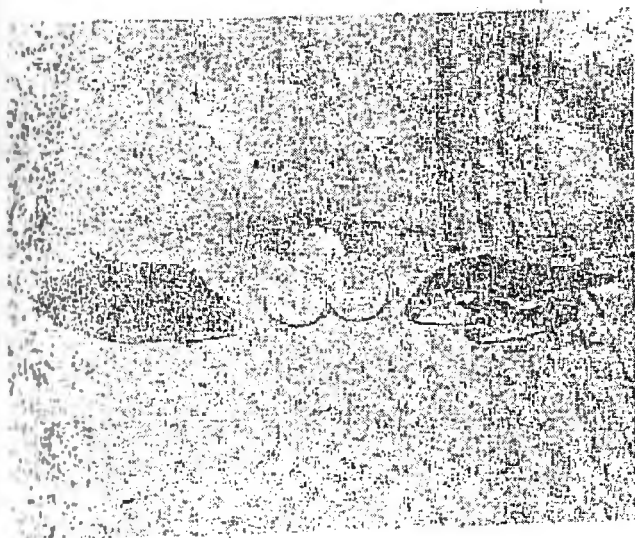
SUGGESTED ACTIVITIES

Carry out the following projects in your class :—

- (a) Dramatize various nutrients. Girls act as carbohydrates, fats and proteins. They can hang small trays in front of them, carrying foods rich in that nutrient. They can then describe their role.
- (b) Make two sets of cards. Write on one set of cards the names of different foods and on the other set write the name of the nutrients. Now ask girls to play the game of matching the cards.
- (c) Dramatize a situation in which each student acts as a vegetable or a fruit and describe its properties.
- (d) Make a chart with pictures of different vegetables and fruits. Ask the students to complete the chart by writing the names of vitamins and minerals contained in each.



Cereal Group



Meat Group

COMPOSITION AND NUTRITIVE VALUE OF COMMON FOODS

In selecting our daily food, we do not talk about proteins, minerals or vitamins, but we talk of bread, meat, fruit and vegetables. Food scientists have divided the foods into four major groups.

These are as follows :—

1. Cereal Group
2. Meat Group
3. Milk Group
4. Vegetable and Fruit Group.

These groups have been made to guide us in the selection of our food. We should see that our diet includes foods from each of these groups and none should be left out.

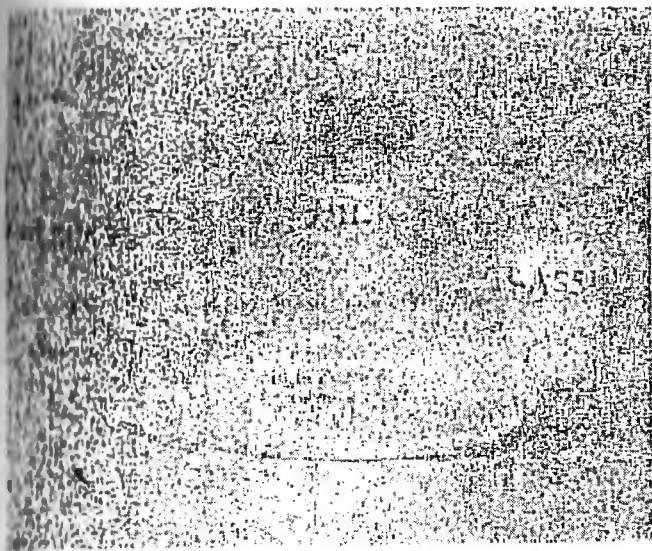
We will now see what foods are included in each group and what nutrients they supply.

1. Cereal Group:

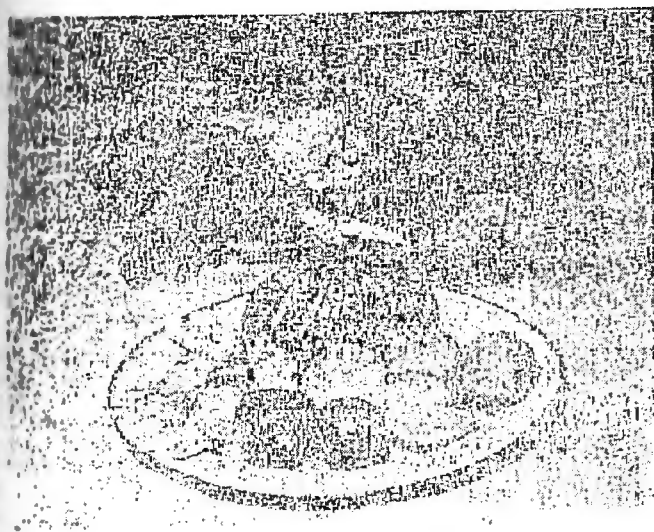
This group includes wheat, rice, maize, jowar, bajra and the foods prepared from them. Flour (atta), white flour (maida), suji, vermicelli (*shivayan*) and puffed wheat are made from wheat. These are used for making bread, chapatis, biscuits and a very large variety of other foods.

Other cereals are also ground into flour and used for making bread. Rice is generally boiled but in some places is ground to make into flour to be used as bread.

All cereals are good sources of carbohydrates. About $\frac{2}{3}$ of the weight of the cereal grains is composed of carbohydrates. The amount of protein differs, some cereals having a little more than others but the protein is not of the best quality. It should however, be remembered that since these cereals are consumed in large quantities, the amount of protein they supply is very helpful.



Milk Group



Fruit and Vegetable Group

Wheat is better in food value than rice or maize. It has more protein.

Another important group of food which are not actually cereals but provide carbohydrates in large amounts are pulses and dried beans. These include Channa, dried Peas, Lobia, and dals of Moong, Masur, Arhar and Urad. These are very valuable foods. In addition to carbohydrates they are rich in proteins. They will give twice as much protein as the same amount of cereals. They are also good sources of minerals and B vitamins.

You probably know that a very big section of the population in our country lives on dal and chapatis made from wheat. This is a good combination but it lacks animal protein, some amount of which is very essential. The cereal group in foods provides us with heat and energy.

2. Meat Group:

Mutton, beef, chicken, eggs, fish, prawns and other sea food belong to this group.

Meat: Meat is an excellent source of high quality protein. Meat contains almost no carbohydrates. It contains fat and the amount of fat varies greatly. Meat is rich in iron and phosphorus, but low in calcium. Meat provides some B vitamins.

Liver, kidneys and heart: These are called organ meats. Liver is an excellent food. It has almost everything needed for health. It is a good source of protein, vitamin A, vitamin B Complex and Iron.

Kidneys and heart are good sources of protein iron and vitamin B Complex but are not as rich in vitamin A as liver.

Fish. Fish gives us good quality protein. The fat of fish is the richest natural source of vitamin D. The amount of fat is different in different kinds of fish, some having a large amount and others less.

Salt water fish is valuable because it gives us iodine, a mineral which is difficult to get from other sources.

In Pakistan, where the diet of a large number of people is low in protein, the use of fish should be encouraged. There is abundance of fish near the sea-shore of Pakistan, and measures are being taken by the Government to encourage the industry of catching, cleaning, freezing

ing and packing of fish and other sea food such as prawns, shrimp, lobster and oysters, for export purposes and for use in the country.

Small size fish is sometimes cheaper than the medium or large variety, but just as good or even better in food value. For low-income groups, the use of this variety of fish will be valuable.

Fish is more easily digestible than meat because its muscle fibres are very tender.

Eggs. Why are eggs an important food in the diet?

Just as milk supports the life of a new-born animal, the nutrients in an egg are so well balanced that they can make the complete body of a chicken. A food that can do this can certainly be good for our health.

Eggs contain high quality protein, essential for building and repairing body tissues. Eggs are good sources of vitamin A, B Complex and vitamin D—all necessary for growth and health. Eggs also contain the minerals, calcium, phosphorus and iron.

Eggs can be used as a substitute for meat. Since egg can help so much to improve the nutrition of people, the Government is encouraging the setting up of poultry farms for the production of eggs.

Milk Group:

For thousands of years, milk has been used as food by human beings. Animals that supplied man with milk were treated as valued possessions. Even in religious books, milk has been mentioned as a blessing of God.

Does milk deserve this place of honour among food? Yes, it does. Milk is nearly a perfect food and contains almost all the nutrients which the body needs for growth and health. No other food, by itself, has all the nutrients provided in a single food.

Milk is the baby's first food and contains all the nutrients required for the growth of the baby in the first few months. As we grow older, we still need the nutrients found in milk. There are some nutrients in milk that the body cannot get in sufficient amount from any other food if milk is excluded from the diet. Among them, calcium and vitamin B are most important.

About 87% of the milk is water. The remaining 13% is made up of carbohydrates in the form of milk sugar, fat, protein and minerals.

The protein of milk is of a very high quality and is easily digested. It helps the body in making use of incomplete proteins of grains.

Milk has so many good points in its favour that it should be considered a necessity and not a luxury.

Milk products. Butter, butter milk, curd, cheese, khoya and other milk products.

Butter is the fat removed from milk by churning. It contains some moisture and curd and so it is not hundred per cent fat. It has a rich taste and high energy value. It contains vitamin A.

Butter Milk (*Chach*). Butter milk is that portion of milk which is left after butter is removed from it. You have surely enjoyed the good refreshing taste of butter milk if you have lived in rural areas.

In most homes in towns, the practice of churning milk and making their own butter does not continue any more, but it does in villages. While they sell the milk fat as butter and ghee, the village people consume the butter-milk themselves. Whole wheat chapatis and butter-milk eaten together are very good food and this is probably the secret of the good health they enjoy.

Butter milk has the same nutrients as milk except fat and some vitamin A. Protein and calcium and other nutrients are still present.

Curd. Curd is prepared from whole milk by adding a little culture to it which contains harmless bacteria. Curd has some nutritive value as milk including fat.

Lassi is favourite drink prepared with curd. It can be a very good substitute for milk for those who may not like milk as a drink.

Cheese. The use of cheese is very common in Western countries. It is made from the curd of milk. It resembles milk in nutritive value but is highly concentrated food.

In our country, cheese is very expensive and so is used to a very limited extent.

Khoya. *Khoya* is made of milk by thickening it through heat and converting it into a semi-solid mass. In this state it can be kept for a longer time without spoiling. *Khoya* is generally used for making sweets.

It is most desirable that growing youngsters like yourselves

should take as much milk as possible. For good health it is recommended that you should drink about $\frac{1}{2}$ or one litre of milk daily.

How many of you drink that much milk? How many families can afford to provide so much milk for each child in our country? Probably very few.

TABLE—I
Vegetables grown in Pakistan.

Roots and those found under the ground	Green leafy vegetables	Fruits of plants used as vegetables	Pods and seeds used as vegetables
Carrots Radish Turnips Beet root Arvi	Spinach <i>Methi</i> Beet greens Turnip greens Mustard greens (<i>sarson ka sag</i>) Chena Sag Mint leaves Coriander green Lettuce Cabbage	Brinjal Tomatoes Cauliflower Cucumber Pumpkin Gourd <i>Tinda</i> <i>Bhindi</i> (lady's fingers) Lemons. Green pepper Bitter gourd (<i>karaila</i>) Tori.	Peas Beans (<i>sem</i>) French beans Lobiya Gwar beans Drumsticks
Potatoes Sweet Potatoes Onion Garlic Ginger			

There is not enough milk produced in the country to allow so much per person. What suggestions can you give to increase the production?

The milk that is available should be used as economically as possible. We have mentioned earlier that sweets are made from *khoya*. Is this a good use of milk?

When milk is heated in open vessels for a long time, it loses some of its food value. You should also remember that sweets are very expensive and can be purchased only by rich people. The milk that is used for making sweets could be much better utilized if it were given as whole milk to children who needed it for their growth.

4. Vegetable and Fruit Group :

Vegetables. Can you name all the vegetables grown in Pakistan. Look at the Table. How many vegetables are you familiar with? More

More than 40 varieties of vegetables are grown in our country. In fact they are parts of plants. This part called vegetable may be the leaf, stem, flower, fruit, seed, or root.

Vegetables give colour and variety to our diet and make meals more attractive. They give variety in texture and flavour. All vegetables have something in common. They have a high water content and a good amount of roughage or fibre. This makes them good for our digestive system.

Some vegetables are more important for health than others. We will discuss the food value of some of them.

1. Root vegetables: Carrots, radish, turnips, sweet potatoes and beetroot are root vegetables. Potatoes, onion and garlic though found underground are not exactly roots in scientific terms.

Among these vegetables potatoes are important as food as they are very common and are used the world over.

Carrots are valuable because they are excellent sources of vitamin A. They also contain mineral and other vitamins.

Beetroots are high in carbohydrates.

Green leafy vegetables. These are more important vegetables than others. These include spinach, cabbage and the green leaves of turnips, beets and mustard. All these contain less than ten per cent solid matter. They are rich in Vitamin A and minerals.

Fruits classed as vegetables include tomatoes, cucurbats, okra (bhindi) and brinjal and gourds of different kinds.

Of these tomatoes are very popular and very good as a source of vitamin C.

Pods and seeds include peas and beans of different kinds. They are the only class of vegetables that contain a good amount of protein.

Vegetables should not be over-cooked. They should be removed from fire as soon as they are tender. The water in which vegetables are cooked should not be thrown away. Can you tell why?

Do you like to eat some vegetables raw? Tomatoes, carrots, cucumber, radish and cabbage are some vegetables that can be eaten without cooking and taste good.

Do you remember that vitamin C is lost in cooking? A sure way of getting vitamin C would be through eating raw vegetables.

Raw vegetables are served at meals in the form of salads. A carefully arranged salad makes the dining table attractive. Arranging salads can be as artistic as arranging flowers in a vase. Learn different ways of doing it and try several combinations of vegetables.

Try all vegetables and learn to like them. You may want to try different methods of cooking them to like them better. Eat those vegetables that are available in the season. They are inexpensive at that time and also taste better.

3. Fruits:

Do you like the sweet luscious mangoes better or the juicy flavourful oranges? The choice is hard to make.

The beautiful shapes, the lovely colours and fragrance of fruits make them irresistible. They add colour and beauty to our meals.

Like vegetables, fruits also have a lot of water. They have hardly any protein or fat. Sweet fruits contain easily digestible sugars.

(The main value of fruits is because they contain important vitamins and minerals.)

We in Pakistan are blessed with a wide variety of fruits. All the year round, we have one fruit after the other in season that we can enjoy.

Citrus Fruits. Oranges, Kinnows, Malta, grape fruit are citrus fruits. Citrus fruits, as you have learned earlier, are rich in vitamin C. Foods containing vitamin C are needed everyday as vitamin C cannot be stored in the body.

Guavas. Guavas are the richest source of vitamin C. They combine well with other fruits for making fruit salad.

Papaya. People generally do not know what a rich source of vitamins and minerals this fruit is, and consider it an inferior fruit. This is not so. Papaya is very rich source of vitamin A.

Mangoes. If papayas are rich in vitamin A, mangoes are three times richer. They are one of the richest sources of this vitamin. Because of the high sugar content of sweet ripe mangoes, they provide energy. They contain other important vitamins and minerals.

Dates. This is a desert fruit and so plentiful in the interior of Sind. They are rich in carbohydrates and minerals, especially iron. Their vitamin value is not so high. They hardly have any vitamin C.

Bananas, mangoes, guavas, papayas and dates are grown widely in our province. Citrus fruits, apples and grapes are generally brought in from the Punjab, Baluchistan, and the N. W. F. P. Luckily, the fruits grown in Sind have a higher nutritive value than the fruits we have to get from outside which is more expensive.

Apples. Apple is a very popular and "much respected" fruit. Probably the famous proverb "An apple a day keeps the doctor away" has given it more publicity than it deserves. In nutritive value other fruits such as mangoes, papayas, guavas and even bananas have higher amounts of vitamins and minerals than apples. Remember that apple is not the only fruit that will "keep the doctor away", other fruits can be just as useful.

There is still a long list of fruits and berries that have not been mentioned here. The melons and the water melons, mulberries, custard apples, jaman, loquat and so many others. Remember that all ripe, fresh fruits will have some nutritive value. Include them in your diet whenever possible.

Exercise :

Answer the following questions :--

- What are the basic food groups?
- What does cereal group provide us?
- What does meat group contain?
- Why should we include vegetables and fruits in our diet?
- Why is milk so important for us?

SUGGESTED ACTIVITIES

Carry out the following projects in your class :--

- Prepare "A Guide to Good Eating". Include food from each group and show the importance of balanced food.
- Dramatize two situations one in which you eat adequate diet and the other in which the diet is inadequate. Suggest ways to improve the inadequate diet.

CHAPTER 4

THE DIET FOR US

Do you feel you can select a good diet for yourself after having learnt the nutrients and studied the food groups in detail?

Try to judge the diet you generally have.

Answer the following questions about your diet:

(Do you eat the following foods daily?)

- Good diets*
- Some whole grain cereal, wheat or rice
 - Some meat, fish or poultry (about 125 gms.) or dals
 - One egg
 - Milk—A litre or more, or butter milk
 - Vegetables—some cooked and at least one raw
 - Fruit

(a) You surely have whole grains in the form of wheat *chapatis*, made from other cereal grain, or cooked rice. This is the basis of our meals. Do you consume about 250 gms. or more of cereals during a day? If you have a normal appetite, you should.

(b) With the cereals or carbohydrates, that is with wheat *chapatis* or cooked rice, you will generally eat a curry of meat or fish, or you may eat *dal*. You have learnt about the comparative amount of proteins contained in meat and in dals. Dals have a good amount of vegetable proteins, but if *dal* is combined with a small amount of animal protein, the low quality protein is used better by the body. You should have at least 125 gms. of this group during the day.

(c) One egg—This will also provide protein of high quality and is very important. If you cannot have one egg daily, try to have at least 4 eggs in a week.

(d) Milk $\frac{1}{2}$ a litre or more. We have already discussed the

importance of milk. Your mother should see how much she can spend of the food budget on milk. The more she spends to give you the needed amount of milk, the better. For your own part, you can save the money you generally spend on "cokes" and sweets to buy milk. Have you ever tried banana milk-shake? You will like it better than a coke, and there is no comparison between the food value of the two.

(c) **Vegetables.** Eat at least two or three vegetables in the meals. One of these should be raw, such as carrot, tomato or cabbage. Why? To ensure your supply of vitamin C.

(f) **Fruits.** At least one fruit. Whatever is available in the season. Check everyday if you have received your daily share of fruit. Use your pocket money to buy fruit in the school if possible.

There are some other foods that have not been included in the list given above. These are butter, ghee, sugar, pickles, jams etc. that you may be eating. Their nutritive values have been discussed. You should include them as you think proper but make sure that the foods in the list are first provided.

Q2 Give some suggestions to help you eat better food.

Some suggestions to help you eat better :-

1. (Consider food as something important.) Remember what you eat will make difference in your health.
2. (Consider milk, eggs, meat and vegetables as the "Meat Leaves" in the daily diet.) All these are excellent sources of essential nutrients.
3. (Have variety in the diet. This will make your meal appetising and will supply nutrients from various sources.)
4. (Do not develop strong dislikes for particular foods.) This may prevent you from getting the best you can get from your food.
5. (When taking a meal, finish the meat first. ^{do not} If you start with carbohydrates, you will be too full to finish the meat, which is a more important food than carbohydrates. (Be sure to leave no protein food on the plate.) It is too precious to be wasted.
6. (Combine vegetable protein with some animal protein in the same meal.) The vegetable protein will then be used better.
7. (Remember that some foods such as liver, dried apricots

(milk, pulses, mangoes and carrots are very rich in some particular nutrient. Include these foods in your diet whenever you can.)

Exercise:

Answer the following questions :—

- (a) What is a good diet?
- (b) How will you select a good diet?

SUGGESTED ACTIVITIES

Carry out the following project in your class:—

Divide the class into two groups. Each group should first write on the black-board what they eat and how they can improve their diet. Invite your teacher to judge the performance of the groups.

Q3 Write a short note on milk, cereal, vegetables, fruit.

CHAPTER 5

WEIGHTS AND MEASURES

You will now be learning in the class how to prepare six dishes. At home, you may be having responsibility of helping mother in the kitchen.

Cooking food is fun, but if the result of your cooking is not good not only is the fun spoiled, but money and energy are also wasted.

What is important for good results in cooking? Many factors are important.

Your success in cooking will depend to some extent on the correct weighing or measuring of the ingredients. If you add too much or too little of any ingredient, your food may be spoiled.

Correct weighing and measuring therefore is very important. It also saves food from being wasted.

Besides this, even when you buy food, you will use weights and measures. Most of the weights and measures used in our country are mentioned in the table for your information.

Let us first see what items have to be weighed or measured. In cooking, some ingredients are dry while others are liquid.

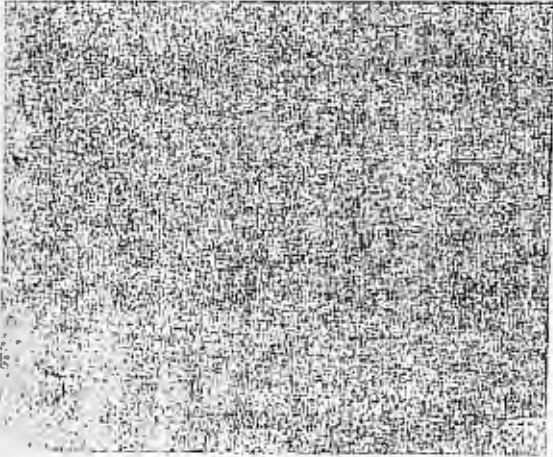
Flour, sugar, rice, dals, spices are examples of dry ingredients. Water, milk, oil and vinegar are liquid ingredients.

Dry ingredients are weighed, whereas liquid ingredients are generally measured, though in some cases, liquid ingredients may also be weighed. Cooking oils in our country are sold by weight.

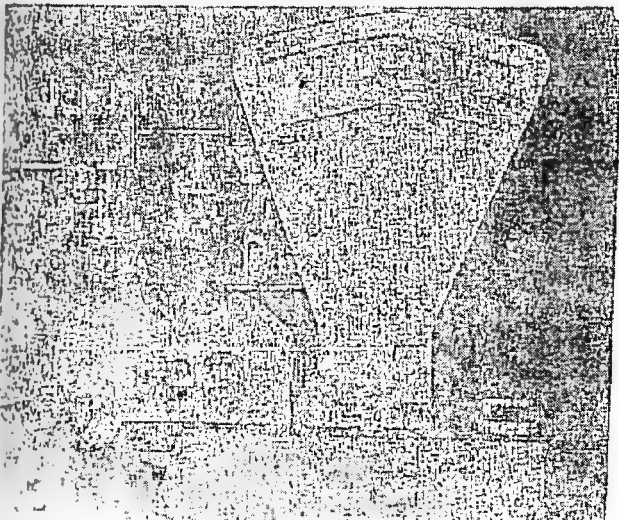
Most vegetables and fruits in the market are sold by weight. Some fruits are sold by the dozen. Name the fruits that are sold by weight and those sold by the dozen.

For weighing we use scales or balances. You are already familiar with the common household scale and we have again seen it

the class room. It consists of two flat pans suspended from either end of a beam.



Look at the picture of the other type of scale. This has a disc with the weights. The food is placed on the pan supported



by the scale and a needle on the disc points at the weights. This is more convenient and saves time. This is used in stores but is seldom used in the home.

Until recently, the unit for weight was the 'seer' divided into 'paos' and 'chattaks'. This was a rather complicated system and has now been replaced by a simpler system known as the Metric system. In this system, the weights have a relationship of ten to each other. The Metric table of weights is given below. You are advised to understand its system.

10 milligrams (mg.)	=	1 centigram (cg.)
10 centigrams	=	1 decigram (dg.)
10 decigrams	=	1 gram (gm.)
10 grams	=	1 dekagram (Dg.)
10 dekagrams	=	1 hectogram (Hg.)
10 hektograms	=	1 kilogram (kg.)
1000 kilograms	=	1 metric ton

A milligram is a very small weight. You are not likely to use it for weighing foods. There are 1000 milligrams in a gram. You can have some idea of how much a gram is by knowing that approximately 25 grains of wheat weigh one gram.

An average size egg weighs 50 grams.

The kilogram is the unit more commonly used for weighing food. A kilogram weighs approximately the same as the old 'seer'. There are 1000 grams in a kg.

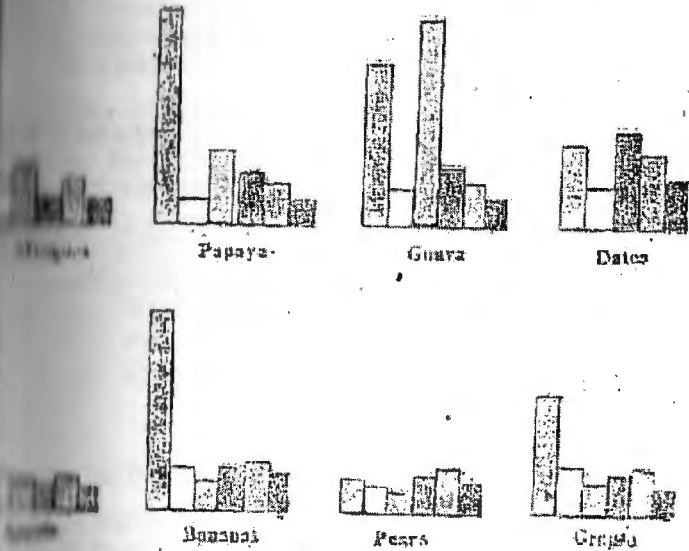
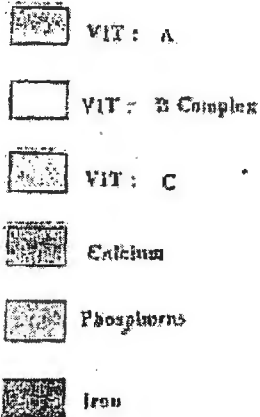
The metric system of weight has made calculation of cost of items much simpler because we already have the decimal system of currency.

It is quicker and more convenient to measure liquids than to weigh them. The metric system for measuring liquids is as follows:

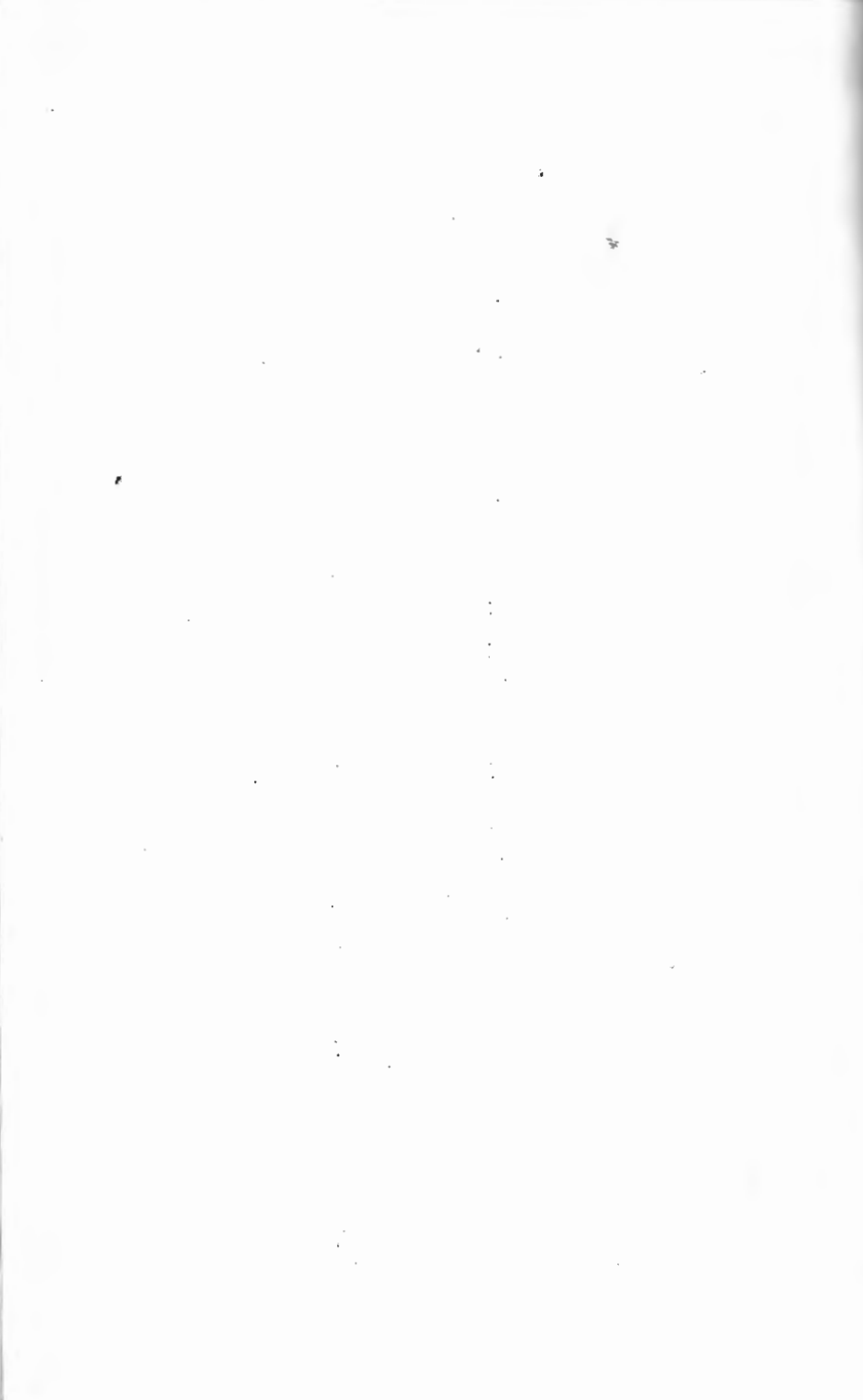
10 centilitres (cl.)	=	1 decilitre (dl.)
10 decilitres	=	1 litre (l.)
10 litres	=	1 dekalitre (Da.)
10 dekalitres	=	1 hectolitre
10 hectolitres	=	1 kilolitre.

C H A R T

Comparative Nutritive Value of different Fruits



Fruits differ in the amount of minerals and vitamins they may contain. This chart shows a comparison between some common fruits. Note the large amount of Vitamin A found in Papaya.



It may help you to know that one litre of water weighs one kilogram.

In the kitchen standard size cups and spoons are used for measuring ingredients. A measuring cup has marking on it, dividing it into 4 parts.

Cups and spoons are also used for measuring dry ingredients. Modern recipe books give the amount of ingredients in terms of cups and spoons.

The tea cups and tea spoons used in the homes vary in size. Collect some tea cups and tea spoons and check the difference in their sizes by filling one cup with water, then pouring the water carefully into the other one.

For measuring ingredients, use only the standard measuring cups and spoons, some measurements and their equivalents are given below :—

1 tablespoon (T)	=	3 teaspoons (t.)
4 tablespoons	=	$\frac{1}{2}$ cup
8 tablespoons	=	$\frac{1}{4}$ cup
16 tablespoons	=	1 cup (c.)

When measuring dry ingredients with spoons and cups, always use a level measure. To do this, put the ingredient lightly in the cup or spoon, and level off the top by scraping across it with a knife. Only in this way you can measure accurately.

Exercise 1 :
Answer the following questions :—

- Why do we need to measure and weigh ?
- What was the unit for weight until recently ?
- What is the present system of weight ?

SUGGESTED ACTIVITIES

Carry out the following projects in your class :—

- With the help of the metric table of weights given in your book, pretend yourself to be a unit of weight and arrange a parade of weight beginning with the lowest unit. Pin badges to show your particular unit of weight.
- Dramatize a situation in which you measure liquids.

CHAPTER 6

FOOD PREPARATION

Importance of cleanliness in handling and preparing food:

Why do you think cleanliness is important in the kitchen? It is because unclean conditions in the kitchen will mean unclean food which can cause disease.

What is meant by "infection"? It means entry of disease germs into our body. Infectious diseases are caused by germs. Germs are very small living things that cannot be seen with the naked eye. You can see them under a microscope.

Germs enter our bodies through air, water, food and through broken skin. Food and water should therefore be absolutely clean and kept free from germs.

There are many things in the kitchen through which germs get into our food.

1. Utensils used for preparing, cooking and serving food:

If the pots, pans, knives, spoons, dishes and plates are not kept clean, they can allow disease germs to get into the food. What methods are used in our houses for cleaning utensils? There should be proper cleaning supplies for this. Never use mud or earth to clean pots and pans. You can use ash, because ash from fire is free from germs.

Use soap for washing plates, dishes and spoons, and most important of all, use plenty of hot water. Hot water removes the grease. At the end, rinse all dishes, spoons, etc. by pouring boiling water over them.

The cloth with which you dry the dishes should be clean. Store dishes in a clean shelf or cupboard.

Each one of you has practised the above activities in the class room.

Insects in the kitchen:

Flies are the most common insects which cause disease. Food should be protected from flies. Keep all food covered. It is best to use netting on the doors and windows of the kitchen. Fruits and vegetables, remains of food from the table Put all such things in a dust bin and keep it covered.

Cockroaches may sometimes be found in the kitchen. They live in dirty places such as sewer pipes and gutters and from bring germs to our food. Protect your kitchen from them. Powder and other insect-killers can be used for them.

Germs can enter the food through unclean hands and nails of handling and preparing food. Always wash your hands with soap and water before you touch food. See that your finger nails are short and clean. Wash your hair properly when you work in the kitchen.

Precautions to be observed in the kitchen:

Several dangerous situations can arise in the kitchen. Cooking requires fire and this can be dangerous if necessary precautions are not taken.

Gas, kerosene oil, coal and wood are used for fire. Gas burners should be handled carefully. See that you do not turn on the gas until the flame the match is ready to light it.

Accidents may also occur while handling hot pots and pans. Use proper pot holders that give good protection and grip. Don't touch anything hot from the fire if it is overflowing from the pan. Be careful when it over boils. Your fingers are more precious than a little milk that overflows. Sprinkle a little water over the milk and the overflowing will stop. It can then be removed with the help of a good pot holder.

Be careful when you fry foods. Use a frying spoon with a long handle so that you do not stand too close to the fire. See that the handle of the frying pan is not jutting out from the burner as this may cause the frying pan to turn over.

Precautions through sharp knives or other cutting instruments:

Knives and chopping instruments are necessary kitchen tools. For quick work, they have to be sharp too. They should be used with care in order to avoid accidents.

Keep them out of reach of children. Most children are of using the knife and trying it on different objects. Try to cut of and vegetable on a chopping board by holding it in your hand.

Electric shocks through faulty electric equipment:

In large cities, several types of electric cooking equipment used. This may include small electric stoves, electric kettle, to frying pans, mixers, grinders etc. See that they are in good condition. Ask an electrician to check them; see that the cords that connect to the outlet are not broken or exposed. See that you do not handle equipment with wet hands. Can you tell why?

It is necessary that you should keep a First Aid Box ready in the kitchen. Do you know what it is? Among other things it should contain antiseptic medicines for use on wounds and cuts; medicine for burns, cotton wool and bandages.

Exercise :

Answer the following questions :—

- (a) Why is cleanliness important in the kitchen ?
- (b) How can you keep your kitchen clean ?
- (c) How can you protect your kitchen from the insects ?
- (d) What safety measures should you observe in the kitchen ?

SUGGESTED ACTIVITIES

Carry out the following projects in your class :—

- (a) Let the class bring cuttings from the newspapers about accidents in the kitchen or write about the accidents that you have heard or come across. Put these on the bulletin board and let the class discuss ways of avoiding such accidents.
- (b) Divide your class into three groups and ask each group to select two students to speak on "ways to protect your kitchen from the insects".

CHAPTER 7

PREPARATION OF FOOD NEEDING MINIMUM
USE OF FIRE

Every girl should learn to cook. Women will always have the responsibility of cooking food or supervising cooking, no matter what other work they may have to do. Every woman should take pride in being able to cook food well.

You will start cooking in the class this year, but since you are still young, your teachers will let you cook or prepare only those dishes that use fire as little as possible. Yes, there are dishes that can be prepared without using fire or using fire for a short time only.

In this book, we are giving simple recipes for preparing these dishes. Read each recipe carefully before you prepare the food. See in what quantities the ingredients will be used and in what order. Observe how many servings (portion of food to be served to a person at one time) can be made from the quantity given in the recipe.

When you have prepared the dish, taste it yourself and ask your teacher and friends to taste it to see if it has the correct taste. The appearance of the food is also important. See that the food is attractive in colour and appearance.

RECIPES

RECIPES FOR COLD BEVERAGE

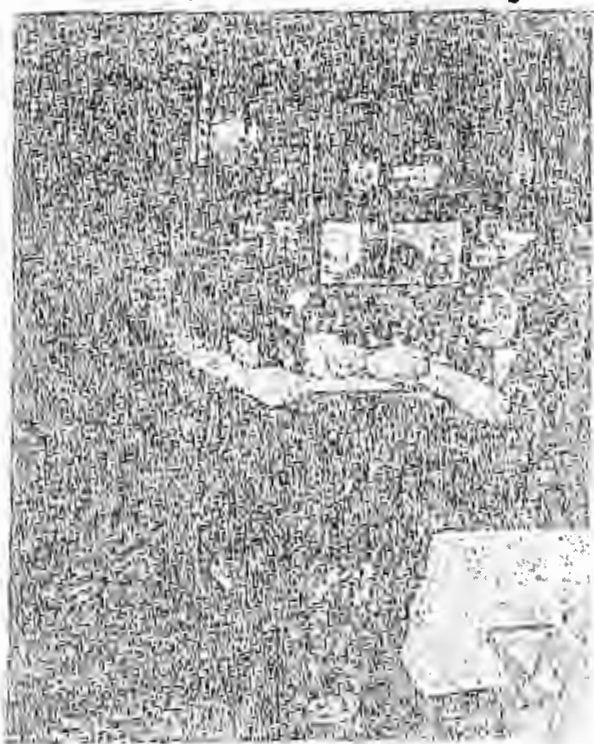
Ingredients:

(Lassi)

Curd	4 Tb. sp.
Water	3/4 cup.
Sugar	1 1/2 Tb. sp.

Method:

1. Beat curd till it is smooth and creamy.
 2. Add water gradually.
 3. Add sugar. Mix it well so that it dissolves.
 4. Add ice just before serving.
- This will make one glass.



Serving Tea

LEMONADE

Ingredients:

Lemon	One
Water	$\frac{1}{2}$ cup
Sugar	$1\frac{1}{2}$ Tablespoon

Method:

1. Squeeze out the juice from the lemon; remove seeds.
2. Mix sugar and lemon juice.
3. Add water and stir until thoroughly dissolved.
4. Pour over crushed ice.

This will make one glass.

RECIPES OF HOT BEVERAGES

Tea

Ingredients:

Tea leaves	$\frac{1}{2}$ tsp. or 1 tsp.
Water	1 cup.

1:

- 1 Use a clean kettle for boiling water.

Scald a tea pot and put tea leaves.

- 1 Pour boiling water over the tea leaves.

The tea pot should be set in a warm place to steam for two to three minutes.

Serve hot with hot milk and sugar.

This will make one cup.

COFFEE (BREWED)

Robusta Coffee	$1\frac{1}{2}$ lb. sp.
	1 cup

Method:

1. Place coffee and water together in a pot.
2. Bring to boiling point and allow to steam for three to four minutes.
3. Strain, and serve with milk or cream and sugar as desired. This will make one cup.

FRUIT AND VEGETABLE SALAD**Vegetable Salad****Ingredients:**

Lettuce leaves	5
Tomato	1 medium
Radish (red)	2 bunches (8 radishes)
Cucumber	1
Carrot	1 medium
Spring onions (Green onions)	3 small

Preparation of Vegetables:—

1. Wash all vegetables, drain water and wrap in a damp cloth.
2. Cut tips of carrots, scrape and cut in eight lengthwise thin strips of uniform length.
3. Peel cucumber.
4. Slice tomatoes thinly.
5. Remove core of head lettuce with a sharp knife and loose leaves.
6. Make roses of red radishes and flowers of spring onions.

Arrangement of Vegetables:—

1. Arrange five lettuce leaves in a round plate.
2. Arrange carrots in wheel form making eight sections in a plate.
3. Arrange flowers of three spring onions in the centre.
4. Then arrange radish roses in spaces between carrot sticks.
5. Then make a second round of tomato slices just above the round of radish roses.

6. Place one slice of cucumber over each tomato slice.
7. Add dressing. Using a tablespoon pour over all vegetable pieces.

Salad Dressing:

Ingredients:

Vinegar 4 tb. spoons.
 Salt 1/8 tsp.
 Ground pepper 1/8 tsp.

Method:

1. Mix salt, pepper and vinegar.
2. Stir before adding it to vegetables.

This will make one full plate sufficient for 3 persons.

FRUIT CHAAT

Ingredients:

Bananas	2 medium
Guavas	2 medium (fully ripe)
Orange	1 medium
Sugar	2 tb. spoons.
Salt	1/2 tsp.
Pepper	1/2 tsp.

Method:

1. Wash, peel and cut banana in thin slices.
2. Peel orange. Separate sections. Remove seeds and membrane and cut sections into two pieces.
3. Wash and cut guavas into thin slices.
4. Combine all fruits in a bowl.
5. Add sugar; salt and pepper.
6. Mix well and serve.

This amount will be sufficient for three persons.

LAUKI RAITA

Curd Dishes

Ingredients:

Lauki	125 gm
Curd	1 cup
Crushed roasted zeera—	1 tsp.
Salt	$\frac{1}{2}$ —1 tsp.
Green Chilli	1 Med.
Mint leaves	8—10 leaves
Water	1 tb. spoon

Method:

1. Wash, peel and grate lauki finely.
2. Cook lauki in water till tender.
3. Mash lauki.
4. Beat curd with a fork or spoon.
5. Add all ingredients together and mix well.
6. Garnish with mint leaves and chillies.

This will be sufficient for four persons.

EGGS

Boiled Eggs

Soft Boiled Egg:

Ingredients:

Egg	1
Water	To cover the egg

Method:

1. Place egg in a saucepan and cover it with warm water atleast one inch above the egg.
2. Rapidly bring to boiling point.
3. Leave in water for 2—5 minutes depending on firmness desired.

Fried Egg.

Ingredients:

Egg	1
Ghee	1 tb. spoon.

Method:

1. Put ghee in frying pan, do not over heat.
2. Beat egg in a small dish to test for freshness.
3. Slip egg into the pan carefully so that the yolk is not pushed off centre. Pour hot ghee with a spoon frequently over the egg being careful not to break the yolk.
4. Sprinkle salt and pepper to season.
5. Serve hot.

OMELETTE

Ingredients:

Egg	1
Ghee	1 tb. spoon
Salt	1/8 tsp.
Pepper	1/8 tsp.

Method:

1. Beat egg, add salt, pepper and mix well.
2. Heat ghee in a frying pan.
3. Add egg mixture and tilt the frying pan so that the egg spreads on all sides evenly.
4. Let omelette cook on one side.
5. Lift the edges with spatula to see if cooked on one side.
6. Turn over to cook the other side.
7. Fold and serve hot.

Finely chopped onions and chillies can also be added to the beaten egg before frying.

SIMPLE RICE DISHES

BOILED RICE

Ingredients:

Rice	1 cup
Water	2 cups
Salt	1/2 tsp.

Method:

1. Pick, clean and wash rice.
2. Place water in a saucepan and bring to boil.
3. Drain water from rice and add rice to boiling water.
4. Cover tightly, turn heat low and cook for 15 minutes.
5. Turn off heat and allow to remain on the burner for 10 minutes without removing cover.
6. Do not stir during cooking.

This will be sufficient for 3 persons.

KHICHI

Ingredients:

Rice	1 cup
<i>Dal Moong</i>	1/2 cup
Water	2 cups
Ghee	1 tb. spoon
Salt	1 tsp.
Cardamoms	1
Cloves	2

Method:

1. Pick rice and *dal*.
2. Mix *dal* and rice and wash.
3. Heat ghee in a *degchi* and put cardamoms and cloves.
4. When ghee smokes, add rice and *dal* mixture and salt for one minute.
5. Add water and carefully stir with a spoon to separate grains from the bottom of the pan. -Cover and allow

6. When boiling starts, turn heat low and allow to cook for 15—20 minutes.
7. Turn off heat and allow to remain on burner without removing the cover. Do not stir during cooking.
8. Serve hot.

This will be sufficient for four persons.

Exercise :

Answer the following questions :—

- (a) How can you serve raw vegetables in salads in attractive shapes?
- (b) What ingredients would you need to prepare fruit chaat?
- (c) Write the recipe of any cold beverage.

SUGGESTED ACTIVITIES

Carry out the following project in your class:—

- (a) Divide your class into three groups. Let each group prepare one of the following :—

(1) *Khichri*, fried eggs, or *lauki raita*

or

(2) Fruit chaat and lemonade

or

(3) Boiled rice, fruit and vegetable salad or omelette.

Invite your mothers to taste the food.

- (b) Keep an account of the time and money spent by you in preparing the food.

CLOTHING

"O ye Children of Adam !
We have bestowed raiment
Upon you to cover
Your shame, as well as
To be an adornment to you,
But the raiment of righteousness,—
That is the best."

(Holy Quran)

SELECTION OF CLOTHES

Very often we insist on buying a material for a dress which mother cannot afford. What will you do in such a situation? You consider the family budget and agree to what your mother will insist on having your way? Such situations show that we have to consider a number of factors while making a selection.

Factors affecting selection :

Consideration of the following factors will help you to make a selection of clothes:—

- (1) Income and budget of the family.
- (2) Personality of the wearer as related to dress design.
- (3) Quality of material.
- (4) Occasion and purpose.
- (5) Culture, values and religion.

I. Income and budget of the family. This is the first consideration while selecting clothes. It may be hard for you to estimate the family income, but your mother can definitely help you in determining the clothing budget. Generally speaking a family with a small income will have less to spend on clothing as compared to a family with a large income. While determining the clothing budget you should not forget to consider the size of the family. Your family's size will determine the exact amount which can be allotted to you for your clothing.

II. Personality and Design. "Clothes reflect your personality". This is a popular saying which you may have heard many times. This is so because clothes always depict your personality. The first impression that you get of a person is through his clothes. Therefore you should always select clothes according to your personality. While considering your personality consider your age, likes and dislikes in addition to your physical features like complexion, height and build.

Your task will then be to select a design which will suit your personality. While selecting a design you will consider all the elements and principles of art individually and then pick up colours, textures, prints and designs which will enrich your personality and make your clothes a part of yourselves.

Art elements that we should consider are line, colour, texture shape and form.

Colour. Colour is very important in our day-to-day life. Nature gives an excellent example of the use of colours. Colours that we wear should be becoming, suitable for the season, the occasion and our personality. Choosing the colours for a garment is really a problem but the key to a successful solution of this problem is to know our colours.

What are colours? Look at the colour wheel on the adjacent page; you will see that the circle has a triangle within it. On each of the three points of the triangle are placed different colours: Blue, Yellow, Red. They are known as primary colours and are the foundation of all colours.

(If ^{we} you mix equal of any two primary colours you will get a new colour in the following manner:-

Red + Yellow = Orange

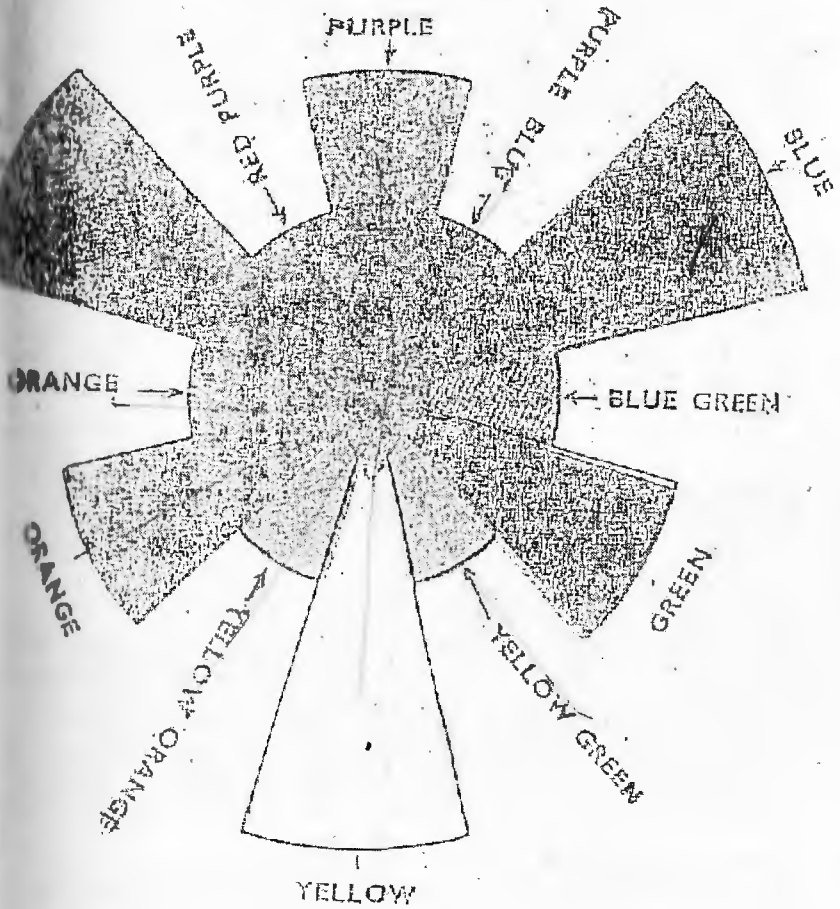
Yellow + Blue = Green

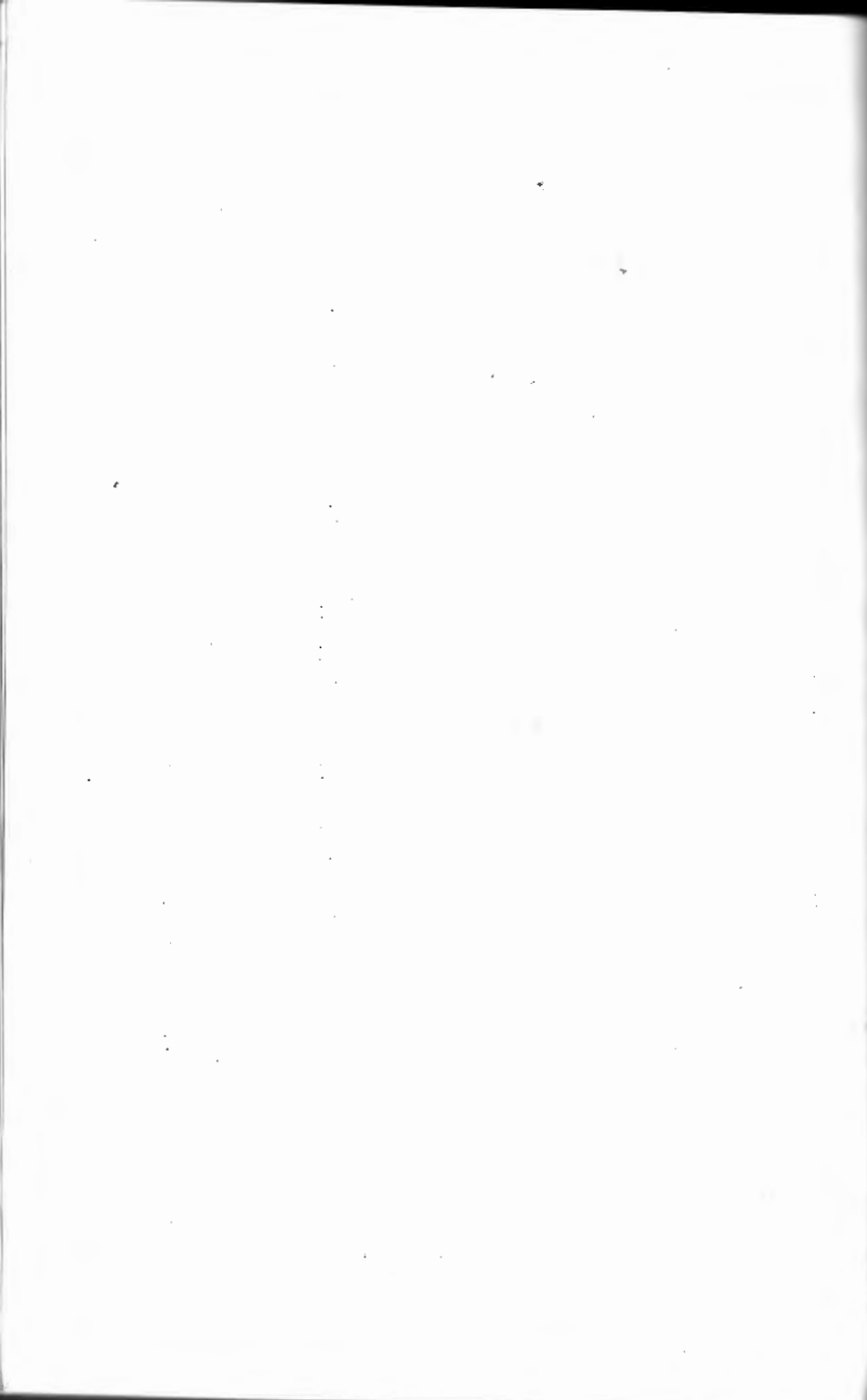
Blue + Red = Purple

These new colours are known as secondary colours.

It is important to remember that when a secondary colour is closer to the primary colour it naturally picks up more of that colour. For example if orange is nearer to yellow it will become yellow orange. If it is more towards red, it becomes red orange. Now that you have studied colours you should be able to select suitable and pleasing colours according to different seasons, occasions and personalities. You would remember that some colours are known as warm while others cool. Colours like red orange and yellow are called warm colours and should be used in winters for these remind of heat, fire and other warm object. They look cosy and comfortable in winter. Colours like blue, green and blue-purple are called cool colours for they remind us of trees, sky, sea and other cool objects. Cool colours are comfortable for summers.

THE COLOUR WHEEL





Colour also has the power to make you look big or small. Warm colours make you look large and big and should be used by a person with a small structure while light colours make you look small and should be used by a person with large build. Besides, bright and vivacious colours should be worn on occasions like Eid, party and weddings while light and dull colours should be used for day-to-day wear.

Texture of clothes:-
Texture. Texture is the surface of the material as you see or feel it. Hence you see that some materials are smooth, while others are rough or stiff. When selecting a material for your dress you should make sure that the texture of one item of your dress matches with the texture of the other items of the costume.

Different materials have different textures: Some textures are rough, dull, heavy, thick or opaque while others are soft, smooth, shiny, light, sheer or gauzy. When selecting texture you also have to see that the texture of the material suits your personality. Generally a thin girl can wear fabric of stiff and thick texture while plump girls should wear light and soft textures.

Selecting suitable designs and prints. The design and print of the dress should suit your personality. A large number of designs are formed by placing lines, colours and shapes differently.

Appropriate design and print help you look beautiful and attractive. You may have heard your friends or others commenting "this design suits you" or "this design does not suit you." What does this mean?

It only means that the design or print is either appropriate or suitable. Generally speaking, large and big prints make one look larger and bigger and therefore should be used by slim girls whereas plump girls should use small prints.

II. Quality of the material. When considering the quality of the material consider its cost, construction and durability in addition to the colour and design of the material. You should be sure that the price you are paying is worth it.

Let us take a few pieces of material and try to judge which one is better. It is very difficult to judge the quality of the material; and it is more difficult today than it was in the past. This is so because scientists have helped us to develop new textiles. Today many more fibres are available and many new methods of making cloth have been discovered. This means that you have to study

(E) Nylon—the strong fibre. Nylon is also a man-made fibre. It is very strong and light in weight. It does not absorb sweat and is easily washed and cleaned. Nylon garments require very little ironing. Since nylon garments do not absorb sweat, they are uncomfortable in summers; however they are comfortable and warm in winter. Nylon garments are very long lasting. Large numbers of nylon fabrics with beautiful print and design are available at a fairly low price in the market.

How fabrics are made. Have you ever done knitting? If not then surely you must have seen your mother or elder sister knitting a sweater? Have you noticed how a single wool thread is converted into a piece of fabric? In the same way the long threads called yarns are converted into fabrics in textile mills; and the process of converting yarns into fabric is called knitting or weaving. The weaving process is employed more as compared to knitting.

What is weaving?

↳ (Weaving is interlacing two or more sets of yarns at right angles to each other, to form fabrics. There are many different types of weaves and large numbers of designs are formed through weaving.) You will study them in detail in higher classes. Knitting is another method of making fabrics.

IV. Importance of culture, values and religion. Above all family values, culture and religion should be the basis of our selection. You have studied in the previous chapter how culture and religion affect your mode of dressing. Keep this in mind when you select your dress. Your dress should neither be too tight nor too loose and should aim at modesty. Uncomfortable clothes are harmful from the point of view of hygiene and physical health.

Exercise:

Answer the following questions:—

- What factors would you keep in mind while selecting clothes?
- What is a fibre? How many types of fibres are there? Give examples.
- What is weaving?
- Why should you not wear tight clothes?

- (e) List the different elements of art you have learnt?
- (f) What is meant by primary and secondary colours?

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Use your paint box to prepare a colour wheel. Identify and explore as many colours as you can. Point out the primary and secondary colours.
- (b) Dramatize a short skit on different fibres. Let one of the students act as cotton; others as wool, silk, rayon and nylon. Point out the sources and important properties.
- (c) Collect pieces of fabrics of different colours, lines, textures and prints. Prepare a chart out of these fabrics and put this chart on the bulletin board. Select the colours, lines, textures and prints that suit you the most.

CHAPTER 9

SUITABLE AND APPROPRIATE CLOTHES

In school you are all wearing the same type of uniform. Imagine that one of your classmates comes to school in a gharara suit. How will you feel? How will she feel herself? Naturally all of you will be astonished to see her in that dress and she herself will feel uncomfortable.

You know very well that a gharara suit is a popular dress, yet you feel uncomfortable to wear gharara suit in school. Why?

This and similar examples will show that the dress you wear should not only cover your body as you have learnt earlier but should also be suitable and appropriate. When we talk of suitable and appropriate clothes we have to consider the suitability of dress with regard to the following:—

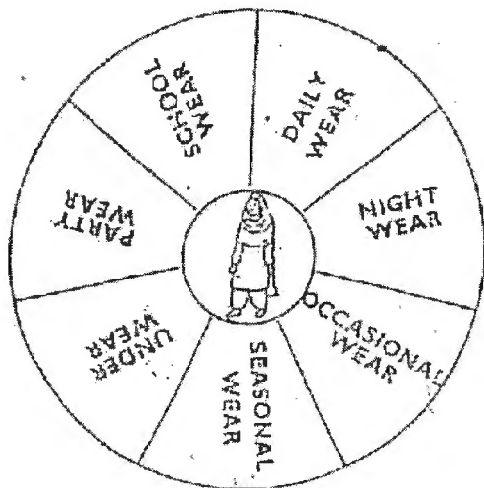
- (1) Personality
- (2) Age
- (3) Occasion and purpose.

I. Personality. Clothes reflect your personality and therefore the correct choice is of great importance. What is personality? It is hard to define personality, but you know very well that you all have a personality which comprises of all your physical and mental traits. Your choice should therefore be such that it should bring out your good points and hide your bad points.

II. Age. Your dress should be suited to your age, so you should select colours, prints and designs which are suitable for your age.

III. Occasion and purpose. You have seen an occasion at which your classmate was dressed inappropriately; but have you ever seen anyone in a school uniform at a wedding ceremony? Surely not. What do these incidences show? They all point to the same factors that our dress should suit the occasion and time.

Similarly we have different clothes meant for different purposes, for example a raincoat, or a woollen sweater. We wear our rain-



When we have to go out in the rain and we wear our woollen sweaters to keep us warm in winter.

For general convenience we will classify the different types of clothes commonly used and will also show their purpose. The different types of clothes are:—

- (a) **School wear:** They include your uniform or simple plain clothes that you wear in school.
- (b) **Daily wear:** Simple dresses that you wear at home.
- (c) **Night wear:** Clothes which you wear while relaxing and sleeping. Your night wear may be specially designed or it may be a simple loose ordinary garment.
- (d) **Occasional wear:** They include the heavily worked and expensive garments that you wear on special occasions like Eid parties, weddings and other festivals.
- (e) **Seasonal wear:** Articles which you wear in different seasons like sweaters and coats for winters, raincoats for rainy season and so on.

- (f) Underwear: Includes petticoat, slips and vests which you wear to protect your outer garments or for the sake of propriety.

This classification will help you to select suitable clothes according to purpose and occasion.

Grooming as related to clothing. Good grooming includes neatness of clothes as well as yourselves. You know the importance of personal hygiene and cleanliness. In the Holy Quran it is clearly stated that God likes those people who keep themselves clean and "Pak". The Holy Prophet (Peace be upon him), showed his liking for those who bathe and keep themselves clean. Therefore, you should bathe regularly and keep yourselves clean.

Your garments besides being clean must be kept in good condition. Garments with broken hem, ripped seams, hanging or missing buttons should be repaired before being worn.

Many girls do not care about their undergarments. It is very important to wear clean and good undergarments because they are in direct contact with our skin. They should be in good condition and changed often. The garments that you wear should be nicely pressed or ironed. This adds to your attractiveness. Being complimented as an attractive girl by friends and strangers will be the reward for time spent on personal care and clothes before wearing them.

Exercise:

Answer the following questions:--

- What do you understand by suitable and appropriate clothes?
- How many types of clothes are there?
- What is meant by good grooming?
- What is meant by personality?

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Collect pictures of different types of clothes you wear. For example a picture of school uniform, gharara, kameez, night wear, underwear and so on. Arrange these pictures on the bulletin board.
- (b) Dramatize two situations showing appropriate and inappropriate dresses. Discuss how you feel in each situation.
- (c) With the help of your class teacher prepare a guide for good grooming.
- (d) Prepare a chart showing a good groomed personality and poorly groomed personality.

CHAPTER 10

GETTING READY TO STITCH

Stitching is fun, but before you begin stitching you should learn to thread a needle, to handle the material and to use a thimble. Your class teacher will also help you in maintaining a sewing kit.

Maintaining a sewing kit:

What is a sewing kit? What things will you include in your sewing kit?

A sewing kit is a box or a container which has all the necessary equipment required for sewing. You can take an empty box, bag, basket or any suitable container and place all the necessary articles needed for our sewing class. If you do not find a suitable container your teacher will help you to design and prepare one of the cloth. You can use that to store our sewing equipment. Now, include the following articles in the sewing kit :

1. Metre scale. You use your metre scale for measuring.
2. A small scissors. For cutting papers and threads.
3. A medium size shear about 18 to 20 centimetres long, which you will use for cutting fabrics.
4. Tailor's chalk. You will use your tailors chalk for marking on fabrics.
5. A tracing wheel is used for tracing and marking from paper to fabric.
6. Needle and needle book. Select appropriate size needles and place them in a needle book. You can prepare your needle book with pieces of flannel or any warm cloth.
7. Pin and pin-cushion. Pins should be pointed, slender and not rusted. Place these pins in a pin-cushion. A pin-cushion is very easy to make. You can use hair, sand, sawdust or cotton wool as filling. Saw dust filling is the best.

8. Ripper is used for undoing stitches.
9. Thimble is worn while stitching. It protects your finger from needle pricks and helps to push the needle quickly through the cloth.
10. Threads. Have thread of various colours, be sure to include embroidery threads.
11. Pieces of material to practise different stitches on, as you learn sewing.

The figure on the adjacent page, gives you a better idea of the shape of this equipment.

Selection, use and care of our sewing equipment:

You need good tools no doubt, and a good workman knows the proper use of his tools and handles them with care.

How shall you select your sewing equipment? Why is it necessary to know the correct use of these tools? Why is it essential to take good care of your equipment?

Sewing tools are a necessary part of your sewing class. You will have best results and find learning to sew a more pleasant experience if you select good equipment. Proper selection and correct use of these tools play an important role in efficiency and also affect the finished product. Good care is necessary for the life and workability of your equipment.

Here are some important hints that will help you in proper selection, use and care of your equipment.

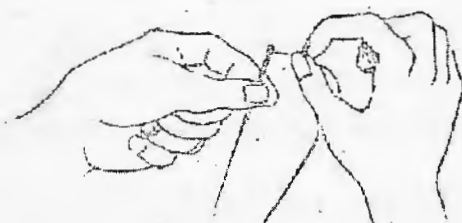
- (1) It pays in the long run to buy the best you can afford.
- (2) Have all the necessary tools before you start to sew.
- (3) Mark each piece of sewing equipment in some way so that you may be able to identify it.
- (4) Know how to use each piece of equipment.
- (5) Keep all your sewing things in a certain place so that you will not have to waste time looking for them.
- (6) Give all the sewing equipment the best care. Remember pins, needles, scissors will rust if exposed to damp air.

- (7) Use each piece of equipment for the purpose it is meant for. Misuse of your tools will spoil your equipments; shears should not be used for cutting leather, papers, metal or wires.
- (8) Do not borrow unless absolutely necessary.

Threading a needle. When threading a needle proceed as follows:

- (1) Cut a length of thread twice the length of your arm from elbow to finger tip, or about 75 centimetres. A very long thread tangles and form knots.
- (2) Cut the thread from the spool with a scissors, breaking frays it. Use the cut end to thread and then knot it.
- (3) To thread hold the needle in the left hand as you push the thread into the needles eye with your right hand.

Fig. 1



Threading the Needle

Starting to stitch. Your thimble should be on the middle finger when you start stitching. Fig. 11 will show the correct position of the hand, fabric and needle while stitching.

Position of right hand. Thumb and fore-finger should guide the needles, the middle finger protected by a thimble, should slide the needle forward between thumb and fore-finger and through the fabric. Do not use thumb, and fore-finger to push the needle through the cloth, but use them to pull up the stitch. The little finger and the outside of the hand hold the material against the table. If you are holding the fabric up from the table, the edge of the seam must be held between the thumb and the fore-finger.

Position of left hand. Thumb is placed on top of the fabric just ahead of the place where the needle will come through. The forefinger is under the fabric and in front of the needle as it enters the cloth. When the needle goes through and is turned upward again, the forefinger moves under the needle which now holds the stitch and the thumb depresses the fabric in front of the needle to help it through to the right side. A right-handed person generally sews from right to left, but a few types of stitches, such as blanket stitch which you will learn later on, go from left to right.

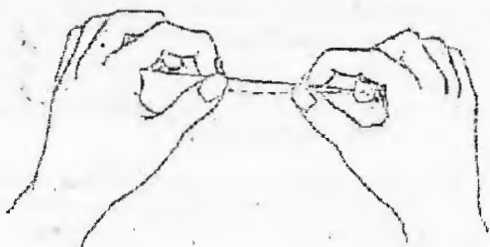
Fig. II

A

B



Holding the Needle



Correct Position while Stitching

Beginning and ending a row. Since you are beginners you can use a knot to start with. However, if knots are used, conceal them within the edges of a fold. Where knots cannot be hidden under layers, use some other means of securing the thread. On flat seams, make two or three back stitches directly over each other.

Similarly you can end the row of stitches with back stitches and carry the thread ends between layers of fabrics for approximately two inches. A light pull on the fabric will draw thread ends under the surface and out of sight.

Sewing habits. Since you are learning hand sewing, you should learn to develop good working habits. Some of the habits that you should acquire are:—

- (1) Never hold pins or needles in your mouth. You might swallow a pin if you should sneeze or laugh.
- (2) Avoid cutting the thread with your teeth. It is possible to chip off a corner of a tooth when you bite threads.

- (2) When handing shears, a tracing wheel or any sharp instrument to another person always pass them with the handles towards the other person.
- (4) When passing a needle to someone, hold the thread and needle tip between the finger and thumb and pass needle with its eye towards the person.
- (5) If you break a needle while sewing, be sure to find both parts and pin them into a paper or cloth before putting them in the waste basket.
- (6) Never use your clothes, folded chair-arm, sofas, or table cloth, as a pin cushion. You may forget to remove pins or needles and cause a painful accident to someone or to yourself.

Exercise:

Answer the following questions :—

- (a) Make a list of equipment you would include in your sewing kit?
- (b) What care would you give to your sewing equipment?
- (c) What are the good working habits that you should acquire?

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Arrange a display of the sewing equipment. Point out the important factors you would consider in the selection, care and use of these equipments.
- (b) Interview mothers and grandmothers to find out the sewing tools they had used? Point out some of the ways they have cared for their equipment.

CHAPTER II

BASIC HAND SEWING STITCHES

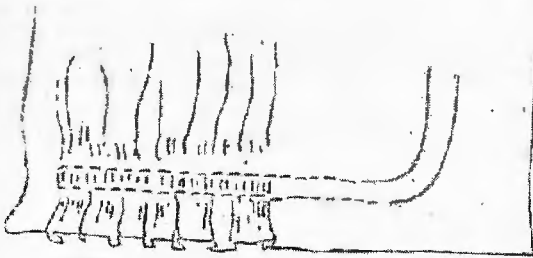
Hand sewing is not difficult when the cloth is loosely woven, the thimble fits, the needle is fine, the needle is held correctly and the thread is of the right length. Now practise the following stitches.

Running stitches. Running stitches are small, evenly spaced from $\frac{1}{2}$ - $\frac{3}{4}$ centimetre in length. Running stitches are used on darts, tucks and gathers. They very often replace machine stitching on seams of fine sheer fabric.

Fig. I



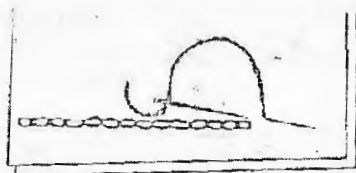
Running Stitch



Running stitch is very often confused with basting stitch. It is similar to even basting but the stitches are smaller, whereas uneven basting has a combination of short and long stitches. However, the difference between the running stitch and basting is that basting stitches are temporary marking stitches and running stitches are commonly used for permanent sewing.

Back stitch. Resembles machine stitching on the right side but unlike machine stitches overlap on the wrong side. Take running stitch 1 centimetre long, reinsert the needle at the end of the first stitch and bring it forward on the under side and up through the surface, one stitch length beyond the previous stitch. Repeat for the next stitch.

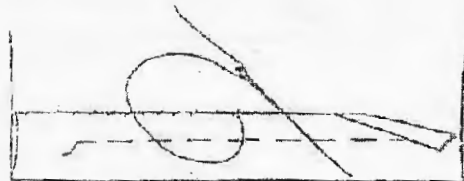
Fig. II

*Back Stitch*

Back stitch is very often used with the running stitch to give more firmness to the seams.

Hemming. Hemming is used to finish any raw edges of shirt, sleeves, dresses, dupatta and many other household articles like table cloths, napkins, tea cosy or tray cloth. Hemming is quite simple to make. To be at its best it must be closely spaced otherwise its long exposed threads wear and break. When made with short stitches it is stronger and holds fabric securely in place. Hemming is the whipping stitch. It produces a tiny slant stitch on the right side.

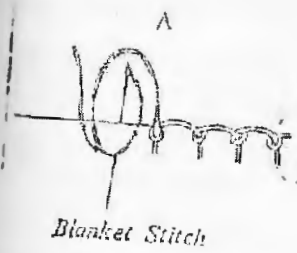
Fig. III

*Hemming Stitch*

Hemstitches can be decoratively used on table cloths, handkerchiefs etc.

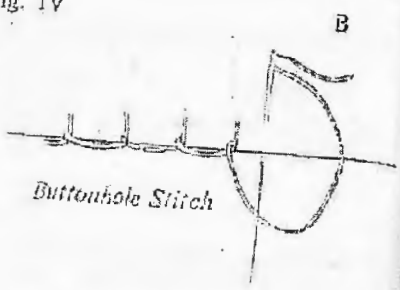
Buttonhole stitch is another very commonly used stitch. This stitch is used to make buttonholes attaching press buttons, hooks and making eyes. Moreover this stitch can also be used decoratively in

making appliques and other designs. Buttonhole stitch is similar to blanket stitch but not exactly the same. In blanket stitch after inserting the needle the thread is passed over the needle slipped into a way that an untwisted loop is formed with one stitch slipped into another—Fig. IV-A; whereas in the buttonhole stitch two strands of threads from the eye are drawn under the point of the needle in a right to the left direction in such a way that it forms a purt, which is the characteristic of a buttonhole stitch.



Blanket Stitch

Fig. IV



Buttonhole Stitch

Uses of Buttonhole stitch:

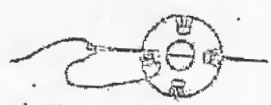
Now that you have learnt to make a stitch you can easily make buttonholes in cuff and neck openings of kurtas. When you talk of buttonholes you should not forget to learn about buttons which are a part and parcel of buttonholes. With the help of the class teacher learn to attach a button. You can make the shank by winding the thread round with a twist.

Press buttons. Mark the position of the button in such a way that the socket part of it is exactly opposite to the ball part. Then sew the button with a buttonhole stitch.

Fig. V



Press Buttons



Hook and eye. Mark the position and sew the eye. Take three or four loops for the eye and finish the loops with buttonhole stitches. Place the hook in place and sew it with the buttonhole stitch.

Fig. VI



Hook & Eye -

Apron :

Now that you have learnt and practised these stitches you can apply them in making a simple garment. An apron would be a simple garment but if you don't find an apron practical, you can, instead, make a ship.

What is an apron?

An apron is a simple garment that you wear to protect your clothes while working in the kitchen, washing or cleaning. You can use this apron while working in the kitchen at home as well as in school for your cooking class.

Our apron could be a decorative one with lace and frills or it could be a simple one to give the service you want. Since an apron is meant for a special purpose it should have the following characteristics:—

- (1) It should be big enough to protect the sides and front of your dress.
- (2) It should be possible to put it on and take it off easily.
- (3) It should be cut in such a way that it does not slip off your shoulder or waist as you work.
- (4) It must have pockets for handkerchief and dusters.
- (5) It should be easy to wash and iron.
- (6) The material should be attractive and clean looking.
- (7) Its texture should be smooth so that you can dust off such things as flour and it should be closely woven so that it won't absorb splashes of liquid and fat.

Keeping the above factors in mind you should select a design for your apron and with the guidance of your class teacher construct one as a class project.

Exercise:

Answer the following questions:—

- (a) Make a list of the basic sewing stitches you have learnt.
- (b) What is the difference between running and basting stitches?
- (c) What is an apron? What characteristics would you like to see in an apron?
- (d) What is a buttonhole stitch? Mention the different uses of this stitch?

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Prepare samples of the stitches you have learnt and arrange them in a file.
- (b) Each student can bring one dress with broken hem, missing buttons and mend them as a class project.
- (c) Collect samples of suitable material for an apron and arrange them on a bulletin board.
- (d) Prepare charts showing the different designs of an apron. Place these charts on the bulletin board.
- (e) With the help of the class teacher arrange a speed test. Use white thread on a coloured fabric and coloured thread on white fabrics. This will help you to note your progress. Give five minutes to all students to make running stitches. After five minutes measure the length and find out whose length is the longest.

CHAPTER 12

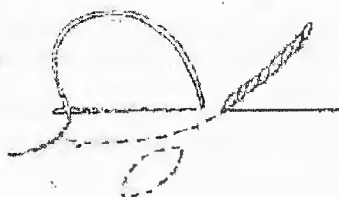
DECORATIVE STITCHES

Practice makes one perfect. You can master these stitches by practicing just as you have mastered the basic sewing stitches. Decorative stitches also called embroidery stitches are used to enrich your wearing apparel as well as your household articles such as table cloths, tea-cosies or tea napkins.

Decorative stitches are many but among the simple ones that you can practice and learn are—

1. Stem stitches. Figure 1 illustrates the making of this stitch. This stitch is similar to back stitch. The back side of the back stitch is similar to the right side of the stem stitch and vice versa. This stitch is used for making stems and leaves:

Fig. 1



Stem Stitch

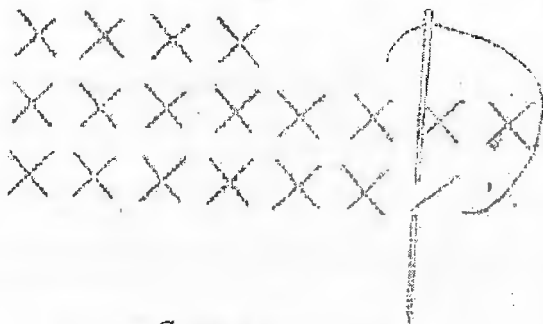
2. Satin stitch. You can note the working of satin stitch in Fig II. The long floats of threads travel over a certain length creating the effect of satin weave. This stitch is used for making flowers and leaves which need filling. This stitch is the same on the right and reverse side of the fabric.

Fig. II

*Satin Stitch*

3. **Cross stitch.** As the name signifies this stitch forms small crosses in a square. Fig. III shows the manner of executing the stitch which is as follows: From the left hand corner of one of the squares bring up the needle, then in a slanting direction that is across the square to the top of the right hand side you pass the needle through and down. Then bring the needle up through the right hand corner and form a square.

Fig. III

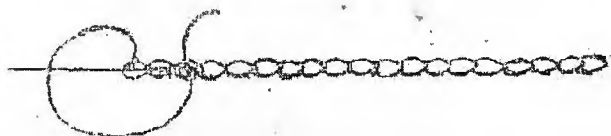
*Cross Stitch*

This stitch can be used to make a beautiful motif on table cloth. Evenness is very important in this stitch. Canvas cloth can be used to get even stitches.

4. **Chain stitch.** Fig. IV illustrates the method of working this stitch.

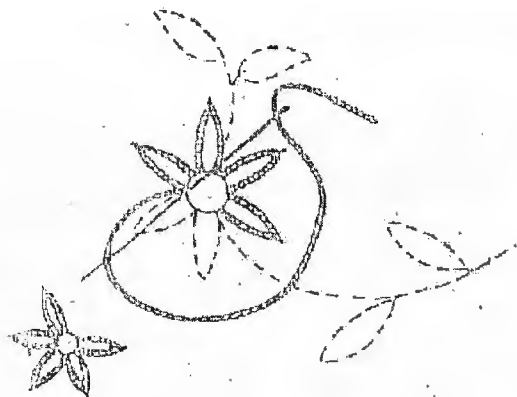
As the very name signifies it forms a chain of loops.

Fig. IV

*Chain Stitch*

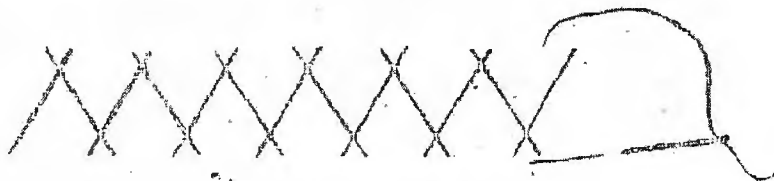
5. Lazy daisy stitch. These are elongated chain stitches grouped to form a flower. Figure V shows the arrangement of chain stitches in a group to form a lazy daisy stitch.

Fig. V

*Lazy Daisy Stitch*

6. Herringbone stitch. Fig. VI shows the method of working this stitch. Herring is a fish and this stitch resembles the bone of this fish.

Fig. VI

*Herring Bone Stitch*

Finishing table cloth:

After having learnt these stitches you can apply them to embroider a table cloth or a handkerchief. If you plan to make a table cloth you should select a motif in which you can include at least three of the stitches you have learnt. What characteristics you should look for in a table cloth?

The material for the table cloth to be embroidered should be plain, closely woven white or coloured. If you select a coloured material, be sure that the colour is fast. Sheer and loosely woven fabrics do not form good table cloths.

Select a suitable motif for the table cloth. Your teacher will help you in this respect.

Select good quality thread, which is fast coloured for the embroidery. Remember your table cloth will be subjected to frequent washing.

Exercise:

Answer the following questions:—

- (a) What are decorative stitches?
- (b) What points would you keep in mind while selecting material for a table cloth?
- (c) List the decorative stitches you have learnt and suggest their uses?
- (d) What is the difference between decorative stitches and basic sewing stitches?

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Prepare samples of stitches you have learnt and arrange them in a file.
- (b) Collect motifs for embroidery, suitable for table cloth. Place these motifs on the bulletin board.
- (c) Select suitable materials for the table cloth and arrange them on a bulletin board.

CHAPTER 13

TOY MAKING

We know that play is very important in the life of a child. Throughout the ages children have played with toys and have enjoyed the association of their dolls and learnt many things in their company.

Toy making is perhaps the oldest of all handicrafts. Children have always demanded toys. Parents, friends and relatives have satisfied their demand to some degree. From an early stage of human history people started making toys of wood and clay. Later on they made toys of metals and as time passed and as man progressed he began to make toys of a variety of materials. The art of toy-making has improved greatly and today a large variety of toys is available everywhere. Since toys play an important part in our life, we should learn the art of making toys. Toy making can bring joy and satisfaction to us as well as to other members of our family.

Making toys. (1) Toy making is an interesting hobby. Toy-making helps you to become creative and to use your hidden talents.

1. (2) Toys are a good source of education. You learn many skills such as cutting, designing and stitching clothes of dolls. You can teach this art to your younger brothers and sisters.
- (3) You also learn many things from toy animals. You begin to know in detail various parts of the body of our toy animals. You learn the tradition and culture of different countries through toys.
2. (4) ~~Many people~~ ^{You can} earn their livelihood by making toys. ~~If you like~~ you can also use this art to supplement your family's income or your own.
- (5) In the process of making toys you will learn the creative use of indigenous material such as pieces of fabrics, old and worn-out clothes, empty boxes, match boxes and cardboard covers of old and used exercise books.
3. (6) You can use these toys to decorate your home → your own room, your parent's room, your class-room and so on. You will surely enjoy this.

What are the things that you will require for a toy making class?

Since you will be learning to make a number of toys in the class, you need to have the following things. Do not insist on buying these things, but try to get them from home.

(Things required are:—

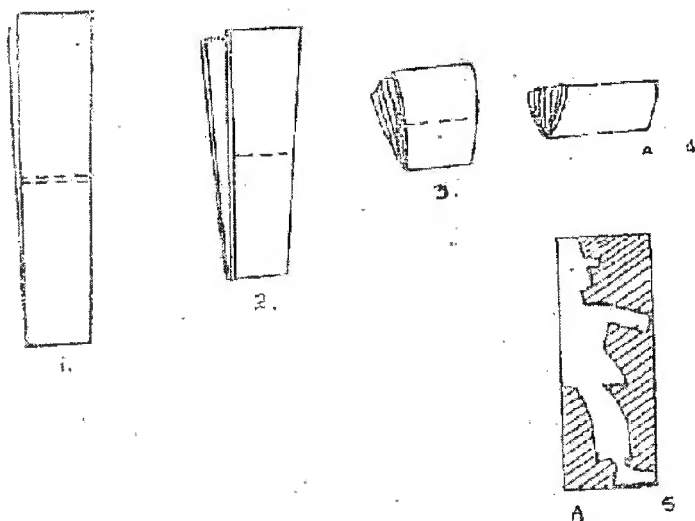
- (1) Piece of material
- (2) Cardboard, old shoe boxes and cardboard covers of used exercise books.
- (3) Papers of different kinds.
- (4) Stuffing material like old rags, saw dust, etc.
- (5) A stuffing tool to help you in stuffing. This could be a piece of cane or a metal rod, of eight to ten inches in length.
- (6) Gum and other stitching kit.
- (7) A complete sewing kit.)

Types of toys. You can learn to make the following toys and prepare them as your class project.

I. Cut-paper toys. A great advantage in making cut-paper toys is that, by suitably folding the paper, a whole lot of similar toys can be cut out at one and the same time; for example a dancing man, an animal or any figure. We will explain how to make a little dancing man and this will give you a better idea.

Take a piece of drawing paper or pastel paper or any other thick paper 4 cms. wide and 40cms. long and fold it in the middle. Then fold the resulting double strip in the middle again making a thickness four then making eight and once more to make sixteen. It is important to make each fold accurately and exactly in the middle. Now cut the paper as shown in Fig. 1. Remove all the shaded portion being care the line A—A is the fold you make.

Fig. 1



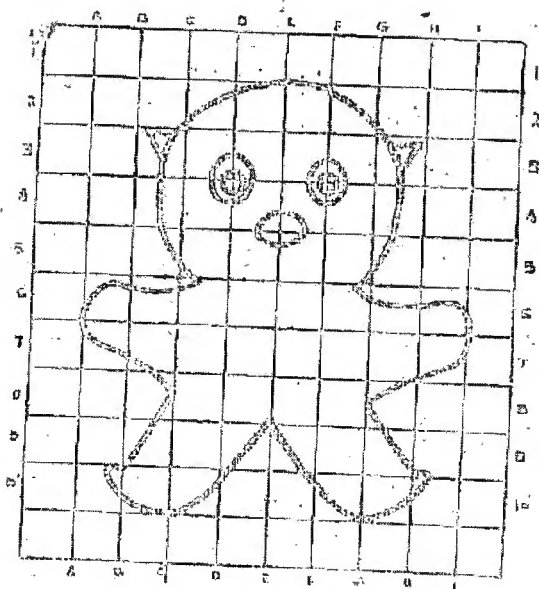
Now unfold the paper and you have eight jolly men. By joining the two ends of the strip you can make a ring of little dancing men who will dance gaily on the table if you blow at them gently.

Fold a slightly thick paper like poster paper and draw any animal like a rabbit, cat, elephant and then cut it. Unfold slightly and the animal will stand on the table. You can colour your animals with pencil or water colours.

Boats, paper gliders, ladder chains and alphabets can be made too. Paper decorations to decorate your house for Eid, Milad or any other function at home will be useful and easy to make.

You can even make masks of giants, fairies and clowns and use them to play games with your friends. You can organize a mask competition in class and let your teacher judge the best mask.

Fig. 11



Little Dancing Man

You can even make paper dolls and their clothes. This will help you to think and make new designs of clothes for your dolls.

Now that you are learning about paper toys some of your class girls can make model of doll houses, mosques, bridges and furniture from old shoe boxes, empty boxes, match boxes, etc. You can use your imagination and make steps, rooms, doors and windows in the house. Now each one of you can decorate your house by colouring it. Give it a finish with coloured glazed paper.

This will give some idea about the type of paper toys that can be made. You can think of some more and bring them to the class.

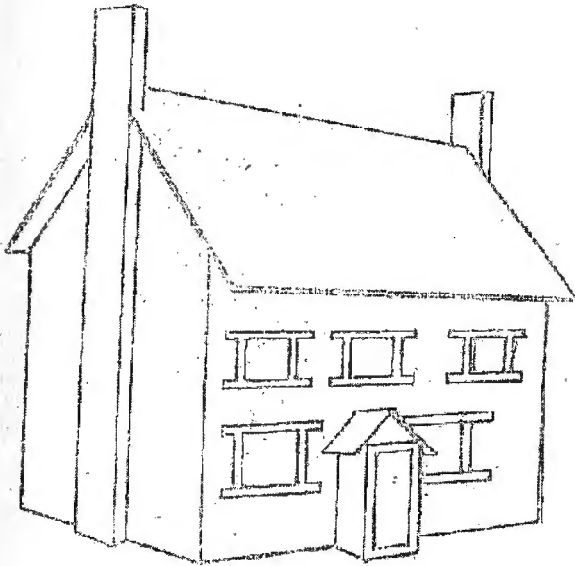
11. Stuffed toys. Most of us are living in a family with younger brothers and sisters. Some of us have relatives, aunts and uncles who have young children. All of us have friends who probably have younger brothers and sisters. All these young children enjoy playing with toys. Toys are their companions. We can help them pass their time happily by making soft toys for them. This will be interesting for us and bring amusement and happiness to the children. Your

parents and elder brothers and sisters will feel proud of your achievements. Here are some suggestions for toys that you can make.

You can make dolls, cats, dogs, fishes, camels, elephants, etc. Your class teacher must be having pattern and ideas about soft toys. She can help you to cut and prepare the toys.

Since you require material for making these toys you can use old pieces of material which accumulates in every home. With a little bit of imagination you can make interesting toys from these pieces. You can use cotton waste, rags, grass, sawdust or hair as stuffing and

Fig. III



Model of a Doll House

odd buttons for eyes and other decoration. You can even embroider the eyes, mouth etc. Surely you will enjoy this experience.

Here are some instructions for making a stuffed doll. You can make many other toys in the same way.

How to make a stuffed doll?

Take a sheet of paper and draw 2 cms squares. Following the diagram as shown in Fig. II draw out your pattern. Trace the eyes and mouth separately.

Cut the body twice, mouth once, eyes black twice and white pupil two times.

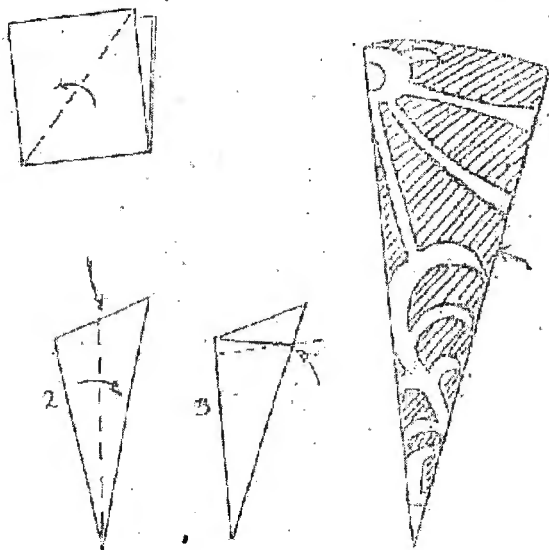
Trace the eyes and mouth into portions on the right side and then applique into position. With right sides together stitch the two body pieces all round the edge leaving top of head open between the two notches. Clip seams and corners and turn on to right side. Stuff the body fairly firmly but not too hard. Slip stitch seam between the notches. You can add hairs of black thread if you like.

You can use this pattern to make a cat or a puppy. If you want to make a cat then remove the hairs and add two small ears and a small tail at the back. Embroider the WHISKERS AND EYEBROWS.

III. Paper flowers and decorations. You can make beautiful roses and chrysanthemums from coloured tissue paper. Your class teacher will guide you in making these flowers. You can arrange these flowers in a small basket prepared from old bangles, flower vases or in any suitable container.

Decorative paper mats can be prepared by folding and cutting the paper differently. With the help of Fig. IV prepare a paper mat. This will give you ideas to prepare many more.

Fig. IV



Paper Mat

How to prepare a paper mat:

Look at the figure carefully. This will help you to understand the different steps in making a paper mat. Take a square piece of paper and fold it half, then fold it half again the other way that is across the fold already made. Now fold this square diagonally

and then fold the resulting triangle along its centre line as shown in the figure.

Now remove the shaded portion by cutting carefully with pointed scissors. Unfold the paper and your mat is ready. Now that you have learnt to make a mat you can prepare many more this way.

Exercise: and religion for better living

Answer the following questions :—

- ✓ (a) What are the advantages of learning toy making?
 ✓ (b) Make a list of things you will require for making toys?
 ✓ (c) How many different types of toys have you learnt?
 (d) How would you make a stuffed doll?

do it
by
your
self

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Arrange a display of toys you have prepared. Invite your mother and friends to evaluate and give suggestions.
 (b) Ask your mothers and grandmothers of the toys they made when they were of your age. Compare their ways with yours.

Q3) How does the family affect our personality?

A) our family affects our personality in many ways:

- 1) In behaviour toward life and people.
- 2) In our likes and dislikes.
- 3) In our freedom and limitation.
- 4) In teaching us about our culture.

CHAPTER 14

FAMILY LIVING

*Establish regular prayer
Enjoin what is just
And forbid what is wrong
And bear with patient constancy
Whatever betide thee.*

Living together :

We all live together. Our parents love and guide us. They build good and strong families.

Importance of living together:) *Q2A*

1. (Living together makes life easy and pleasant.) Perhaps you have younger sisters or brothers and you know that sometimes you quarrel and sometimes fight. At times you help one another. At other times you may be fighting and shouting. The young children learn from their elders to eat properly, talk clearly, act wisely and carefully.

2. (Living together stands for security and support.) Think of your family. All the members of your family work as a team. Your father goes out to earn, your mother looks after the household work, your sister perhaps goes to the College and your younger sister attends primary school. But all of you enjoy each others' company and love to be back home after work. For each of your family stands out as a source of safety and security. You bring your friends with joy and confidence to your family. You receive other guests with love and hospitality. You feel at home in your family.

3. (Living together encourages group activities.) You know that doing things together is fun. It may be a trip to the zoo or a picnic in the park or reading a story book, or seeing T.V. together. A visit to a relation. Whatever you do together makes you happy. When old and young work together, they not only enjoy but also

4. Living together satisfies human needs. We are always in need of something. Let us see what some of our needs are. You

will answer that you need food to eat, clothes to wear, a room to rest and relax, playmates to play with, books to read, teachers to teach and other adults to love and encourage. For example all would say that you need balanced food, comfortable clothing, a well-ventilated, sufficiently lighted, clean and safe home. These are your *physical needs*. But you need something more. You need love and affection. You need to try out new things, to achieve something and to accomplish good deeds. You also need company and experience with persons and things. You realize that when praised, you get encouraged and accomplish more than when you are blamed and punished. You also need to know what you can and should do or what you cannot and should not do. These are called your *psychological needs*. Your family satisfies these needs. Your parents are your first teachers, and brothers and sisters are your first companions who love, protect and guide you throughout life.

5. (Living together shapes ⁴ personality.) Do you know what is personality? And how is it formed? Your personality includes your physical build, the way you walk, dress and talk. It includes your fears, (interests, thoughts, ⁴ feelings) and expectations. The way you get along with others, the way the other people affect you and you affect them. All these make a mere part of your personality. Altogether personality is your total make-up that distinguishes you from others.

When you look around at your class, you see girls of different size, weight and temperament. Do you know why they are different? They are different because they are born of different parents and live in different environments. Even children of the same parents differ because they have inherited different genes. You will study about genes in higher classes. At present you must remember that all of you are alike in some respect and different in other. Your relationship in your family with your brothers, sisters, parents and grandparents have affected your personality. Your family has taught you to like and dislike certain things. It is in the company of your parents that you learnt to value certain things and developed strong feelings for or against people and ideas.

6. (Living together teaches about one's culture.) Your parents teach you about your (culture, religion and country.) It is they who show you how to pray, what customs to follow, what ways to practise and whom to meet.

ae 7. (Living together ~~is~~ prepares one for future responsibilities.) Your responsibility is to grow healthy both in body and mind; to learn various skills to live happily; to co-operate with others; to complete your studies successfully and to work for your own as well as other's welfare.

Exercise:

Answer the following questions:

- (a) What is meant by living together?
- (b) Why do we live together?
- (c) How does your family affect your character?
- (d) How do your relatives satisfy your needs?

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Make a diagram of your family tree dating back as far as possible. Give the occupation of your parents, grandparents and great-grandparents. Does an occupation run in your family?
- (b) Use puppets to show a family discussing ways of satisfying the physical and psychological needs of its members.

Q4) What are our present and future responsibilities?

CHAPTER 15

EFFECTIVE LIVING

You have learnt that it is in the company of parents, brothers, sisters and other relatives that your personality develops. It is the family that satisfies your needs and helps you to grow into a healthy and friendly person. But some of you are more responsible and co-operative than others. Take any two girls, call them Asma and Rehana. Suppose that Asma is the girl whose company everyone seeks, whereas Rehana is one whom very few like. Try to find out why Asma and not Rehana is liked. You are sure to mention that Asma has desirable ways of behaving. She is friendly to everyone, co-operative with others, is dependable, honest and obedient. It means that desirable ways of behaviour are very important in one's life.

Essentials of effective living :

1. *Politeness*: It means being courteous and refined. You should learn to be polite and kind to people. It is said that wounds of the sword are healed, but not the wounds caused by one's speech. So you should learn the importance of politeness in your life. Politeness does not only mean speaking polite words; it includes polite deeds and thoughts as well.

Allah warns us in Surah Al-Baqar, "A kind word with forgiveness is better than alms giving followed by injury."

2. *Cheerfulness*: Cheerfulness is also a very important trait. You are impressed by people who have a smile on their faces. You try to avoid those who find faults, criticize and grumble. There is a saying "What cannot be cured must be endured", so a cheerful person accepts the gloomy side of life with faith and keeps on smiling. You can grow into a cheerful person if you try.

3. *Truthfulness*: All of us love truth. By telling lies, you lose your self-respect. Nobody believes you. You can develop the habit of being truthful by finding out why you tell a lie. Many a time you tell lies because you are afraid of someone or something. For example, you did not do your home work, but fearing the teacher, you say, "I completed my home work, but left my exercise book at home."

You tell lies because you want to show what you are not. You may give wrong statement about your grades, your pocket money, the income of your family and many similar things. You also tell lies because you feel that you can thrill your friends by telling unusual events.

Allah enjoins on us to "Abstain from telling a lie".

4. *Courage*: Very early in life you should learn that courage is a very desirable trait. Do you remember what Tipu Sultan once said, "It is better to live one day like a lion than to live a hundred years like a jackal". Remember that courage does not show itself on the battlefield only. You show courage when you help someone in need after sacrificing your own desires. You show courage when you speak the truth despite dangers and risks. You are called courageous when you remain calm in the face of defeats and failures.

Allah praises this trait and assures the believers that "Allah is with those who are calm".

5. *Unselfishness* or consideration for others is the basis of good living. You have to learn to be unselfish. Little acts of kindness can help you grow into an unselfish person. You can arrange a role play in the class to show the bad effects of selfishness by acting out the role of a student who refused to share her ink with a fellow student in the examination hall. You may think of other situations. With the help of such role plays, you will find that you are not a loser if you think of others first. Our world would be a happy place to live in if people thought more of others.

Allah says, "Ye will not attain unto piety until ye spend of that which ye love".

6. *Sympathy* is very closely related to unselfishness. You have met persons who are sympathetic. May be you are one. You show sympathy by being kind and friendly to people. You feel grieved at other's misery. You want to do something to lessen other's difficulty.

Our Holy Prophet (Peace be upon him) said, "Like the organs of the body believers are knit together by bonds of love and sympathy: pain in one organ makes other organs restless."

7. *Calmness*. A calm person has control over his feelings. He keeps his anxiety, and anger in check. It is human to feel angry, but you can do something to control it.

You should develop hobbies to keep yourself busy at moments when you feel tense. It is a wise policy not to talk or argue at such moments of worry.

8. *Self-confidence*: You often admire a person because of her self-confidence. This is a very valuable trait. It makes you happy. You can develop this trait only when you learn what to do and what not to do. You can develop self-confidence only when you are able to accomplish something. Honest praise and timely reward also help people build self-confidence. It is right to say that, "Nothing succeeds like success and nothing fails like failure."

9. *Respect for others* is a quality that makes a person human. Many a time you use your friend's books, but never try to keep these tidy, or you tear pages from books and misuse other's property. All this shows lack of respect for others. You should learn very early in life not to use other's property without permission.

You should also learn to respect others' opinions and thoughts. Respect for others is the basis of happy group life.

10. *Sense of Responsibility*: Feeling responsible for one's action is the sign of being educated. We cannot blame others for what we do. We have to accept blame and take consequences. This outlook paves the ground for mature behaviour.

11. *Modesty* is not only a desirable habit but a virtue. According to Holy Prophet (peace be upon him) modesty is a part of faith. Allah enjoins on us, "Tell the believing men to lower their gaze and be modest, and tell the believing women to lower their gaze and be modest, and to draw their veils over their bosoms". You ought to be modest in your dress, in the way you walk and talk. You need your teacher's and mother's help to decide what books to read, what T.V. programmes to watch, and what films to see. You need to study your Holy Book to find out what Allah expects of you.

You can think of many other desirable traits that you should develop. We have listed a few of those traits that we thought very important for you.

You should remember that mere memorization of these traits will not help you. You should practise them. You would enjoy learning these five verses from the Holy Quran which teach us to practise, what we preach.

"Successful indeed are the believers
 Who are humble in their prayers
 And who shun vain conversation
 And who are payers of the poor-due
 And who guard their modesty."
 (Holy Quran)

Exercise:

Answer the following questions:—

- (a) What is meant by effective living?
- (b) List five important traits that help a person live effectively.
- (c) Why is modesty an important trait?
- (d) How can you learn to have self-confidence?
- (e) Why do people seek the company of courageous persons?

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Collect articles from magazines on desirable traits.
- (b) Make a set of about 12 cards showing pictures of persons with undesirable traits such as "Careless behaviour", grumbling expression and irresponsible conduct. Give a short description of the people who have this behaviour.

Now divide your class into several groups. Let each group pick up one card and read out the description written on the card and suggest ways to improve.

- (c) Dramatize two situations in the class one showing the advantages of cheerfulness and the other of truthfulness.

CHAPTER 16

LEARNING MANNERS

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What are manners? (Manners are our methods of dealing and behaving with people. You may have good manners or bad manners, but you cannot lead a life without manners. This is because you live a social life. The way you deal with others are your manners.)

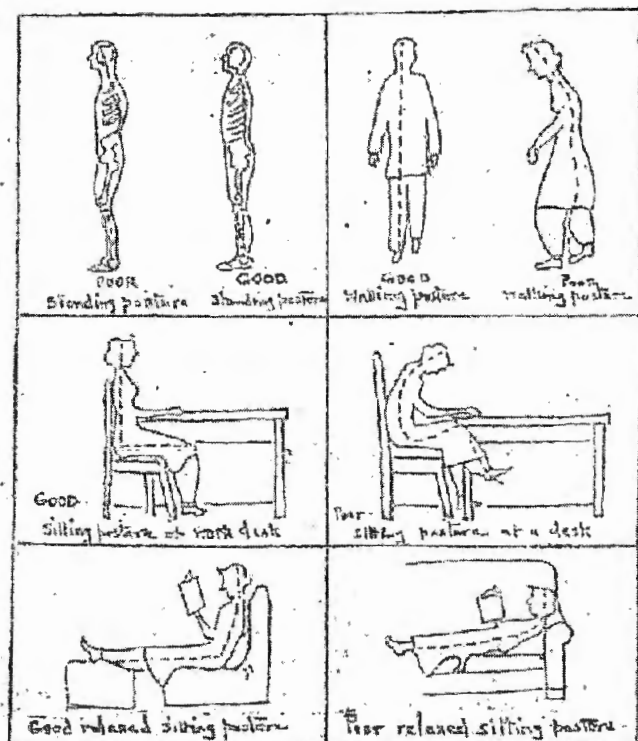
We will discuss some of the rules of appropriate behaviour in the following situations:

1. How to appear before others.
2. How to introduce people.
3. How to talk.
4. How to behave at a dinner table.
5. How to behave at a public place.
6. How to invite people and how to reply to other's invitation.
7. How to play a host or a guest.

First situation: How to appear before others relates to personal appearance. The most important rule in this situation is that of *suitability*. You must appear in a way that suits the occasion. Think of a friend on the school's day, dressed up as if she was going to attend a marriage party. Won't you laugh at her absurdity. You feel this way because her dress is not suitable for the occasion.

Personal cleanliness is equally important. You are a social being. You mix with people and people like to be clean and avoid dirt. As such you should try to appear before others in a neat dress and clean body. Brush your hair, clean your teeth and nails. Be sure that your toes, heels and elbows are clean.

(Posture ~~is~~ makes a difference. If you walk erect, sit or stand properly, you leave a better impression than when you walk with bent shoulders and sit or stand in a stooping manner.) 02A



Examples of good and poor posture.

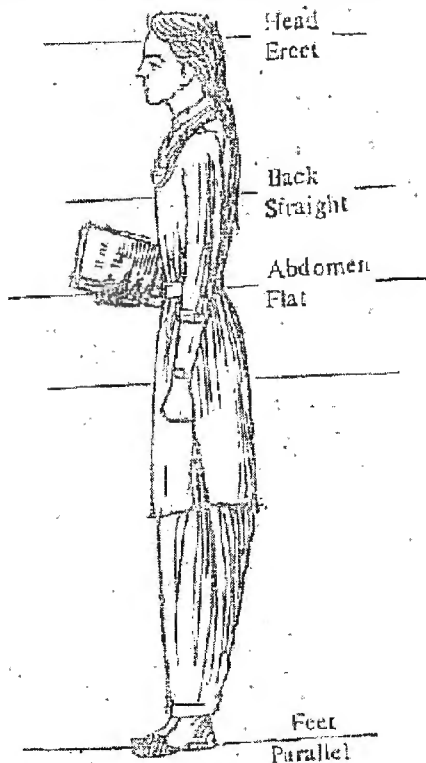
You should avoid biting your finger nails, scratching head, putting lips and doing any such things that show nervousness.

Second situation: The way you introduce people is also of great importance. Play the games of introduction in your class. Pretend that you do not know each other. You will note that some of you introduce

with confidence and ease, whereas some of you feel shy and hesitant. You can overcome this weakness if you do a little practice in the art of introduction. There are certain rules for introducing people.

Introductions should be friendly. You should express joy at meeting people. Only when you enjoy and respect others, they will respect you. You should know the names of the persons you are introducing. You should speak distinctly and slowly. Do not be in a hurry. Your hurried tone shows lack of respect for the person you are introducing and does not leave good impression on others.

Use any of the following forms in introducing people.



Good posture is essential for good appearance.

1. Do you know Miss X? Never command people to meet each other or shake hands,
 or
 Have you met Miss X?
 May I introduce Miss X?
 or
 I should like to introduce Miss X to you.

If you introduce yourself, say

I am Asma Ahmad, a seventh class student of your school of your neighbour.

The one who is introduced may speak in any of the following ways:

How do you do?

I am very glad to meet you.

I am delighted to meet you.

The act of rising is a gesture of respect.

1. Men always rise.
2. Young women should rise for older women.
3. Men and women both should rise when introduced to persons of eminence and religious dignitaries.

Our Holy Prophet (Peace be upon him) taught us to introduce ourselves by saying, "Assalamo-Alekum". He also suggested that young should greet the elders, the one on horseback should greet the one who is walking on foot, the one who is walking should greet the one who is sitting and a small group should greet a large group.

Third situation. How to talk is specially a human act. Through talking you let other people know about your ideas and needs. You can improve your conversation by following some of these principles.

1. (The human voice plays a very important role in conversation.) It is wise to note how your voice sounds to other people. If possible, listen to your voices on the tape. A pleasing voice is neither too loud nor too weak. A pleasing voice shows the speaker's control and confidence in himself.

A3

2. (You need to develop your vocabulary.) Vocabulary refers to the number of words you have learnt. You can converse with ease and confidence when you know more words. (You ~~also~~ have to use correct pronunciations) if you want to be understood.)

3. (More voice and words do not make a conversation. You talk about something, so you should develop ideas, see things, read books and cultivate various interests.)

4. (Conversation should suit the occasion.) Think of a friend talking to you about her favourite programme on T.V. when you are reviewing your lesson for the test. Avoid such mistakes. (Make it a point to talk according to the occasion. It is also important to be a good listener.)

(Our Holy Prophet (Peace be upon him) said that) (a) "Polite words are accepted as acts of charity. (b) Never curse, taunt, abuse or rebuke others. (c) Do not use nicknames, do not backbite. (d) Do not flatter others or praise yourself. (e) Worst is the person whom people do not like to meet because of his harsh talk." A

These rules would help you improve your conversation.

Fourth situation: How to behave while eating has concerned people of all ages. Eating is one of the most vital needs of human beings. Therefore people have taken great pains to frame desirable rules for eating. Some of these rules are discussed below.

Rules of eating:

1. (Sit up fairly straight so that you may not appear careless, indifferent and lazy.) Do not put your elbows on the table.

2. (Spread your napkin on your lap.) After the meals leave your napkin semifolded at the left side of your place.

3. (Take a little of every food that is offered.)

4. (You should not help yourself first from a dish when you are asked to pass it on. Pass the dishes to the person on your right.)

5. (You should not bend over the plates. Bring the food up to your mouth.)

6. (Do not blow over the hot liquid or food to cool it.)

7. (You should always eat in small bites. Chew your food with the lips closed.)

3. Our Holy Prophet (Peace be upon him) ~~emphasized the importance of saying~~ "I begin in the name of Allah" before and "I thank Allah" after every meal. He also warned us never to eat to the point of satiety. He also advised us to wash our hands and mouth after each meal.

We will discuss the last three of the seven situations listed in the beginning in the next chapter.

Exercise:

Answer the following questions:—

(a) What do you understand by manners?

(b) How would you describe a good posture?

or

What are the characteristics of a good posture?

(c) How can you improve your conversation?

(d) Mention a few desirable rules for eating.

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Dramatize the correct and the incorrect way of behaving at dinner table. Discuss how incorrect manners cause inconvenience to others.
- (b) Arrange a good posture parade. Divide the class into two groups, one group to parade and the other to observe and evaluate. The groups then may change place and repeat the procedure.

CHAPTER 17

YOUR ROLE IN THE FAMILY

You must have seen people acting in dramas. The part played by each actor is called his role. It is not only in dramas but also in real life that people play different roles.

Your role as a daughter:

A role consists of two parts—expectations and obligations. In any given situation you are expected to do certain things and you are obliged to do those things.

To be obedient:

Your parents expect you to be an obedient girl. Obedience implies respect for persons and rules. Rules are for safety and good conduct. Obedience would help you in learning desirable behaviour.

To be co-operative:

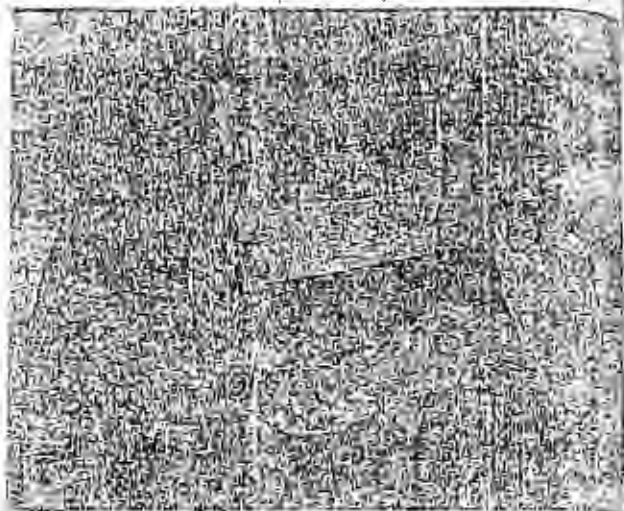
Your parents also expect you to be co-operative. You depend for so many things on others. They depend on you. Living becomes easy when it is shared. Joys are doubled and sorrows halved in the company of friends and relatives. Work is completed soon, when every member does his share of work.

To be tolerant and patient:

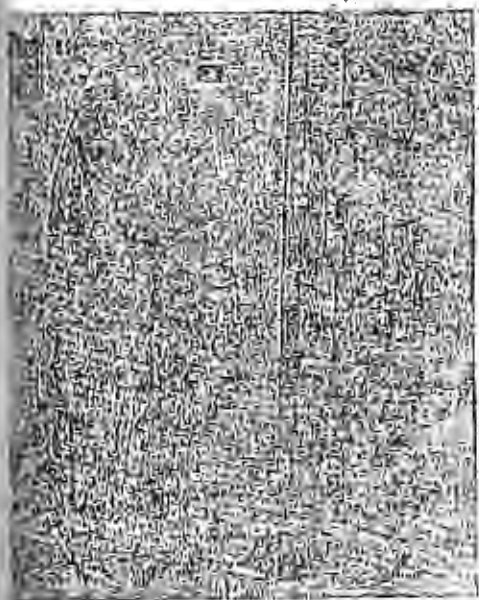
Your parents also expect you to show tolerance and patience. Tolerance means respect for other person's opinion. All of us have different likes and dislikes. If you do not show tolerance for other people, life would be dull and unhappy. The same is true of patience. You cannot always get what you want. You have to wait for your turn. At times, you may even be refused what you want. You should learn to face these situations gracefully.

Your role as a sister:

You are expected to *accept* and *respect* your brothers and sisters. Your own sisters and brothers differ from you in many ways. But this difference in temperament or need does not mean that

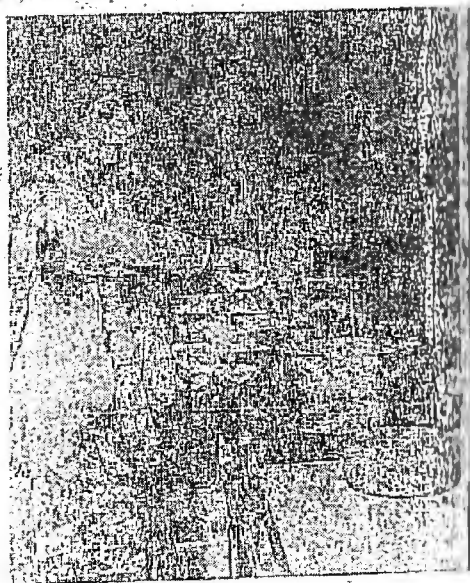


Caring for Youngsters



Welcoming guests

FAMILY

*Washing dishes**Cooking food*

You cannot enjoy each other's company. You must learn to accept yourself as well as others. Accept them with their good as well as bad points. Respect their likes and dislikes.

You are also expected to love each other and take interest in each other's health and welfare. Your brothers and sisters are your first companions. You spend a major part of your time with them. You should learn to love them.

You are also expected to be willing and ready to help each other when need arises. There is a saying that "A friend in need is a friend indeed."

Importance of the family functions and celebrations:

Social value. Family celebrations are one of the important bonds that tie the family together. Customs on family festival such as Eids, observed repeatedly from year to year, strengthen the feeling of belongingness. These customs slightly differ from family to family. But the overall pattern is the same. Special prayers, new dresses, typical dishes, visits to friends and relatives and distribution of presents are common practices among Muslims all over the world. You need to learn these traditional ways of celebrations. But at the same time, you can be flexible to make some modification, to add variety, richness and newness to these occasions.

Religious value:

Most of our festivals like Eid-ul-Fitr, Eid-ul-Azha, Eid-e-Milad-un-Nabi, Shab-e-Barat and many others are of religious significance. Their meanings become clear and vivid in our mind, if we consult books and elders to find out the real significance of some of the religious events. Fun can also be included in the celebrations. It is because of fun that the occasion is associated with pleasant and sweet memories. But a balance ought to be maintained between fun and the religious observance of the festival.

Sentimental values:

Sentimental values attached to certain special days and occasions differ from one family to another. Most of you enjoy ceremonies. All of us, need not only physical nourishment but also emotional nourishment. Celebration of such important occasions adds a special charm to our mechanical life in the present day world.

Importance of celebrating special days:

The big national or religious festivals belong to everyone, but there is something unique and precious about days. The special day could be your birthday, or the day you kept your first fast, or the day you finished the Holy Quran or the day you recovered from a serious and long sickness. Whatever the occasion you feel important and become the lady of the day. Through such celebrations, you learn the art of receiving graciously and giving generously.

Importance of picnics and visits to other places:

Families love to go for picnics, and visiting friends or relatives. Some families take such trips more often than others. But all the families enjoy visiting relatives. You enjoy as well as learn during these trips. While going out, you need to be particular about the way you behave in public.

Visiting people and places:

Visiting others may involve only a walk, or a bus ride or a journey by train or even a flight by air. While travelling you meet people for a very short time. These people are generally strangers to you. So you should be modest and reserved. Do not ask for any help from others unless it is emergency. Do not laugh, or giggle or show off.

Attending function. With your parents, brothers and sisters, you often go to attend functions. You should make it a point to reach these functions in time. Avoid talking or moving about. Take the available seat. If you have to pass by the people who have already occupied the seat say "I am sorry", and pass without causing inconvenience to them. Praise or clap when it is really necessary. Do not shout uselessly. Do not stand at exits; do not push others.

Inviting people. Many a time in your homes, you would be required to invite people to attend a Milad Majlis or a dinner party. You would also receive such invitation from friends and have to reply to those invitations. It would help you to learn the following rules about writing invitation letters and their replies.

1. Always include the day, the date, the time, the occasion and the address.
2. Use the correct name forms in making out your invitations.
3. Write on the invitation card either R.S.V.P., or please reply if you want.
4. You must reply to an invitation promptly.

FORMAL INVITATION

Mr. & Mrs. Mohammad Ali
 Request The Pleasure of
 Mr. & Mrs. Nusrat Hussain's
 Company at Dinner
 On Monday, the First of July,
 At Seven O'Clock.

REPLY

Mr. & Mrs. Nusrat Hussain
 Accept with Pleasure
 Mr. & Mrs. Mohammad Ali's
 Kind Invitation for Dinner
 On Monday the First of July
 At Seven O'Clock.

INFORMAL INVITATION

Dear Mrs. Iqbal,

Asif and I are having a dinner on Thursday the sixth of this month, at eight o'clock and hope you and Mr. Iqbal will find it possible to be with us.

Very sincerely,
 Anjum Asif.

REPLY

Dear Mrs. Asif,

Iqbal and I will be delighted to accept the invitation of you and Mr. Asif so kindly extended to us for dinner on Thursday, June sixth at eight o'clock.

Thank you for your thoughtfulness.

Very sincerely,
 Zareen Iqbal.

Learning to be a desirable hostess:

When you invite people to family functions, you are required to be a pleasant hostess.

To learn to be a pleasant hostess is one of the most fascinating joint activity of the family. No doubt your mother would be mostly responsible for the care of the guests, but you can help her cheerfully.

It is very delightful to be a host but the basic principle is that you must be friendly and sincere towards your guests. Serve your guests, but do not spend beyond your means. To be willing to share with others is more important than the rich dishes you would serve. Here are a few principles that would help you to be a pleasant hostess.

1. Make a list of people you want to invite; prepare a list of the food items you want to serve.
2. Be careful not to overspend. Spending beyond your means is a poor taste.
3. You should never invite more guests than your room can take in: be sure that the guests feel comfortable.

Learning to be a pleasant guest:

You also have to learn to be an obliging guest. You should promptly accept or regret the invitation. You should arrive in time. Do not keep your hostess waiting for you. Do not delay your departure. You should always thank the hostess before leaving.

You should offer to help the hostess. You should be polite and pleasing in your manners. Avoid bitter controversy.

Since all the family functions in one form or the other involve serving of food, you may enjoy and like to remember the following sayings of the Holy Prophet (Peace be upon him):—

1. Worst is the feast that does not include poor people.
2. Those who do not accept feast sin against Allah and go against my way.
3. Those who feed others are the best.

Exercise:

Answer the following questions :—

- (a) What is a role?
- (b) Describe your role as (i) a daughter (ii) a sister and (iii) a student.
- (c) Why is it important to learn skills?
- (d) What is the importance of having (i) family celebrations (ii) family picnics for your development?
- (e) How can you learn to be a pleasant hostess.

SUGGESTED ACTIVITIES

Carry out the following projects in your class :—

- (a) Make a class Album on "Family celebrations and Recreation". Note the different ways in which members of the class celebrate these occasions.
- (b) Plan a Milad Majlis or a Birthday party programme which should include the decoration of the room, the decision about the number of guests to be invited, the refreshments to be served. Make a rough estimate of the cost also.
- (c) Dramatize both desirable and undesirable behaviour in the following situations:
 - (i) Greeting guests
 - (ii) Visiting friends
 - (iii) Attending functions.

CHAPTER 18

HELPING IN THE HOME

To-day you will study about helping in the home. Before you learn how to help, let us ask you to think of the work you do at home. Here is a chart that tells you what most of the girls of your age do.

Can you think of any other job? Make a list of the jobs you do at home. After studying this chapter, think how you can do a few more jobs in a better way.

Helping in the home is the responsibility of every member of the family. To help in the home means that you are willing to help and you know how to help. You can only help when you know how to clean your house, keep it neat and orderly; prepare the food, serve the meals and wash dishes, ~~You also need to learn about~~ making beds, ~~arranging rooms and taking care of the sick~~ stitching your garments, washing and ironing them is also to be learnt. In short you need to learn many ways of helping in the home.

Here are a few principles that will make your job in the home easy and pleasant.

1. Be co-operative and steady:

Helping in the home is a joint responsibility. If you leave all the work to your mother or elder sister or to a servant, you are not only putting too much burden on one person but are also denying yourself the pleasure and joy of learning to work. A little help from each member of the family makes home-life easy, pleasant and responsible. You also have to learn that helping in the home should be regular. It will not help much if you work whenever you want. ~~You need to~~ eat daily, wash daily and sleep daily. Similarly you should do your household job everyday. A time schedule for your jobs is very important. It guides you to do the work at the fixed time and assures others of your help and co-operation.)

Here is a time schedule for a day for an average girl of your age. You may make change according to your needs. But such a time schedule would help you to use your time effectively.

CHART

WHAT MOST GIRLS OF YOUR AGE DO AT HOME

MAKES BED

Helps in washing dishes

Helps in cleaning, sweeping, mopping the rooms

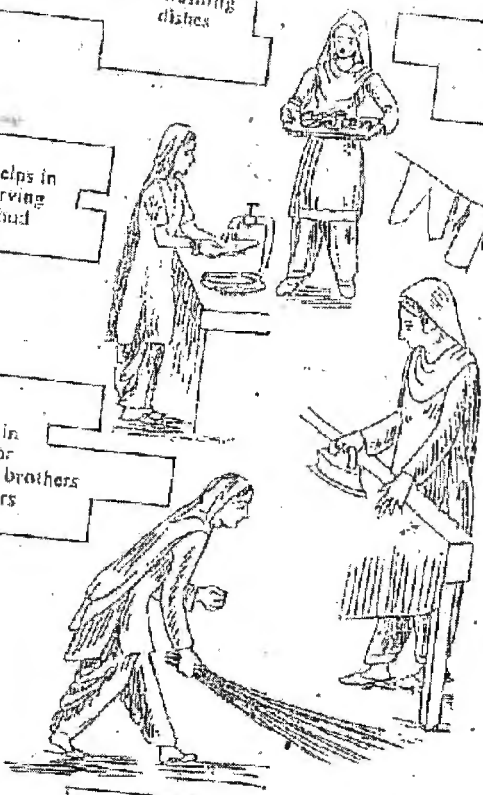
Helps in serving food

Helps in washing clothes

Helps in caring for younger brothers and sisters

Helps in ironing

Keeps in record of clothes given to dhobi



This girl like any one of you has 24 hours at her disposal. She knows that she has to do some of these jobs in-order to lead a happy and healthy life.

<i>Jobs that she has to do.</i>	<i>Time she spends on the jobs.</i>
1. Sleeps	8 hours
2. Eats her three meals	1½ hours
3. Keeps her body and dress clean	1½ hours
4. Prays	1 hour
5. Attends school	6 hours
6. Does school work	1 hour
	<hr/> 19 hours

After doing the basic essential jobs, she has five hours as her free time that she uses in the following activities :

- | <i>Jobs she does.</i> | <i>Time she spends on the jobs.</i> |
|---|-------------------------------------|
| 1. Helping in the home in any of the following jobs : | |
| (a) Sweeping | |
| (b) Washing | 2 hours. |
| (c) Mopping and dusting | |
| (d) Arranging and making beds. | |
| (e) Any other job. | |
| 2. Enjoys the leisure time in any one or more of the following activities : | |
| (a) Listening to the radio | |
| (b) Watching TV. | 2 hours |
| (c) Reading newspapers and story books. | |
| (d) Developing hobbies. | |

She still has one hour at her disposal to relax and do whatever she wants. She has a fixed time for each of these jobs. This regularity makes this girl active and quick. She finishes her work in time. She does not grumble and feel wronged because she knows that every one in the family is responsible for his or her job. She works with others so that all members may learn to do different jobs according to their age, health and needs.

A time schedule like this would enable you to finish your work in time, and would thus give you more free time.

1. Be orderly and methodical:

It is advisable to make a list of your responsibilities and divide your time in such a way that each job may be completed in time. Some of these jobs have to be done at a particular and fixed time. For example your school starts daily at 8-00 A.M. but some other jobs can be done at your leisure. It is important to complete each work within time. Postponing the work does not help. Last minute rush to job makes the quality of work poor.

Can you think why some of you are so disorderly and lose your things? It is because you do not keep things properly at their places after using them. Much energy and time are wasted every day in searching out things. Things properly arranged, keep the place neat and give it a good appearance. It also saves time if you are orderly.

You enjoy and feel happy if you enter a neatly arranged room. You can sit there comfortably, listen attentively and think calmly. But if you enter a room where everything is topsy turvy, you become tense and upset.

It is important to bear in mind that if you are not orderly at home, you are unlikely to be orderly at other places. If you misplace your things there is a chance that you may have to lose your things for ever.

1. Be quick and efficient:

You often wonder why you are slow and clumsy, whereas your peer is quick and efficient. Can you do something about it? Have you ever thought that you too with a little practice, hard work and effort how can do your job quickly and efficiently? Do you remember how slow and shaky you were when you learnt to take first steps or write your first words or draw a picture for the first time? With ex-

perience and practice you gained mastery over these skills. Now you do these jobs with confidence and efficiency. The same is true of all the skills. Making a bed, setting a table, washing dishes, dusting rooms, sweeping courtyards, mopping floors, arranging furniture, keeping things in order are the various household skills. These skills are to be learnt.

You must also take pride in learning the skills. It is equally grand and dignified to sweep your room, wash your socks, polish your shoes, mop your kitchen floor as it is to paint a picture, stitch a frock or knit a jersey. Our Holy Prophet (Peace be upon him) despite being very busy found time to darn his socks, sweep his floor, mend his shoes and milk his goats.

IV. Be cheerful and willing:

Have you read the fairy tales which relate how fairies always rewarded those who worked willingly with a smile on their faces? You feel and look good when you smile. You finish your job quickly when you work willingly. You should, therefore, learn not to grumble at work and not to shirk your responsibility. You have to realize that living together would not be pleasant and comfortable if people did not work together in a friendly atmosphere. You should not wait for others to remind you of the job. Make a plan of work and stick to this plan. If change is necessary due to sickness or some emergency, inform others and have yourself excused.

By making a plan of work, you can learn to use your time wisely. You will see that you get enough time for the things you really want to do. You should also realize that if you do not do your share of the work, you increase other's responsibilities.

It is a fact that if you work, you find time for everything. If you feel that you do not have enough time, then the best policy is to look at the way you spend your time. While enjoying your free time, you should keep in mind two things (1) Time is limited and (2) Time runs fast. You should, therefore, use your time carefully and quickly.

Try to develop hobbies. A hobby is something that you enjoy doing. Your hobby can be either stamp collecting or story writing, or keeping a pet or drawing a picture. Your hobbies provide you fun, recreation as well as knowledge. These help you to relax and make you feel worthy of doing something. This, in turn, builds self-confidence in you and encourages you to assume responsibility for helping in the home.

Answer the following questions:—

- (a) What is meant by helping in the home?
- (b) Mention any two principles that will make your job in the home easy.
- (c) What is a time schedule? Make a time schedule for yourself.
- (d) How can you help your sister who complains of finding no time for work?
- (e) What is your hobby?

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Let the class make a list of the hobbies of its members. Each member then may talk about the ways in which her hobby has helped her in (a) making friends, (b) learning new skills (c) feeling easy in some social situations.
- (b) Dramatize a family scene showing ways in which parents can develop right attitude towards work among their children.
- (c) Let the whole class make a list of the jobs they do at home. Check the jobs that are generally disliked. Discuss ways to cultivate good habits among children.

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CHAPTER 19

KEEPING YOUR HOME CLEAN

A house is a place where you live. It protects you from cold, heat and rain. It is a place where you sleep, eat, work and play; a place that is yours. This house can be as small as one room cottage or as big as a grand palace. Whatever its size, it is a place which you value most. You love to keep it clean and neat. There is no such thing as an ideal size of the house, because the size and type of the house depends not only on your needs but on your means also. To have more means ought not in itself be a cherished goal. The important thing is to make the best and proper use of your means.

You are sure to enjoy the following mottos as other girls of your age have found them interesting:

The Beauty of the house is Order.

The Blessing of the house is Contentment.

The Glory of the house is Hospitality.

The Crown of the house is Godliness.

Ways to clean the house:

What, why and how to clean are some of the questions that you should answer before starting the job.

You know that every house whether it has one room or several rooms has different areas of work. You have a place where you store, cook and eat; a place where you sleep and rest; a place where you meet your guests and friends and of course a bathroom and a verandah or open yard. When you clean your house, you have to make sure that all these areas are cleaned. Some cleanings have to be done daily, others weekly, some monthly and some annually.

Cleaning the kitchen:—

Let us start with the kitchen first. This is the most important area of work in any house. You eat in order to live and as such even

in the worst circumstances, work goes on in a kitchen. A dirty kitchen means dirty food which causes diseases. A dirty and disorderly kitchen dulls appetite whereas a neat and orderly kitchen sharpens it.

A kitchen can be divided into four areas of work.

- (1) The work area where you make preparations for actual cooking.
- (2) The cooking area where you actually cook on stoves or other types of burners.
- (3) The working area—where you wash and clean.
- (4) The storage area where you put your supplies. You can have shelves and tins to store your supplies. You can use a meat safe or a refrigerator for your cooked food, vegetables and fruits.

Each of the above areas has to be cleaned carefully. It is a wise policy to clean as work progresses rather than leave it in a mess till the end. A final cleaning is also necessary when the work has been completed. All the garbage ought to be kept in a covered tin or pail which should be emptied later on. Small bits of cooked food scattered or grease scattered all around the stoves ought to be wiped off after the stove has cooled. Any liquid or solid that is spilled on the floor should be wiped off immediately.

The cooking equipment should be washed, dried and put at its proper place. Hot water should be used to remove grease from pans and pots. Clean grease and bits of left over food from the plates before washing them. If you do not do so, the drain will get clogged. Knives and other sharp-edged tools should be washed separately. Use dish cloth and towels to wash and dry the plates. After using the dish cloth and towels, do not forget to wash both of these in hot soap water. Hang these to dry so that you can use the towels next time. Clean the stove and the floor near the pipe and the sink should be scrubbed with a stiff brush and warm water. Clean the counters, sweep and mop the kitchen floor after every meal.

The shelves, the meat safe and the refrigerator also have to be cleaned. Do not put hot foods in a meat safe or a refrigerator. All the food that you keep there should be covered. This keeps the food fresh and clean. Vegetables should be cleaned and kept in the covered container. Vegetables like lettuce, cauliflower, radish and carrot may be wrapped up in a damp cloth.

If you are not particular about cleaning the kitchen, you are likely to endanger the health of your family. Below are listed a few steps that you should take while cleaning your kitchen.

Ways to keep your kitchen clean :—

1. Leave kitchen clean and orderly.
2. Arrange equipment neatly while working.
3. Leave stoves clean.
4. Handle everything carefully and put it in its appropriate place.
5. Garbage to be emptied regularly.
6. Leave kitchen floor, walls and counters clean.
7. Use pot holders.

Cleaning the bathroom:

It is often said that to get an idea of the family's standard of cleanliness, see its kitchen and bathroom. You will agree that the most important but generally neglected area of the house is bathroom. Today you will learn how to keep your bathroom clean.

Your bathroom may be equipped with expensive tub, wash basin, lavatory, cabinets or mirror or it may be a small covered space with an area to take bath and a small corner for lavatory. You may have a bathroom or a lavatory combined or separate. You may have twenty-four hours running water or you may have to store water in buckets. Whether you have a grand or a simple bathroom, the utility of your bathroom is just the same. You should take utmost care to keep it orderly and clean.

The bathroom needs to be cleaned everyday. Sweep dust, dirt and other waste articles and remove them. Scrub the floor carefully, wash and then mop it. The drains should be cleaned. Remove from the mouth of the drain all the small bits of hair, threads and pins, etc., so that the waste water runs speedily and the drains are not clogged. If the walls of the bathroom are made of tiles, wash them regularly, otherwise sweep them carefully. The bathroom should be well ventilated.

If there is a wash basin, scrub it with a soft moist cloth dipped in water, rinse it thoroughly with water and then wipe it dry with a duster. You should make it a policy never to leave the wash basin with water splashed all over. A little regular care will teach you that it is highly rewarding to leave your bathroom clean after every use.

Lavatory ought to be cleaned carefully. Do not leave it dirty waiting for the sweeper to do the job. You should have a brush and clean it yourself. It is the dirt and not the cleaning of the dirt that is disgraceful. Remember what our Holy Prophet (Peace be upon him) did once when a Bedouin came to the mosque and urinated there. He advised his companions not to scold and maltreat the man. He (Peace be upon him) stood up, took a bucket of water and washed that place. Our homes, schools and public places would be much better if every one learnt the lesson of leaving the bathrooms clean after using them. Disinfectants ought to be used regularly.

If there is a mirror in the bathroom, use a soft cloth, moisten it in clean warm water and wipe the mirror. Always dry the mirror with a clean, dry and soft cloth. Hangers, cabinets and other articles such as bucket, jug and ~~toilet~~ should be cleaned.

The bathroom cleans you and it demands you to leave it clean.

Allah orders, "O, ye who believe! When ye rise up for prayer, wash your faces and hands upto the elbows, and lightly rub your heads and wash your feet upto the ankles. And if ye are unclean, purify yourselves". Won't you like to have a clean bathroom where you go at least five times a day to purify yourself.

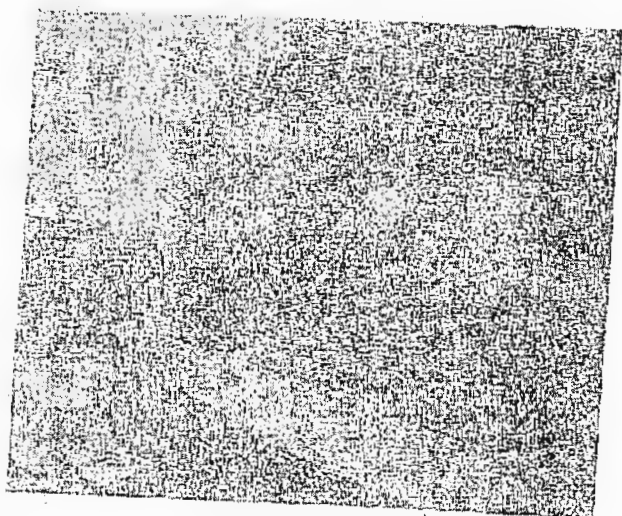
You can have a clean bathroom when you believe in keeping it clean. Make a plan to clean it and then follow the plan carefully.

Cleaning the bedroom:

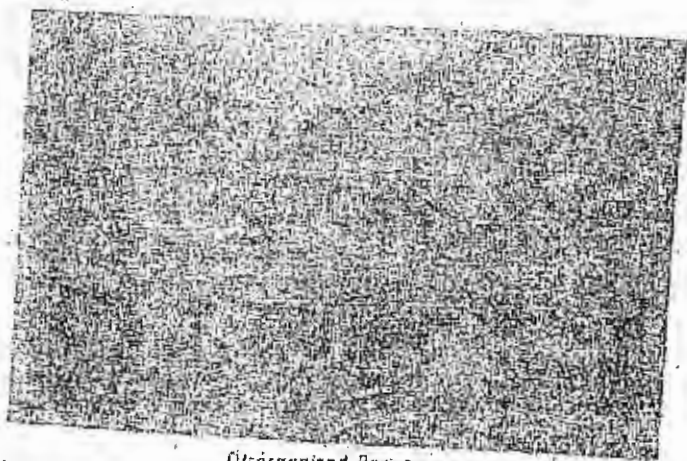
The bedroom is another important area of living. You may be having a bedroom all to yourself or may be sharing it with others. You may either have very attractive or very simple furniture, the appearance of your room would depend upon the care you take in keeping it orderly and neat.

A bed-room should be quiet, well ventilated and should provide you some privacy. It should have some space to keep your clothes and other accessories.

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Organized Root



Disorganized Root

A bedroom can be attractive only when it is orderly. It can be orderly when it is clean. To keep a bedroom clean does not require fine furniture, beautiful curtains or expensive carpets. It only requires a little planning and some effort to act according to the plan.

Here are a few principles that would help you in keeping your bedroom clean:—

1. Remove useless and unnecessary articles. This will make the room look orderly.
2. Keep all the clothing and personal articles in the places planned for them.
3. The room should be regularly cleaned and dusted. The bed should be neatly made. Books and papers ought to be properly arranged on the table or shelf.
4. Sweep the room carefully to remove the dirt and dust.
5. Dust all pieces of furniture, window sills, and all such places where dust can gather.
6. Mop your floor. This mopping would give your floor a new and fresh look.
7. Make your bed everyday. Keep it clean. Straighten out the wrinkles of your bed-sheets. Spread your bedcover evenly.
8. Keep the study table clean and neatly arranged.
9. Be particular about light arrangements. Poor light strains the eyes and hinders the studies.

Exercise:

Answer the following questions:—

- (a) How will you clean your kitchen?
- (b) Why should you clean your bathroom regularly?
- (c) List a few principles of keeping your bedroom clean.

- (d) Why should we remain clean?
- (e) What does our religion teach us about cleanliness?

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Divide the class into several groups. Assign each group some specific household job. Ask the group to write the steps used in doing the jobs on cards. Put these cards on the bulletin board and invite your mothers to evaluate the cards and give suggestions for improvement.
- (b) Ask your grandmother about the ways of doing work at home when she was of your age. Compare the way she worked with the way you work.
- (c) Dramatize the correct and incorrect way of cleaning:—
 - (a) Kitchen, (b) Bathroom and (c) Bedroom.

CHAPTER 20

MAKING YOUR HOME COMFORTABLE

Your home can be made comfortable and attractive if all of you in the family work together to keep it clean and orderly. You have learnt ways to keep your house clean. Now you would learn how to make your home a safe, attractive and comfortable place to live.

One of the most important decisions that you have to make about keeping your home neat and orderly is the wise selection of articles of use and their safe storage at a proper place. Of course you alone cannot take these decisions. Your mother would be mostly responsible for these decisions, but you can help her.

What articles to keep:

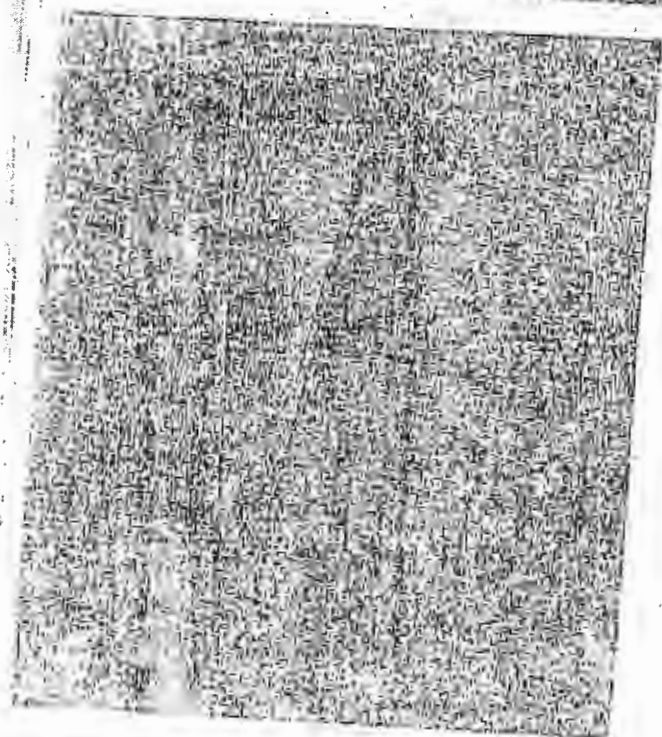
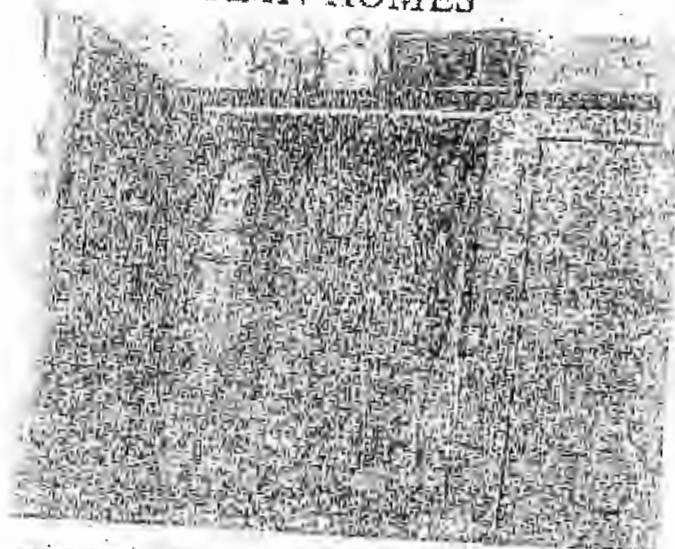
In a family you would find that there are plenty of articles that are either discarded or not used at present. Yet these articles take lot of space, and give the house a shabby appearance. So one of the first job is to discard useless and unattractive articles. This would make space available for other things. A few useful articles neatly arranged look much better than a large number of articles, scattered all over.

Importance of storage:

Each and every article of the house needs space for storage. You need storage space in your bedrooms, bathrooms, living rooms, dining rooms and kitchen. You need storage space for (a) your clothes and other accessories, (b) bed sheets, pillow cases, bed covers, towels, table linens, napkins and dusters, (c) your books, magazines and other personal possessions, (d) dishes, silver and other utensils (e) equipment for cleaning such as brooms, brushes, mops and other articles of use in the house and the garden. It is a matter of common sense to know that for every article that you and your family own, you must have a space to store.

Unplanned and inadequate storage space creates difficulties. You waste a lot of time in finding things. You also experience a great inconvenience. When you cannot store things properly, you often run the risk of spoiling your things.

STORAGE IN HOMES



Think of the advantage and relief when you can find a Burnol tube or an iodine bottle at a fixed place in moments of emergency. Plan for storage space would differ according to the needs of each family.

Essentials of good storage:

1. One of the essentials of a good storage is that it should be convenient. It means that you can reach things easily. For example, you would like your dictionary and other reference books near your study table so that you may not have to run each time you need them. This is true of all other things.
2. The storage space should be well lighted. It is not easy to pick up the required thing in a dark corner. Light also makes it easy to clean the place.
3. There should be some kind of guide to help you locate immediately the things you need. Much of our time and energy is lost in searching things.
4. Storage space for articles should be planned as close to the place of use as possible.
5. Choose the kind of storage that fits best the things to be stored. For example, a suit-case would not be the best place for keeping the clothes of your daily use.
6. The storage space ought to be cleaned regularly so as to avoid any damage to the things caused by dampness and insects like termite, etc.
7. It is a time and energy saving device to label the things stored. Such labels can be stuck prominently so that all may notice them. Labelling becomes all the more important, when several people use those things.

Good storage does not mean expensive cabinets or shelves. Ordinary and inexpensive racks, cupboards, bookcases, and peg boards can be used advantageously. You can improve the storage facilities in your home sometimes by a simple re-arrangement of things and sometimes by adding a new cabinet or wardrobe.

The important point to remember about storage is to keep everything at its place. There is a motto which emphasizes:—

"A place for everything and everything in its place."

Safety in home:

Safety in home does not come of itself. You have to work for it. Accidents are a great threat to human life and efficiency. You may be surprised to learn that most of the accidents occur in the home. Therefore you should do your best to keep your home safe.

Safety is not restriction:

In a safe place you are able to do more and better work than in a place which is unsafe and risky. Families should provide a safe place to play, eat, sleep and work. You should learn to distinguish between safety and restriction. Safety makes you free and relaxed to accomplish more. Restrictions make you tense and hesitant to attempt anything.

Learning rules of safety:

Again you have to learn how to keep your home safe. Just as you learn so many other things from your parents, you learn rules of safety from them. A safe home requires its members to be far-sighted and to pay attention to those actions which if neglected can lead to accidents.

Many a time, because of mere carelessness, serious accidents take place in a family. A serious accident can occur in any one of the following situations:—

1. Falling in the bathroom which is slippery.
2. Throwing away a lighted cigarette.
3. Touching a hot iron.
4. Taking the wrong medicine.

You may think of several other situations in your home that cause injury to members.

It is important to follow safety rules such as these.

One of the basic safety rules is to form the habit of doing everything the safe way.

Never scatter your pins, needles, razors or scissors. These may cause serious accidents.

Always put these things back in the sewing box carefully.

Keep the doors of your cabinets and almirahs closed. Open drawers and door can often cause painful injuries.

Chairs and other furniture should often be checked to avoid any mishap. Legs of the chairs ought to be sturdy and properly fixed, otherwise if they collapse they may harm the occupants of the chair.

Arrange furniture in such a way that your movement may be free, easy and safe.

Keep your bathroom clean, dry and non-slippery. Remove small bits of soap so that bathroom floor may not be slippery and cause injury.

Be careful to disconnect your electric iron or toaster after use. Do not touch an electric switch when you are wet.

Label your medicines. Always use very prominent labels for medicines that can prove poisonous.

Keep places lighted. Many accidents can be avoided if there is sufficient light in the house.

Remember that accidents do not just happen by themselves. They happen when you fail to prevent them.

Exercise:

Answer the following questions.—

- (a) How can you make your home comfortable?
- (b) What do you understand by storage?
- (c) What are the essentials of a good storage?
- (d) How can you keep your home safe?
- (e) Describe a few safety rules.

SUGGESTED ACTIVITIES

Carry out the following projects in your class:—

- (a) Draw sketches of storage facilities provided in your homes. Suggest changes involving minimum expenditure.
- (b) Make a list of all the danger spots in your home and school. What provisions do you have in your home and school for preventing accidents?
- (c) Work on making a shelf or a rack from odd bits and articles you have in your home.

SOME IMPORTANT POINTS EMPHASIZED IN THE TEXT

FOOD

All living things need food. Man cannot live without food but the feeding habits of man are more complicated than those of plants and animals.

Food is necessary for providing energy, for growth and development; for the repair of the wear and tear of the body; and for the regulation of body functions.

Food keeps us in good health if we know how to choose the right type of food.

Nutrients are substances of which food is made up. Carbohydrate, proteins, fats, minerals and vitamins are nutrients.

Carbohydrates and fats are nutrients which furnish energy. Proteins and minerals help in growth and development and furnish building materials. Vitamins protect us from diseases and help other nutrients to be utilised by the body.

To help people to select their diet wisely, scientists have divided foods into four groups, namely, cereal group, meat group, milk group, and fruit and vegetable group. If you include foods from each of these groups in proper amounts in your diet, you may hope that your diet will be adequate.

Foods differ in their content of nutrients. Foods also differ in cost. Some inexpensive foods may be high in nutritive value. Knowledge of all this can help us to select an adequate diet with minimum expenditure.

It is advisable to eat a variety of foods. Strong likes and dislikes for certain foods may prevent you from having a good diet.

Milk, eggs, meat, vegetables and fruits should be considered most important to be included in the diet. All these are excellent sources of essential nutrients.

10. Food has to be handled carefully in order to prevent losses during preparation and cooking. Some nutrients are lost if suitable measures are not taken, in this respect.
11. Absolute cleanliness is essential in the kitchen. Insanitary practices can cause diseases by allowing germs to enter food.
12. It is important for you to know the weights and measures used in relation to food.

An important factor contributing to good results in cooking is accuracy in the measurement of ingredients.

CLOTHING.

1. Fabrics are made either from natural fibres like cotton, wool, silk or synthetic and man-made fibres like rayon and nylon.
2. In the olden days man used to cover himself with leaves and animals' skin; but now he has developed different ways of designing and stitching clothes.
3. Clothes protect you, decorate you and make you look proper and decent. Islam emphasizes that women should be properly and modestly covered.
4. Differences in dresses are caused by climatic conditions, seasonal changes, culture, religion, values and fashion of the time.
5. Accessories add beauty and give a complete look to your dress.
6. Selection of clothes involves the consideration of the factors like family income, personality of the wearer, quality of material, culture, religion and family values.
7. Blue, yellow and red are primary colours and act as foundation of all colours.
8. Appropriate designs and prints help you look beautiful and attractive.
9. Stitching is a skill and like all other skills it needs practice. Learn good sewing habits.

10. Use decorative stitches to enrich your clothes and other household articles.
11. Toy-making is an art. It brings joy and satisfaction to you as well as to other members of your family.

FAMILY LIVING

1. Happy families make us grow into responsible and understanding people.
2. Living together means partnership—sharing together the joys and sorrows of life.
3. Living together stands for security and support.
4. Learn desirable ways of thinking and behaving from the very beginning rather than unlearn undesirable ways afterwards.
5. Learn to be courteous, unselfish, courageous and modest.
6. There is no virtue in knowing skills. Skills are to be practised so that you may live a happy life.
7. There is always a correct way of doing and a wrong way of doing things. It is essential that you learn the right way of doing things from the very start.
8. If you work, you find time for everything. Keep in mind two things (1) Time is limited, (2) Time runs fast.
9. Hobbies help you relax and make you feel worthy of doing something.
10. If you are not particular about cleaning the kitchen, you are likely to endanger the health of your family.
11. Remember that there should be a place for everything and everything should be in its place.
12. Remember that accidents do not just happen by themselves. They happen when you fail to prevent them.