

ANNUAL REPORT

EVALYN A. BENTLEY
Home Demonstration Agent

PIMA COUNTY

December 1, 1943 - December 1, 1944

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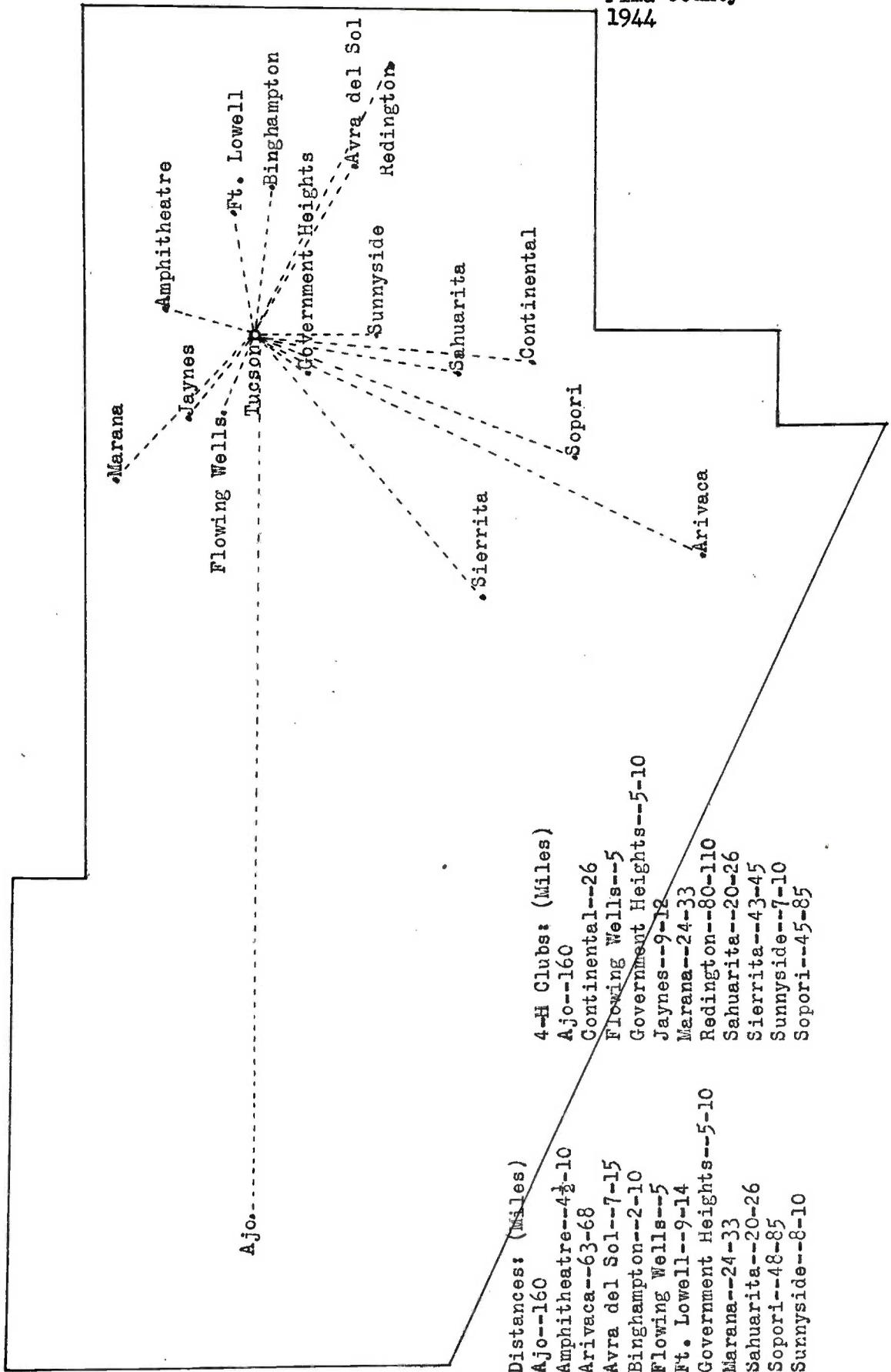
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Samples of Achievement Day letter and blank

MAP OF PIMA COUNTY SHOWING DISTANCES IN MILES (Approx.) from the Home Demonstration Agent Headquarters (Tucson) to each community in which Extension work has been carried in 1944.

Evalyn A. Bentley
Pima County
1944



SUMMARY OF THE WORK FOR 1943-1944SCOPE OF THE WORK

9 Homemakers groups with 27 leaders held 81 meetings with a total attendance of 1643. Active members of the homemakers clubs include 275 with an additional 485 on the mailing list.

35 method demonstrations were given with an attendance of 570.

1138 telephone calls, 359 office calls and 235 home visits were made by the agent.

FOODS AND NUTRITION

9709 quarts of fruits were canned
1301 quarts vegetables
1234 quarts of meat
12,244 Total quarts canned

Junior Food Work

850 quarts were canned. Of this total 570 quarts were fruit and 280 vegetables with a total estimated saving of \$450.00.
4,464 dishes were prepared in food preparation with an estimated saving of \$1382.20

CLOTHINGJunior Clothing

622 articles were made with an estimated saving of \$495.36
Total estimated saving of all junior work \$2327.56

Adult Clothing

500 garments mended, cleaned, pressed or remodeled in order to prolong the life of the garment.

250 women used time saving methods as applied to clothing.

One result demonstration on storage has been started, progress was shown to 65 women.

46 dress forms were made.

DEFENSE

3464 articles were made including knitted articles, quilts, garments and surgical dressings for the Red Cross and \$325 in cash given by groups.

54 radio programs were prepared

OUTLOOK AND RECOMMENDATION

The coming year will again be devoted to defense projects while working for improving practices with both adults and juniors. Plans are being made for a year full of activity.

CHANGES IN COUNTY ORGANIZATION

Form of Organization

Our organization remains the same but we have lost members and groups due to war time work as many of our women are employed.

Our County Coordinating Council and the officers of the various local groups constitute the county executive committee. The officers are as follows:

Mrs. A. S. Bradley	President
Mrs. Marguerite Evans	Secretary and Reporter
Mrs. W. N. Allen	Treasurer
Mrs. W. H. Birdsall	County Nutrition Chairman and Representative for the County Homemakers for the County Coordinat- ing Council

The officers of the various groups are:

AJO:	Mrs. A. J. Juarceys, Pres. Mrs. Earl Nielsen, Sec. Mrs. Charles Johnson, Ch. Am. Home Mrs. John Marietti, Parliamen. Mrs. Charles Rasmussen, 4-H Clubs
SAHUARITA:	Mrs. Ruby Dishaw, Pres. Mrs. Nell Gaines, V. Pres. Lee Ethel Bull, Sec. Mrs. Nora Davis, Treas. Mrs. Fern Graves, Rep.
GOVERNMENT HEIGHTS:	Mrs. F. J. Alexander, V.Pres. Mrs. Moneta Dingle, Sec.-Treas. Mrs. Warner Taylor, Rep.
FT. LOWELL:	Mrs. F. R. McDonald, Pres. Mrs. Earl Dotson, Sec. Mrs. Beula Stauffer, Rep.
AMPHITHEATRE:	Mrs. Nell Lewers, Pres. Mrs. W. H. Wick, V. Pres. Mrs. Grace Freeman, Sec.-Treas. Mrs. H. W. Vermillion, Rep.
AVRA DEL SOL:	Mrs. Ed Nagel, Leader Mrs. J. S. Williams, Sec. & Rep.
BINGHAMPTON:	Mrs. Robert Echols, Leader

PROGRAM FOR HOME MAKERS GROUPS FOR 1944-45

The county program of work for the coming year is made by representatives from the groups.

Pima County homemakers met with the Home Demonstration Agent in the Jury Room of the Court House October 18, 1944 to discuss and adopt the program of work. Miss Jean Stewart, State Leader, and Miss Reva Lincoln, Nutritionist for the Extension Service, assisted in the discussion of projects to be carried.

The following program was adopted:

- DECEMBER -- Christmas meetings with all groups.
- JANUARY -- Pest control.
- FEBRUARY -- Meal planning and serving during wartime days.
- MARCH -- Time and motion study in laundry work illustrated in the ironing of men's shirts.
- APRIL -- Clothing storage and arrangement of equipment.
- MAY -- Kitchen conferences.
- JUNE, JULY, AND AUGUST -- Summer recreational meetings.
- SEPTEMBER - Organization and plans for work.
- OCTOBER -- Storage demonstrations checked.
- NOVEMBER -- Storage and time saving.

Care of the sewing machine will be held at some time, canning food and use of canning equipment will also be "sandwiched in" when needed.

An annual Achievement Day will be held; the theme to be "projects which aid in ultimate victory".

During the meeting leaders discussed recreation at meetings and the certificates which will be given to all homemakers clubs which have completed the requirements. The clubs which have met the requirements are Ft. Lowell, Amphitheatre, Sahuarita and Government Heights. Members also considered suggestions for roll call, the use of cards for reporting meetings, the secretary's book, parliamentary law, better use of the homemakers year book, a broadcast to be given by each group, and news reporting.

Program for Homemakers Groups for 1944-45, continued

Some questions considered when deciding upon the County Program were: the needs, and number of families and methods of reaching all in the community; the need for information about food and its preparation and care; the need for help in construction and care of clothing; the health of the pre-school child; the need for education in general buymanship; better management of time; and more thought about post-war planning.

ADULT LEADERSHIP AND LEADERS TRAINING

Leaders from the groups are given training for various projects. Almost all of our work is given back to the group by the volunteer local leaders, who are trained as a county-wide group.

JUNIOR LEADERSHIP

Summer clubs were led by older 4-H Club members and homemakers. During the school year teachers act as leaders. This practice was adopted because of difficulty in transportation. Cooperating agencies are the Pima County Health Department (which assists in the health project which is carried by all clubs) and the County School Superintendent of Schools, Mrs. P. H. Ross.

GENERAL POLICIES

Cooperation is given to all the agencies interested in the home and defense projects.

OFFICE DAYS

Saturday morning has been saved for 4-H Club work during the major portion of the year. Preparation for all work requires more office time as the work grows. The weekly radio broadcast requires at least one day for preparation.

COUNTY-WIDE MEETINGS

These have been used as a means of saving time and so far have been quite successful.

PROGRAM OF WORK FOR PAST YEAR

The following questions are asked before a project is decided upon:

- Does the work fill a definite need?
- Have we appraised the requests that have been made?
- How much of this work can the people do themselves in order to leave the agent some time for other projects?
- Is there any overlapping of the work in other agencies?

Program of Work for Past Year, continued

Mileage, gas, and rubber enter into all planning at the present time. Therefore, changes have been made and will continue to be made.

The program of work for the past year, or 1943 was as follows:

December -- Christmas meetings

February -- Food and nutrition; serving family meals

March -- Point-saving meals

April -- Food for the sick

May -- Clothing problems

June, July, & August -- Canning, recreational and defense work

September & October -- Clothing and making the garment look new

November -- Prevention of accidents

LEADERS TRAINING MEETINGS

Leaders Training Meetings have been held since 1939. For each project two leaders are chosen from each group to come to the central meeting place for training. Sometimes we have divided the county into two sections so as to save transportation. The meetings have been successful. The work has been given back in a satisfactory manner and leaders have developed.

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Evalyn A. Bentley
Pima County
1944

PLANNING MEETING, OCTOBER 13, 1944

Copies of this sheet were given to each member so they might determine some of the needs of their groups.

1. Have you studied the needs of your community?
2. How many families are there in your community?
3. How many of these families are represented in your group?
4. What method do you have of spreading to non-members the information which is given to your group?
5. Are we reaching the "last" woman?
6. Are there needs for spreading information in regard to food?
7. Is there any need in your community for spreading information about the care of clothing?
8. School children in Pima County have a regular health check up. Do the pre-school children also have an opportunity for health check ups?
9. Do we need to teach homemakers more about buymanship?
10. Can we learn to save time by better management in doing household tasks?
11. Does your community need to make plans to improve the appearance of the outside of the home?
12. Do you have need for information in regard to repairs of the home and its contents which can be made by members of the family?
13. Do all families in your community know how to can and to take care of any surplus food?
14. Do you feel a need for some thought about post-war planning in the home?

This seems like a great deal to consider but we might say with Browning:

"A man's reach must exceed his grasp, or what's a Heaven for?"

Evalyn A. Bentley
Pima County
1944

I. Organization

HOMEMAKERS CLUBS

Time: Throughout the year

Place: Amphitheatre, Ajo, Binghamton, Ft. Lowell, Government Heights, Homemakers Art, Eureka, Sahuarita, Avra del Sol.

History and Progress:

The clubs have changed some during the year but in the main, the location and enrollment about the same as last year, enrollment being 300.

Year Book

The Victory Year Book, the same as used last year, is being used again this year. By use of this year book and other factors we feel sure we have made our groups more effective.

December Meetings

Recreational Meetings

December, for many years, has been the time for recreational meetings. We do not have regular work meetings in December because women like to have one meeting during the year which is different. The Christmas meeting is a time when older members and those far away attend if possible. This year, even with gas shortage, some of the members saved their gas for weeks in order to attend the December meeting and pot luck luncheon. At the luncheons turkey was featured with three groups, each member paying her share of the cost of the turkey. The latter was roasted by the most up to date low temperature method. Other dishes were brought to fill in and a very well balanced meal was served. The Christmas program and the exchange of inexpensive gifts added to the friendly cheer of the group meeting.

Some of the groups, as Avra Del Sol, Eureka and Homemakers Art, met in the evening so the husbands could be present. Many of the women are working in defense projects during the day.

Ajo Homemakers held a joint Christmas and work meeting during December since Ajo is so far from headquarters it is necessary to make the most of the time when the Agent visits them as she did in December. They met Monday night when the husbands could be home to take care of the children. This gave a good introduction to the cooperative spirit in Ajo. At this meeting the Agent presented Extension projects in general in order that they might plan for the future. Special projects were discussed with leaders and plans made

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I. Organization

December Meetings, continued

for other project meetings. The written reports from Ajo have been good, but when visited we found that they had been doing even better work than was shown in reports. Ajo closed their meeting by singing Christmas carols and serving Wassail or friendly cup and cookies for refreshments.

Summer Meetings

Amphitheatre and Sahuarita homemakers met regularly for work during the summer. The Agent met with the two mentioned also with all other groups to plan some recreation for the summer. In the recreational meetings we have an opportunity to develop workers as well as in our work projects. Recreation included community singing, book, magazine or radio reviews, with the men taking part in the evening programs. Old fashioned games and picnic suppers, to which the entire community was invited, were also a part of the program. Two summer programs are given as an illustration:

The Amphitheatre Homemakers have met all summer. They have done some war work and carried on some other projects, especially relating to storage. At the August meeting the Agent explained the program for the year, checking up on what the members have been doing and helped to make some plans for the future. As word had just been received that the son of one of the members, Mrs. Wetmore, had been killed in France, the women were all much disturbed. Mrs. Wetmore was one of our first 4-H Club leaders. She led the club when she had to wheel him and his sister in the baby buggy to the meeting place which was nearly a mile from her home. She did this all summer except when she was given an occasional ride by someone who had a car. The Amphitheatre 4-H Busy Bees of the early 20's was a very successful one under the leadership of Mrs. Wetmore and who has done so many things in the community, naturally deserves the sympathy which was given her.

The Sahuarita Homemakers group, 7 years old, celebrated the occasion with a birthday dinner, and all around congratulations for the work they have done. Former members and others who were acquainted with the work of the group were present and joined in the felicitations. Since the Agent was in Ajo that week end it was not possible for her to be present, so she sent her congratulations by mail. This club has done exceptionally good work since it has been organized.

Help Given to Homemakers Groups

The Agent talked over with each group the needs for the next years program. From these talks and from conferences with individuals, the County Planning Committee decides upon the program of work for the coming year. After the groups elect their officers, the Agent spends time during office or home calls to discuss their

I. Organization

Help Given to Homemakers Groups, continued

duties. She also writes to each officer and sends to her all of the printed help available then suggests that questions be asked as they arise.

Pima County Homemakers Annual Achievement Day Nov. 16, 1944

45 Pima County homemakers held their annual Achievement Day in the Amphitheatre community Thursday Nov. 16th. Homemakers from the Ft. Lowell, Sahuarita-Continental, Government Heights, and Amphitheatre Clubs were present. The Amphitheatre homemakers were hostesses and served coffee and furnished the floral decorations for "those who served."

In the morning an exhibit of home canned foods and clothing was held. Miss Ruth Cook, Miss Reva Lincoln and Miss Jean Stewart of the University of Arizona Agricultural Extension Service, were graders of the exhibit.

In the clothing and canning contest the following ribbons were given:

53 firsts, 8 seconds

After grading the exhibit the meeting recessed for a social visit and lunch. In the afternoon, Mrs. Bradley, Pima County Council President, presided at a short business meeting. A county treasurer, Mrs. Minnie Birdsall of Amphitheatre, was elected. Mrs. Bradley then introduced the club presidents, Mrs. Guy Lewers of Amphitheatre; Mrs. Clyde Gaines, Vice President of Sahuarita and Mrs. A.S. Bradley of Ft. Lowell.

Miss Jean Stewart, State Home Demonstration Agent, spoke briefly to the group then introduced Miss Reva Lincoln, Nutrition Specialist for the University of Arizona Extension Staff, and Miss Ruth Cook, new Home Demonstration Agent to be stationed at Holbrook.

Following the style review, the Agent spoke on home demonstration work in general.

The homemakers honored the oldest club in Pima County, Ft. Lowell, organized by the Agent when she first took charge of home demonstration work 23 years ago in Pima County. They presented Mrs. A.S. Bradley, President of Ft. Lowell, with a permanent leather bound press book.

Mrs. Minnie Birdsall was honored as the champion good homemaker of Pima County. One of her good homemaking deeds cited was the saving of 62 lbs. of waste fat for the war effort.

Evelyn A. Bentley
Pima County
1944

I. Organization

WARTIME PROJECTS IN HOME MAKERS GROUPS

We considered at all of the homemakers meetings the Food for Freedom Campaign and discussed means of spreading information to the last farm family in the community. The Agent has taken care of both the Accident Prevention and Food for Freedom programs by means of correspondence, by giving the work to the 4-H Club members and the leaders, as well as to the homemakers. We have also used the radio and have been given some very good space by the press in interview news write ups. The Agent sends help to the various groups so they may have time to prepare for a round table discussion. This year we were able to get the help out sooner than in former years and our discussions were much better.

When we sent out to Pima County our share of the Green Cross Accident questionnaire, we received a 30% return although 5% of the total returns were delayed because of changes in mailing addresses.

Besides time spent planning for the prevention of accidents, groups have participated in defense activities, including sewing, knitting and preparing surgical dressings for the Red Cross. They have helped in making plans and securing attendance at our county-wide canning meeting and group meetings which stressed especially the use and care of the pressure cooker. All of the groups have done more than in former years in striving for recreation within their own community so as to maintain morale. Roll call at meetings is also used as a part of our Defense program.

Radio Broadcasts

Our Victory Food Program is a part of our defense program and is also used to keep in touch with some of our isolated groups. This completes two years of weekly broadcasts and the response has been most satisfactory. Some of the subjects have been:

Food For Defense Broadcasts

Some of the war time subjects have been Milk and its Uses, ten broadcasts have been devoted to Thrift in Food and ten to canning, four broadcasts to Foods for Hot Weather, What to Cook When the Meat Points are Low, three broadcasts given on The Methods of Primitive People using the Hopi Indians as an example, two broadcasts on Breakfasts, two on Lunches and two on Dinners when simple menus as well as recipes were given.

Broadcast to Rural Schools

The Agent gave one broadcast to the rural schools of Pima County on Primitive Ceremonies. She used the Hopi Indian snake dance as an illustration of the way primitive people observe ceremonies.

I. Organization

Wartime Projects in Homemakers Groups, ContinuedWork for the Red Cross

Sweaters knit	28	Chest Protectors	23
Scarfs	14	Hose	16 pr.
Caps for Navy	17	Helmets	41
Bedside Pockets	12	Quilts	46
Surgical Sponges	3,179	Bathrobes	12
Pajamas	16 pr.	Nightshirts	26
Bedpan Covers	24		

Entertainments have been given to raise money and \$325.00 was raised and given to the Red Cross.

Conferences to Plan for Defense

Annual Extension Conference at Phoenix Dec. 4-8, 1943.

All Agricultural Extension workers met in Phoenix for a general workers meeting where defense projects and also post-war planning were discussed in order that we might make our programs of work to fill the need.

The Planning Conference for Home Demonstration Agents projects was held in Prescott July 24-29, 1944. The conference also helps in getting our ideas together in both adult and junior projects.

Annual Conference Jan. 7-10, 1944

The Annual Conference of Extension workers was held the first week in January from the 7th to the 10th inclusive. A number of workers expressed themselves to the Agent as feeling that it was a most worthwhile conference. All felt that we were getting closer to curreal problems by all conferring together. It was a help to know the problems met by other workers and how they solved them or wherein they failed.

Home Furnishings and Storage Conference

Conferences were held with Miss Stewart and Mrs. Jensen in regard to what we could do with little expenditure in improving the home. In an all day conference with Mrs. Jensen we decided to try to use some inexpensive methods of refinishing or changing the appearance of old drapes; also to do something about picture hanging, with the goal of one picture well chosen and well placed. This is a step toward a longer program on the study of grouping and color harmony.

We also discussed storage and thought we might follow out some of the suggestions made in conference with some of the groups in making the space they have serve better. We discussed some things we might do in kitchen improvement, altho we were not able to cover that subject.

War Activities

The Agent has helped with the fat and paper salvage drives and has also stressed the saving of tin cans. We are told that the first two will

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Pima County
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I. Organization

Wartime Projects in Homemakers Groups, continued

War Activities, continued

continue as needs, while the tin cans will no longer be collected for war purposes. The Agent has also assisted with some of the problems that arise in the nurseries which have been established for women who are working in war projects.

State 4-H Club 6th War Loan Bond Drive

All 4-H Clubs in the State were organized to participate in the Drive. Mr. Kenneth McKee was followed by Mr. O. W. Dishaw, who carried out all previous plans made for Club work. As Mr. Moody was no longer a 4-H Club worker in Pima County, the Agent sent out the material to all Club boys and girls. This was sent to 342 members in 19 clubs.

For the Drive we sent a letter, a book of application blanks and literature in regard to the Drive - in all, 675 separate pieces. The Drive will not be completed until the last of December.

Present prospects show that all Clubs will work with enthusiasm to sell the bonds.

Evalyn A. Bentley
Pima County
1944

I. Organization

JUNIOR PROJECTS IN 4-H CLUB WORK

Garment Making, Food Selection and Preparation, Food Preservation, Victory Projects, Health, Arts & Crafts, Camp Club, and Junior Leadership.

TIME: Throughout the year.

Place: Continental, Flowing Wells, Government Heights, Laguna, Redington, Sahuarita, Sunnyside, Ajo, Marana, Sierrita, Lakeside, Tanque Verde-Wrightstown, Arivaca.

HISTORY AND PROGRESS:

1923 began club work in Pima County and has continued since then. The past year saw many changes in leadership and membership and has been a very difficult year to do satisfactory work. All of our clubs are doing some type of defense, all do song leading, all hold their business meetings, take part in publicity for the weekend edition of the Press and all have recreational programs as a part of the work of the club.

Work for 1943 and 1944

1 83 different club members were enrolled.
175 completed, of these
166 completed work in clothing
157 completed work in food preparation
9 completed work in camp club and handicraft
6 in Victory projects
12 in Canning

Some members carried more than one project, almost all girls with the exception of 9, carried both clothing and food preparation.

11 different leaders led 25 different projects during the year. In these projects we are not counting health, leadership, publicity or song leading as projects since these are considered a part of the club work.

Total number of articles made in Garment Making - 622	
with Estimated Saving of \$495.36	\$ 495.36
Food Preparation - 4,464 dishes were prepared, estimated saving	\$1,382.20
Canning - 850 quarts - estimated saving	\$ 450.00
Total estimated saving in all projects	\$2,327.56

I. Organization

Junior Projects in 4-H Work, continuedHelp Given to the Clubs by the Agent

The Agent has organized all clubs herself, gave help to leaders in the projects of organization, helps have been sent not only to the leaders but to all officers as soon as elected. This has been given not only in printed material but by letters as well. Some of the help given to leaders has been by correspondence since some clubs are so far away it is impossible to get to meet with them very often. Leaders have been trained to conduct the various phases of the projects. The Agent has given demonstrations to club members and also to individuals when possible.

At Achievement Days the Agent and the County Chairman of 4-H Clubs, Mrs. Agnes Krentz, visited the clubs and helped the girls with the final grading of all products. We find the girls are very fair and are much interested in doing the grading themselves.

4-H CLUB ACHIEVEMENT DAYS

In preparation for Achievement Days, records were checked, certificates made out and office cards completed. Certificates and pins were given at Flowing Wells, Marana, Redington, Sahuarita, Continental, Sunnyside, Sierrita, Laguna, Lakeside, Government Heights, and Ajo. Some of the groups had very nice programs for Achievement Day. Flowing Wells had 150 present, Marana over 200, and Sierrita had 34. At all clubs, both summer and winter, the Agent teaches the girls how to grade their own products as this has been found to be the best way to teach them correct standards in food and clothing. The mothers are always invited on "Grading Days" and say that they, too, learn much about standards. Grading is always one part of our Achievement Day program and the girls give their reasons for the placing of the articles.

The Agent has sent to other states for records of members who have moved so as to keep their records correct. Charlotte Thurston, Flowing Wells, had completed three years in Indiana. When her records came they were exceptionally good, substantiating the splendid work she has done with us.

4-H JUNIOR LEADERSHIP

We have spent some time in checking on older members to see how we can help them and how they can help us. In an effort to develop junior leadership, junior chevrons were awarded to the following girls: Pauline Bannelly, Virginia Moreno, Gloria Moreno, Government Heights; Charlotte Thurston, Mildred Deitering, Rosaura Vidal, Flowing Wells; Celia Shumaker, Jaynes or Laguna; Audra Rowland, Sahuarita.

Charlotte Thurston led a group during the summer and did very well.

I. Organization

Junior Projects in 4-H Club Work, continued

4-H Educational Fund Committee

The Agent met with this committee in order to discuss how the money offered by the Farm Bureau would be used. They decided to offer a \$25 maturity value bond to the outstanding girl and boy in Pima County. Mildred Deitering of Flowing Wells had the best one and was awarded the bond. The award was presented at the annual meeting of the Pima County Farm Bureau at the Flowing Wells Schoolhouse, with about 50 people present.

The Agent has spent a lot of time with girls in helping them to make out their "green blanks" or complete records, because we feel that although they are not eligible for prizes it helps a great deal to get their reports in shape from year to year.

County Awards

County awards were given as follows:

Clothing---Marie Genzer, Flowing Wells

Canning----Kathryn Lamb, Marana

Food Preparation---Patty Collins, given on her record at
Victory Market Day when she won the \$25
maturity value defense bond

Girls All Around Record---Mary McBride, Laguna

Dress Revue---Lela Davidson, Sunnyside

Leadership---Charlotte Thurston, Flowing Wells

4-H Club Fairs

The first half of April, as well as part of February and March, was devoted to preparations for the Victory Market Day. Time was spent in getting the girls ready, in urging them to follow recipes carefully, and answering the many questions they had to ask about baking. The Agent also wrote letters, telephoned, and made home calls in explaining the work and technique; as well as trying to get some teams ready for grading. It was the girls first participation in an event like this Victory Market Day, but they exhibited canned and baked foods of a high standard.

Mrs. Agnes Krentz, County Chairman of 4-H Club work, was general superintendent of the fair. Mrs. Martha Fees, of Marana, had charge of the lunch which was well prepared. It consisted of a double sandwich, a half pint of milk, a cookie, and an orange for 15¢. The other leaders and the girls did the work assigned, for the most part.

Evalyn A. Bentley
Pima County
1944

I. Organization

Junior Projects in 4-H Club Work, continued

4-H Club Fairs, continued

Miss Jean Stewart, State Leader of Home Demonstration Work, and Armine Stanfield, graded the exhibits. Both agreed that it was of uniform good quality. Ribbons were given showing the grade of each article. Those receiving first grade ribbons were given \$1.00; second, 60¢; and third, 25¢, all paid in Defense Stamps.

Patty Collins of Marana, won sweepstakes and a \$25 maturity value Defense Bond for the best all around exhibit.

Pauline Bonnelly was a very close second. Part of the cash for awards came from the Homemakers Clubs. After the products were graded and awards checked, the girls sold the baked food to the public at a cost which compared with bakery shop prices. Of the 84 awards given there were 23 firsts, 27 seconds, and 34 thirds. So far as we know the method of grading and awarding more than one prize in each division is very satisfactory with all.

Ajo Fair

The Ajo Fair was held the Saturday after the Victory Market Day, and was a very well planned one. The Ajo Womens' Club through the Homemakers Department had charge of all arrangements. Posters were all in place Friday afternoon and the meal planning exhibit proved a difficult one to grade. 50 girls entered posters, each one preparing one on breakfast, lunch, dinner, and table service. The Superintendent of the Ajo school, Mr. C.S. Brown, volunteered to help. Mrs. Greer, Mrs. Johnson, and Mrs. Krentz, and the Agent all worked on the grading.

Mrs. Charles Johnson and Mrs. Albert Greer were the special judges selected by the homemakers group to judge the baking. They and Mrs. Krentz graded the articles exhibited by 64 girls. This was all first year work. They exhibited muffins, muffin variations, corn bread, pan cakes, and biscuits. The baking was all done at home, and was fairly uniform in quality, but it was easy to tell that some of them did not have as good home equipment as they have in the more established homes in Pima County. Ajo, being a mining camp, many people are only there for a short time. The leaders, Mrs. Esther White, and Mrs. Othelle Goode, were in charge of the baking, and did a very good piece of work. Mrs. Ernestine Cage took the overflow for meal planning.

Publicity

4-H Club Weekly Column

This has been maintained throughout the past twenty years or more. Each club sends to the agent news in regard to the work of the club, or factors affecting the work of the club. Notes are printed in the weekend edition of the Arizona Daily Star.

Evalyn A. Bentley
Pima County
1944

I. Organization

Junior Projects in 4-H Club Work, continued

4-H Club Weekly Column, continued

This work seems to enlarge as the years go by.

4-H Club Broadcasts

Members gave four radio broadcasts during the year. These consisted of reports of work done. The Agent gave help to members in preparation.

4-H Club Camps

Pima County's first 4-H Club Camp was held at Camp Lawton on Mt. Lemmon from July 3 to July 10. We set up camp the afternoon of July 3 and broke camp Monday morning July 10. We had an attendance of 45 boys and girls, 19 from Pinal County and 26 from Pima County. Workers present were: Mr. Kenneth McKee, LeRoy Gavette, Mrs. Flossie Wills Bames, Mr. G.E. Blackledge, O.W. Dishaw, and Evalyn Bentley. Dr. Robert Barrow and Dr. J.N. Roney from the University gave help, and Ranger Lewis and Mr. Hughes gave talks and demonstrations on fire control. The Agent and Pauline Bonnelly helped with the singing and the camp fire programs. The cook, Mrs. Fuson, and Mrs. Bames carried out the nicely planned menus prepared by Miss Jean Stewart and the food was a huge success.

Charlotte Thurston from Pima County was given the award as one of the best all around camp girls, while Jack Stranathan from Pima County held the honors for the best boy camper. Boys and girls enjoyed the camp very much. In preparation for the camp the Agent sent out 100 letters informing 4-H members about the needs.

Conferences

25 special conferences were held with 4-H Club leaders.

Visit from Mr. Kenneth Ingwalson, Washington, D.C.

When we received notice that Mr. Ingwalson was coming, Mr. McKee, Mr. Dishaw and the Agent decided upon projects which might be shown in order to help him understand 4-H Club work. He visited the large club of 66 girls at Sunnyside and also the boys club and the Flowing Wells club where both girls and boys showed their work. Mr. Ingwalson gave a brief talk on the origin of 4-H Club work and conferred with the leaders, Mrs. Irene Tompkins from Flowing Wells and Mrs. J.A. Shumaker from Laguna. He gave both leaders encouragement and sympathetic understanding. The Flowing Wells girls had decided to show their sewing boxes which had been completed and they had asked the agent some weeks before to be present on Oct. 23d and teach them how to grade their boxes. So they had a nice exhibit of work which they have already completed this year and also a very good exhibit of work from the summer club. Mr. Charles McLaughlin took pictures of the exhibit and the girls. He also took pictures of the boys and their work. While we did not make any special preparation we tried to show Mr. Ingwalson what we are doing in our regular projects.

I. Organization

JUNIOR PROJECTS, Continued

Conferences

Help has been given in the Junior Projects by means of special conferences and field trips by the Extension specialists, Jean Stewart, State Leader; Lorene Dryden, Clothing Specialist; Kenneth McKee and O. W. Dishaw, Specialists in 4-H Club Work; and Mr. Robert Moody in charge of 4-H Club work for boys in Pima County.

Work for 1944 and 1945

Junior Projects will be carried and work done about the same as last year. The enrollment is now 193, exclusive of Ajo as their official enrollment has not yet been received.

XIII. Nutrition

TIME: All year

PLACE: Ajo, Amphitheatre, Binghampton, Continental, Ft. Lowell, Government Heights, National City, Sahuarita, Sopori, Sunnyside.

HISTORY & PROGRESS

The nutrition project has been a major one during all the time the Agent has been in Pima County. Since Mrs. Lola T. Dudgeon left Miss Jean Stewart has assisted with nutrition problems. The new worker, Miss Reva Lincoln, will be ready to take charge of field work and leaders training meetings for the coming year.

FOOD PRESERVATION

Canning Meeting at the University

The last day of February and the first day of March were spent at the University of Arizona in considering the report of the Special Conference on Home Food Preservation at Chicago. Alice Beesley, Home Demonstration Agent, was the special representative from Arizona and she, along with members of the University staff, helped us a great deal in clarifying questions about the best methods to use equipment to the best advantage. The Agent feels that this was an especially helpful conference as we learned better how to present the subject. The fact that we are getting ready for canning ahead of time is also satisfying.

Leaders' Training Meeting

The Leaders' Training Meeting for testing pressure cooker gauges and safety valves, and also information about canning equipment was held at the University of Arizona March 21. The Agent spent considerable time in conferring with Miss Jean Stewart, and also in finding a place for the meeting to be held. Two rooms at the University were found which could be used, one in the morning and the other in the afternoon. 22 leaders attended. The plan was for the leaders to return to their own groups to advertise the meeting, find the place for the meeting to be held, and make all necessary preparations for the meeting. The leaders who attended felt very well satisfied with the information given. Tucson sent only one representative although the Agent contacted every P.T.A. and all of the women's church organizations, and spoke to the Garden Club luncheon with 150 present, in order to stir up enthusiasm in Tucson. Other canning meetings for leaders will follow so that members may be kept posted on the most up to date methods of home canning.

XIII. Nutrition

FOOD PRESERVATION, continuedCanning Foods

A large portion of March was used in preparation for our first series of meetings relating to food preservation. We began our pressure cooker clinics April 3 and finished April 6. The total attendance for all the meetings was 63. 50 cookers were tested and instructions given to the owners as to their use and care. Mrs. Jessie Obert and Miss Jean Stewart assisted with the work of testing the gauges and the pop-offs. We found we had busy days even with three workers. The clinic for Tucson was held at the Safford School. The Nutrition Committee or the Foods Fight for Freedom Committee helped as much as they could, but Tucson women do not understand what we are trying to do. However, we made a start and we feel that the women who attended will understand a little better the next time what we mean by a clinic.

Binghampton and Amphitheatre clinics were satisfactory although at Amphitheatre we did not have as many cookers from the adjoining communities as we had hoped to have.

The women at Flowing Wells said, "We can understand how regular organized work helps women to keep in touch with what is going on". All women were interested in learning to use their cookers to better advantage, and confessed that they had learned much about the care of cookers.

The Marana women did not seem especially interested in the clinic. One woman had been using a cooker in a cafeteria for months with the gauge not registering at all, and said, "It must have been alright since we have not had an accident so far."

Glass Jar Exchange

The glass jar exchange has not gone so well as it did last year. Jars are deposited in Tucson, but not collected due to lack of gas. Therefore, we have a depository in each community where people may take their extra jars and others may get them when they need them. About 500 jars have been collected and distributed as compared with 5,500 last year.

Other Work in Canning

After our pressure cooker clinic was held questions continued. Help was given by telephone, letters and home calls. Questions about last year's pressure canners are

XIII. Nutrition

FOOD PRESERVATION, continuedOther Work in Canning, continued

still asked. A few pressure cookers and canners have been offered for sale. They are bought almost as soon as offered.

The new bulletin on using the victory canner has been sent to all who purchased canners last year, since it has some information which is much more practical than the old book.

Many are more interested in canning meat than ever before, as points on meat are considered.

Questions about canning are answered during the Agent's weekly broadcast. One each month has been devoted to canning.

Questions on canning have taken a large portion of time in the office; also some field time. So many problems arise. Canners want to know how to use Karo and honey in the place of sugar, just how to can apricots, peaches, potatoes, plums, tomatoes; how to can from the beginning, that is from the time you begin to think about it. They ask for instructions as to selecting fruit, jars, and questions on all canning processes, a few requests for canning figs and one or two for drying them. The Agent has spent some time experimenting with a few figs at a time in order to find some method with which she would be satisfied.

The Agent has answered such questions as: problems in regard to nectarines and the liquid shrinking after they are canned, mold on apricots, how to dry corn, how to can pineapple, how to make fig jam and preserves, how to can beets, sahuaro fruit and use of other cactus products, how to can onions, where to buy a hot water bath cooker, where to find tin cans as they are not for sale in Tucson, what to do about the lids they are purchasing at present as they give a very poor seal and leak during processing allowing the juice to escape. In one case the fruit molded; another woman said one jar exploded when she went to tighten the lid, but most of the trouble comes from the metal disc lids which women try to use the same as they did years ago when the disc was made in the same way. Those who use the boiling water bath method have no trouble with the discs, but those who use the open kettle method have trouble unless they keep the lids in boiling water a longer time than they have done in years past. There were other questions such as how to operate the pressure cooker and suggestions for repairs, pears turning dark in a glass jar after the

XIII. Nutrition

FOOD PRESERVATION, continuedOther Work in Canning, continued

house was fumigated for household pests, how to make pickled peaches, other pickles, preparing ripe olives, and about drying black eyed peas. We have had calls for making sauerkraut and canning meat, rabbit and cauliflower. So far we have not found any satisfactory directions for canning potatoes.

We have had some trouble with mold on peaches and jam. One woman had mold on her Karo syrup two different times. Another one had small white mold in balls which formed in her canned apricots. Some of the molds were referred to the State Laboratory for a decision. Questions about how to manage points for fruit if they do not do any home canning could not be solved under the present allotment of points as they are too high to allow the average family too much canned fruit.

Oven canning has again required a lot of time, to explain why it is not recommended.

Nectarines have been quite plentiful. The Agent did some experimental work in canning them different ways.

A lot of home visits applied to problems in canning. Some of the questions which have come up are: examination of pressure cookers to see what would be the best thing to do with them since they needed repairing; to inspect fruit and vegetables which were not keeping just as they should.

Questions have been asked about making jams and troubles with strawberry jam were brought to the Agent for solution. A can of green beans was brought to the Agent for examination. The canner said her family had read that no home canned food was safe. Although her beans had been pressure canned and she had followed directions, they were all afraid of them. The Agent took them up to Dr. Cauldwell and to the State Laboratory where tests showed that they were perfectly safe.

Storing Food

The Agent gave directions to 6 people about how to preserve eggs by the water glass method; and has also used this as a subject for part of one broadcast since storing food is necessary.

In connection with food supplies the problem of storage has arisen, especially for package foods and both tin and glass jars. They have a real problem to find space in small homes for extra supplies. The Agent has talked with workmen in regard to possibilities for using extra space in the home. So far nothing particularly satisfactory has been worked out.

XIII. Nutrition

FOOD SELECTIONFood Selection for Normal Conditions

The work for the Leaders' Training Meeting on this subject was done in a preliminary conference with Miss Jean Stewart, State Leader. Together we planned how the work would be done and outlined the work for future nutrition meetings during the year. The Agent talked to Food Leaders when she met the Homemakers Group in January, and also wrote to them, as well as to the president of the group explaining the needs for the leaders training meeting which was called February 1 in the Courthouse.

Ten leaders carried the work back to the groups and demonstrated the point saving recipes in the noon lunch, or else by means of afternoon refreshments. Members said they never had rice which the entire family liked so well as the "Feathered Rice". They also learned to cook liver so they could enjoy it. The "Soy Pudding" was very popular and so was the "1943 Frozen Lemon Pie". The "Whole Wheat Muffins" were made both with the whole wheat and the soy flour. Where every moment must be crowded the use of the recipes for the pot luck lunch gives the best results. The attractive display and the appeal to the appetite are better for the noon meal than for any other time. As one woman said, "First we must be convinced that these things are good and then we can go home and convince our family".

Food Preparation and ServiceSchool Lunch

A school lunch at Flowing Wells has been established. The agent is very much interested in this lunch because she met with the school board and the teachers, and presented some plans by which they might work. The one they accepted was for the school board to pay the cook and all the utilities and charge the children 15¢ apiece for lunch. Since their money was budgeted for equipment for the present year, none for the school lunch at all in fact, it has been harder than it will be next year when the equipment for the past year, as well as for the future, will be included in the budget. The need for the lunch became apparent after the budget was made for 1944.

When the first visit to the Flowing Wells School lunch was made, Mrs. Agnes Krentz, who was teacher at Flowing Wells when a school lunch was prepared years ago, and Mrs. E.W. Robbins, who assisted with the lunch at that time, were present and we talked about the past and the present. The lunch given at the present time is very well managed and satisfactory so

XIII. Nutrition

Food Preparation and Service, continuedSchool lunch, continued

far as present conditions are concerned. The people in the community are enthusiastic about it.

Questions on food preparation have been along the line of cooking dry beans and also string beans. There was one question, "What is the matter with green peas when they get so hard after cooking them?" Some women have even tried cooking them for hours not knowing that the longer they cook them the harder they become.

Food for special occasions such as picnics and teas have taken some time in home and office calls. The same is true of managing the food budget for war time meals.

Plenty of questions have been asked about cooking ham and also about how to cook tough meat. The major portion of the calls about food were about the cookery of tough meat.

A school lunch was discussed with Miss Esther Kemy, State worker, and also with some of the other workers who have to do with the school lunch.

In connection with the Victory Food work the Agent has given help to five women in keeping home accounts, and keeping food budgets. Pointless meals have also been discussed by home calls.

Three people asked for instructions for making lye hominy out of shelled corn. Others were interested in canning hominy for summer use. Help was given on the subject in a radio broadcast.

Meals for Mexican Nationals

Request came from Corvallis, Oregon, from the Nutrition Specialist, asking for help in regard to feeding Mexican Nationals. We gave her suggestions as given by Rudolph Laos of our Farm Labor Office and from Marana. The latter sent some of their menus. Miss Case of Oregon has expressed her appreciation for the services which have been given.

Problems which arose out of the Christmas menu planning required most of the time spent on nutrition during December.

One group of 20 met at the Grant home in the vicinity of East Speedway to discuss some of the problems on the cookery of foods. The agent was asked to be present to join in the discussion. We found that both men and women are thinking more of their nutritional needs than we realize, especially losses which come thru improper cookery of vegetables and meat.

Evalyn A. Bentley
Pima County
1944

XIII. Nutrition

County Coordinating Nutrition Council

The Agent has spent considerable time helping to get a working Nutrition Committee. She also spent time in interesting new workers in the job which this committee should take over. Mrs. L.D. Carr and Mrs. F.C. Lockwood are the co-chairmen, who sponsor nutrition work for Tucson. The Agent held several conferences with them, and has planned to do all she can to help. They follow about the same plan of work as that which is carried in rural Pima County.

The Nutrition Committee and the Agent decided it was best to continue the work in the county in two divisions, the City of Tucson which is one division and the most difficult and the other is the rural section, already organized under the Home Demonstration Agent. The committee adopted the name - Food Fights for Freedom. They have stressed victory gardens and food, present canning chairman, Mrs. Agnes Krentz. Their annual report was very good. The Agent assisted the chairman and added the work which she has done in the country. The report was complete in every detail including publicity and letters.

Dr. Eichelberger's Talk

The Agent heard her talk at the University of Arizona. She always has some information which is helpful to us.

XIII. Nutrition

4-H Baking and Meal Planning

Sunnyside, Flowing Wells, Redington, Marana, Sahuarita, Ajo, Continental, Government Heights, and Laguna have all done baking and meal planning largely as part of their Victory project. Nutrition work has been carried with all clubs except the Lakeside Summer Club with six members, with only two of the six completing Meal Planning.

The Agent tried to visit each Club once a month so as to give necessary help.

Some of the groups had so many changes in their enrollment it was difficult to carry projects through to completion.

Canning

4-H girls canned under instruction 546 quarts of fruits and vegetables. Other quantities were canned with the Mother, or 674 in Mother and Daughter clubs.

Participation in Victory Market Day

All of the 4-H Clubs except Ajo, which is too far away to attend, exhibited their products at our Victory Market Day. Girls exhibited plain and variety muffins, cookies of three different kinds, plain "butter" cakes, and sponge cakes. All articles were graded, and war stamps and defense bonds were given as awards. The exhibit was very good and received praise from the public.

IIV. Clothing

TIME: Throughout the Year

PLACE: Ajo, Amphitheatre, Binghampton, Continental, Ft. Lowell, Government Heights, Sahuarita, Sopori, Sunnyside.

HISTORY & PROGRESS:

Work in Clothing in Pima County began with the making of dress forms in 1921. Almost every phase of clothing work has been done up to the present time, including millinery. At present we are stressing the care of clothing and extending the life of all garments, so that the entire family may be well dressed at small cost.

Time Saving Methods in Sewing

Clothing leaders from homemakers groups met with the Home Demonstration Agent in the Jury Room of the Courthouse March 29 for an all day meeting. "Time Saving Methods in Sewing" was the theme, and leaders discussed various methods of saving time. The first thing they decided was to make plans to get other work out of the way so home sewing might have a few hours each week. It was decided that thinking a thing through helps in every task. Time saving methods were demonstrated in putting on collars, placing zippers, in making bound button holes, and in collars for adding a fresh touch to costumes. Leaders who attended returned to their own groups and gave back the work which was given to them. One visitor, Mrs. Minerva Vance, from old Mexico was present and will take back to Mexico the ideas she received. At the all day meeting the Agent showed the leaders the models and other material which she has in the office for loan. The charts and subject matter were scheduled for various groups.

Before the training meeting, one day was spent with Miss Lorene Dryden, Clothing Specialist. During the conference we discussed the methods of presenting the subject, and made some of the models for use at the leaders' meeting.

In time saving we have held demonstrations with the groups in the use of sewing machine attachments. This was also given by leaders who had been given previous training.

Care and Conservation of Clothing

As a result of some of the work done in Clothing, we have done follow-up work in the laundry of fine fabrics and stain removal. We are finding that in many of our projects that they grow more interesting to the women after they become fairly well acquainted with the subject and wish to continue.

This has been true of dry cleaning, washing fine fabrics,

XIV. Clothing

Care and Conservation of Clothing (Continued)

proper storage and mending. All of these subjects have been treated in former years and the past year's interest was a result. At regular meetings members bring garments to illustrate some of these skills which they feel should be passed on to others. At one meeting one woman exhibited 14 garments which showed improved practices in mending, dry cleaning, pressing or in the laundry of fine fabrics. The clothing leaders feel quite proud of the spread of influence as a result of the demonstration given.

The Ajo women, to whom the work has been done chiefly by correspondence, have also exhibited their work at meetings as they feel this is the most effective way of passing on a demonstration. In reply to a questionnaire, 75% have used information on care of clothing and 60% have used information on time saving methods. We have 225 active members in our clothing projects.

Storage

We have started in a small way some suggestions for better storage of clothing. We hope this will grow into a real project later. We need to learn to use what space we have to better advantage. The agent has been trying out a few things in her own home as an experiment.

Miss Dryden and the Agent visited the home of Mrs. Guy Lewers to discuss a result demonstration on storage. Mrs. Lewers has made a start by getting an old wash stand cabinet out of the garage, removing the old varnish and arranging the top drawer for her small supplies which she has in boxes. She plans to make a number of improvements in this cabinet and also in some of her other arrangements. The cabinet was exhibited at our County Achievement Day and also explained to the Amphitheatre Homemakers' Club, of which Mrs. Lewers is President. As improvements in the sewing center are made, they will be exhibited.

A few other projects have been started in the storage projects in the home. One woman is making a small set of shelves which will just fit in a corner by her radio with phonograph attachment so she will have a place for her records. We are intending to do things like this which can be made out of boxes in order to give better facilities for storage.

Children's Clothing

At meetings, we discussed children's clothing and the possibilities of making over garments from adult cast-off articles. A brief demonstration was given in laying a pattern of a child's coat on an old coat to show how some of the patterns can be placed and replaced so as to cut to the best advantage. Miss Lorene Dryden has given help to the Agent on children's clothing and self help garments.

XIV. Clothing**Dress Forms**

Forty-six dress forms have been made as a result of previous demonstrations to leaders.

Other Work

Slip covers - how to make them - has been the subject for five individual conferences with women who wished help in order to proceed. The Agent used bulletins and gave as much help as she could without spending time for the entire making.

The Agent had one conference with Miss Reva Lincoln in regard to future nutrition work in Pima County. We discussed table service as related to war time needs, preparing more attractive dishes, also discussed how the work might best be presented.

XIV. Clothing

4-H CLUB GARMENT MAKING

Place: Sunnyside, Flowing Wells, Marana, Sahuarita, Continental, Government Heights, Laguna

All years of garment making from the first to advanced were included. One girl, Celia Shumaker, completed her sixth year in Clothing and made two suits for her college year. The total number of articles made in garment making was 622 with an estimated savings of \$495.36.

The Agent's part in clothing for juniors was to give demonstrations to leaders and members, and to pass on to the clubs any improved practices given by the Clothing Specialist, Lorene Dryden. Organization and general 4-H Club work was discussed with Robert Moody, in charge of boys' 4-H Club work for Pima County, Kenneth McKee and O. W. Dishaw, State 4-H Club workers.

Other methods of procedure were given under Junior Organization.

Loan Exhibits

The educational exhibits from Sears Roebuck and Co. were found helpful. Two different exhibits were used, one on dresses and one on slips. Good suggestions were brought out by both exhibits.

Enrollment

193 4-H Club members are enrolled in Clothing.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Third Floor Court House
Tucson

University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

October 31, 1944

Dear Homemaker,

Each year we must gather some figures so as to place the proper value upon the projects given during the year. May I ask you to check this summary sheet and return it to me in the enclosed self addressed envelope. Please return this page to me before November 15th if possible.

News about our Achievement Day is on the second page. Keep it.

Gratefully yours,

Evalyn A. Bentley
Evalyn A. Bentley
Home Demonstration Agent

EAB-ms
Encl.

SUMMARY SHEET

- | | | |
|---|-----------|----------|
| 1. I have used information about food for ordinary conditions and also food for the sick. | Yes _____ | No _____ |
| 2. I have passed on Food Information to others | Yes _____ | No _____ |
| 3. I have used information about time saving methods
in sewing | Yes _____ | No _____ |
| 4. I have passed on clothing information to others | Yes _____ | No _____ |

Canning:

1. Approximately how many jars of vegetables canned _____
Jars of fruit canned _____
Jars of meats canned _____

My club is _____

Remarks: _____

Amphitheatre Homemakers have found a place to hold our Achievement Day. Date - THURSDAY, NOVEMBER 16, 1944 from 10:30 A.M. to 3:30 P.M. The place is two blocks south of the Amphitheatre School Auditorium on Fontana and Mohave. The building is the Church of God, kindly offered for our use.

It was decided that we bring individual lunches. Amphitheatre will furnish the beverage. After the war is over, we will sure return to our usual picnic dinner.

Our theme for Achievement Day will be "Projects Which Aid in Final Victory." We can do this by the following program:

Roll Call -- Each answer by telling what you have done.

Group Singing --

Bring your song books - Twice 55 Plus - and let us have a good sing. Each group might give a recreational number, a skit, a reading, a musical number, or whatever you may choose.

Suggestions for Christmas gifts would be timely.

To make things interesting we shall grade the articles exhibited and give ribbons as at former Achievement Days.

Clothing

Exhibit what you have done in clothing, darns, patches, any other mending, new articles made or remodeled garments, articles made from cotton bags, garments showing good cleaning and pressing, garments showing the washing of fine fabrics, ideas in time saving in sewing either in placing equipment, cutting or making garments.

Dress forms with garments on them will add to the exhibit. It has been suggested that we might have a dress revue. Any garment made by the owner would be more interesting if modeled.

Food

Canning can be exhibited and reports given on how much canned.

Tell how you solved some of the war time food problems. Made at home charts will tell your story very well.