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# Dallam and Hartley

## Family and Consumer Science

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### What is Family Consumer Science?

Family Consumer Science (FCS) is more than just cooking and sewing! It is the study of the relationships between individuals, families, communities and their environment throughout the lifespan.

FCS includes:

consumer science, nutrition, food preparation, parenting, early childhood, family economics and resource management, human development, interior design, textiles, apparel design etc.

FCS focuses on providing education throughout the lifespan. In short, FCS teaches people of all ages and stages.

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## The Bi-County Livestock Show was a Success!!!

We want to say "Job Well Done" to all of the 4-Hers who showed in the Stock Show. You all did a great job.  
 Congratulations Everyone!!

**Grand Champion Goat**  
 Emma Lathem

**Reserve Grand Champion Goat**  
 Emma Lathem

**Grand Champion Lamb**  
 Emilee Smith

**Reserve Grand Champion Lamb**  
 Christiana Dickson

**Grand Champion Rabbit**  
 Tori Yanke

**Reserve Grand Champion Rabbit**  
 Tyler Dixon

**Grand Champion Steer**  
 Stewart Skiles

**Reserve Grand Champion Steer**  
 Madeleine Bezner

**Grand Champion Heifer**  
 Stewart Skiles

**Reserve Grand Champion Heifer**  
 Lillie Skiles

**Grand Champion Swine**  
 Leslie Batenhorst

**Reserve Grand Champion Swine**  
 Madeleine Bezner

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## DIY Laundry Detergent—Powdered



You will need the following ingredients:

- 1 (4lb 12oz) Box of Borax (Found in the detergent aisle.)
- 1 (3lb 7oz) Box of Arm and Hammer Washing Soda (Found in the detergent aisle.)
- 1 (3lb) Container of OxyClean (Found in the detergent aisle.)
- 2 (14.1 oz) Bars of Zote soap (Found in the detergent aisle.)
- 1 (4lb) Box of Arm & Hammer Baking

Soda (cooking isle.)

- 1-2 (55oz) Bottles of Purex Crystals Fabric Softener (Found in the detergent isle.)

### Directions:

1. Grade Zote soap with a cheese grader or food processor.
2. Mix all ingredients
3. Use 2-4 Tablespoons per load.

**Note:** You may use Fels Naptha Soap in place of Zote Soap. Zote Soap has a very strong smell. When you are mixing everything together, you may find it easier to take a layering approach to it. Take a small amount of each ingredient, put in a large bucket, then stir. Continue this until all ingredients are mixed together.

Courtesy of:  
[www.howdoesshe.com](http://www.howdoesshe.com)

## February Fun Facts

Having only 28 days in common years, it is the only month of the year that can pass without a single full moon. This last happened in 1999 and will not happen again until 2018.

February starts on the same day of the week as March and November in common years, and on the same day of the week in August in leap years.

February ends on the same day of the

week as October every year and on the same day of the week as January in common years only. In leap years, it is the only month that starts on the same weekday as it begins.



# Be on the lookout for upcoming events!!!!



We are going to be kicking off new project areas in the Clothing and Textile Projects.

The Senior Photography Contest is coming up, so Seniors get ready to upload

your pictures to 4-H Connect.

Keep your eye out for more information on these events. Get your 4-Hers ready!!!



## United Stickers

Are you collecting the bonus stickers for professional cookware from United? If you do not plan to use your stickers, Dallam and Hartley Extension Office is collecting them to use to obtain cookware

for the Dallam and Hartley County 4-H Food Challenge Boxes. If you do not need your stickers please collect them for the Dallam and Hartley 4-H. Please drop them off at the Extension Office any time before March 20, 2014. Thank you!!



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\*\*If you have any topics that you would like to have published, please contact me or email me.

“Some people want it to happen,  
some wish it would happen,  
others make it happen.”

– Michael Jordan

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TEXAS A&M  
AGRI LIFE  
EXTENSION

# The Taco Soup



## Ingredients:

- 1 pound ground beef
- 1 onion chopped
- 1 5oz can black beans (rinse/drained)
- 1 5oz can pinto beans (drained)
- 1 5 1/4oz can of corn
- 2 8oz diced tomatoes (don't drain)
- 1 0oz rotel (don't drain)
- 1 liter tomato juice

- 1 envelope dry ranch mix
- 1 envelope taco seasoning

## Directions:

- Brown ground beef with onion until done and drain
- Add ranch and taco envelopes to beef, mix thoroughly
- Add beef to large pot

- Add the rest of the ingredients to the pot and heat thoroughly (Let it simmer for a little while)

## Optional Toppings:

- Mexican blend cheese
- Sour cream
- Avocado
- Tortilla Chips