

SANTA CRUZ COUNTY, ARIZONA
ANNUAL REPORT

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HOME DEMONSTRATION AGENT

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to
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OUTLOOK

Santa Cruz County is made up of two distinct areas. The valley along the Santa Cruz where there are cotton farms and cattle ranchers is one. In the Patagonia-Sonoita area there are ranchers and guest ranches.

There are a number of clubs in the county. The Cowbelles draw from the entire county. In Patagonia there are several clubs, such as the Garden Club, the Woman's Club and church groups. There is no Parent-Teachers Association. In Elgin-Sonoita there are two clubs, the Woman's Club and a Sewing Club. Their programs are more social than educational.

One extension exists in the county. Ranch women come from beyond Nogales, Sonoita and other nearby communities for the demonstrations. Patagonia is the center of activities. It has been difficult to start extension clubs because of the distances. There is a program for 1953.

	<u>Adult</u>	<u>4-H Club</u>
January	Cooking with pressure saucepan	4-H Club junior leader training meeting
February	Meat cookery	Leader's training meeting-clothing judging
March	Bread making	National 4-H Club Week (dress revue) Leader's training meeting-demonstrations
April	Short cuts in sewing	4-H Club Fair
May	Optional	Achievement
June	The home freezer	4-H Club Roundup
July	Vacation time	
August		4-H Club Camp Leader's training conference
September	Hard jobs made easier	Fall enrollment

Outlook (continued)

	<u>Adult</u>	<u>4-H Club</u>
October	Christmas ideas and County Fair	Junior leaders train- ing meeting Fall Council meeting
November	Mending	Advance clothing training meeting
December	Community service	Community service

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ORGANIZATION AND PLANNING

The program in Santa Cruz County included some of the same projects as those in Pima County. With only one home-makers extension club, most of the planning and organization takes place in Patagonia. Members of the group assume their responsibilities for decisions regarding the projects. The program was kept flexible to meet the needs of a busy little community.

CLOTHING AND TEXTILES

Better Dresses

Better dresses were made by 13 homemakers. They showed progress in the better construction of their garments. Most of these women have learned to sew by the "hit and miss" and have done well, clothing their families. Like progressive homemakers, they wanted to improve their methods of sewing. We started in the fall of 1951 but did not finish until January, 1952. Mrs. Robert Haverty is a leader in the club. She helped them when special problems were involved and needed immediate attention.

Some of the things they learned were how to take measurements to buy patterns and how to alter patterns. We tried to have the homemakers form the habit of marking the fabric in cutting out the garment. The tracing wheel and dress-makers carbon were introduced to their clothing practices. This was considered a step forward for them, because in some instances, no marks whatsoever had been considered necessary. Pressing as they sew was stressed.

All garments started were completed. Three women made two garments each at that time and have since made many more. There is room for improvement and in the year to come, we will try to include improving sewing practices by learning short cuts in sewing.

Clothing and Textiles (continued)

Shirts

Ranch women like to make shirts for their husbands and sons. They have made shirts before but there were some special problems for which they needed help.

Problem #1 - Collars were wearing out at the fold.

#2 - Elbows wear out long before the rest of the shirt.

#3 - Seams.

For problem #1 we suggested that they allow some ease in the region of the collarband. These women had been using a pattern handed around from one homemaker to another. It had no marks or notches to work with. We suggested that they buy reliable patterns and start all over again.

For problem #2 - Men like the sleeves to be very tight below the elbow causing the fabric to be pulled and strained over the elbow. We suggested that some ease be allowed at the elbow and just below it.

They were making a mock flat feld seam at the armseye. The sleeve never seemed to fit.

Each of these 13 homemakers make all the shirts worn by their husbands. Mrs. Robert Haverty made 7 for Christmas presents in 1951. Forty-seven men's shirts and 23 boy's shirts were made during the year. Four dress shirts were made also.

It was observed that the buttons used on the shirts cost more than the material in the shirt. A set of buttons costs \$1.50 or more. Some of the women were buying cotton print fabric costing not more than 65 cents per yard. A change in this regard comes with having an appreciation of materials.

Clothing and Textiles (continued)

Dress Forms

Dress forms were made by 11 homemakers in Santa Cruz County. After learning how to make them, these eleven women held special meetings and made forms for their friends and neighbors. Thirty-two forms were made in Patagonia and surrounding country.

There were seven women at the initial demonstration where the forms were made. Four others joined them at the second demonstration where the shellaced form was covered, mounted and marked. These eleven women were in demand by their friends and neighbors until all 32 forms were made and marked. The paper and T-shirts used, except the original ones, were purchased at a local store. The project lasted two months.

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HOME MANAGEMENT

Ironing a Shirt

The agent gave the shirt ironing demonstration to the homemakers in Patagonia. The program was set up so that the women had the opportunity to iron several shirts themselves. At first they were skeptical about the method because the right side of the collar was ironed first and the outside of the back was never ironed. Four shirts were ironed during the demonstration. They saw for themselves how well it can be done. We discovered that some materials iron better and easier than others. The permanent finish of some of the collars was found to be poor. There were blister-like places where the inner facing had become detached from the outside collar.

Home Management (continued)

Care of Blankets

Homemakers in Santa Cruz County learned how to care for blankets. Like most homemakers they were surprised at the temperature of lukewarm water. Lukewarm water is cooler than they realized. We washed two blankets; dried and brushed them.

They liked the ease with which it is done and the reasons for using the method. The agent had told them about water softeners at the shirt ironing meeting. Softeners are necessary in the county because of the hardness of the water due to its high mineral content.

The idea of "stripping clothes" appealed to them because heretofore their big problem had been to get their clothes white or bright in the case of colored clothes.

44 blankets have been washed.

10 skirts and children's wool garments have been washed.

FOOD PRESERVATION

Freezing Food

Preparing food for the freezer was the subject of a demonstration held in the Nogales High School Home Economics Laboratory. The agent tried to be ready for it and she tried to get the homemakers informed. Something went wrong because the number in attendance was very embarrassing. The newspapers, radio and word of mouth were used to arouse interest but evidently no impression was made. Only a few reacted. The agent was warned ahead of time that the reaction would be negative. What puzzles the agent is the accuracy of knowing exactly how the community would react to the announcement of a demonstration.

The agent talked and made arrangements with the secretary of the Board of Education, the president of the Board of Education, Mr. John Hall, the Amana Freezer dealer and his daughter, Mr. Marcus, the General Electric freezer dealer and Mrs. J. W. Derrields, who broadcasts a daily program for homemakers. One newspaper in Nogales and two newspapers in Tucson carried the information. Frankly, the agent did not believe these people when they told her no one or few would attend the meeting.

The demonstration took place as scheduled. There were two freezers and a refrigerator that were furnished by the above mentioned local dealers.

The meeting was conducted along the same pattern as the one in Pima County. The food was packed in dry ice and taken down early in the morning. Miss Jean Stewart, State Leaders, helped with the packing and attended the demonstration.

The objectives of such a meeting are twofold: To help inexperienced homemakers learn how to prepare foods for the freezer; to show experienced homemakers new methods or ideas in food preparation.

To accomplish this the demonstration meeting is divided into two parts. During the morning session, we learn how to prepare and package fruits, vegetables, meat and poultry. Methods used are described in the U.S.D.A. bulletins which are available. Where the bulletins were not available, the methods used were taken from other reliable sources.

Food Preservation (continued)

Freezing Food (continued)

Foods prepared in order mentioned were string beans, corn, Zucchini squash, apricots, peaches, strawberries, steaks and chicken. The basic principles were reviewed thoroughly. We tried to stress good packaging materials. We also stressed the necessity of packaging so that moisture remains in the air tight package. How to exclude air from packages was not overlooked.

How to use the freezer to advantage for the homemaker was a major factor in the demonstration. To illustrate this the agent had prepared beforehand many different foods and packaged them for them to see. Recipes were not important because home freezers may be used without disturbing the family food pattern. They were cautioned to use less seasoning because flavors tend to develop in air tight containers.

Women complain that frozen foods required many kitchen utensils and pans. We tried to show how to store casserole dishes without the casserole. The food was baked and cooled, then frozen hard. It was thawed only enough to turn the hard brick onto moisture, vapor-proof paper or heavy freezer paper. It is then wrapped, labelled and placed in a stock-inette or some other protective wrapper. The casserole dish can then be used over and over again. This is true of soup and broth also.

Foods prepared beforehand:

- Chicken-noodle casserole
- Chicken-rice soup
- Boned chicken
- Fried chicken (cooked and raw)
- Beef stew and roast beef
- Mashed potatoes
- Chopped beef (cooked)
- Mush (ready to be thawed, sliced and fried)
- Corn muffins
- Blueberry muffins
- Rolls, fancy
- Rolls, hard
- Fancy sandwich bread
- Pinto beans, ready to be thawed and used in many ways
- Baked beans
- Lentils to be thawed and prepared to family food pattern

Food Preservation (continued)

Freezing Food (continued)

Whipped cream in "blobs" (good
use of left over cream)
Cream cheese and fruit salad
(cottage cheese, dried milk)
Almondrado (Mexican dessert)
Ice cream and jello pie
Chocolate eclairs
Layer cake (iced and uniced)
Fruit pies (baked and unbaked)
Pizza (dough ready to be thawed
and covered with cheese and sauce)
Fancy ice cubes and tea cubes.

The variety of foods prepared helped to encourage homemakers to prepare for more than one meal and store the surplus to save time and energy. "Left over" do not exist in a home where there is a freezer. The homemakers prepare "planned overs" for the future. She can also prepare quantities of food for special diets and store them in the size package for one meal.

Observations -- The women present had never attended a demonstration meeting. The entire idea was absolutely new to them. We tried to explain extension work to the homemakers present.

FOOD PREPARATION

Nutrition

Homemakers met with Mrs. Robert Haverty for the first demonstration meeting this fall. The subject was "Holiday Treats from the Kitchen." The agent was brave in giving this demonstration because a year ago the women decided they wanted only subjects pertaining to clothing as their projects. We had only from 1:30 P.M. to 3:30 P.M. It was necessary to work fast. One half hour was taken in discussion of the nutritional values of the ingredients making up the candies and sweets and the affect of those foods on children's teeth.

We then talked about the composition of the recipes making up the candies and sweets in Holiday Treats from the Kitchen. Before the womem had time to remember their request for clothing, they were moving towards the kitchen, recipes in hand. As partners, they discussed their immediate problem of making a batch of candy or cookies. Eleven were there. The hostess helped us with utensils and scheduled the oven. Most of the utensils were taken to Patagonia from Tucson. The agent meant to be as prepared as possible in order to make it easy on the hostess. We made pumpkinettes, corn flake burbs, fruit log, little Christmas cookies and uncooked fruit squares. Each person took home some of each recipe prepared just as we did in the Pima County demonstration. They were happy with the results and enthusiastic about the Christmas treats. The little Christmas cookies were favored. The corn flake burbs were also popular both in flavor and in ease of preparation. These women all have boys in Korea. There was talk of sending treats to the boys.

It is too early to evaluate this project.