

A N N U A L N A R R A T I V E R E P O R T

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December 1, 1950

to

November 30, 1951

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By

Lucinda E. Hughes

County Home Demonstration Agent

Agricultural Extension Service

COCONINO COUNTY

ARIZONA

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PREFACE

The following narrative report is a summary of this agent's activities in Coconino County for the year 1950-1951. A total of seventy days was spent in the county this year. Forty-five days were devoted to adult work and twenty-five days to 4-H club work.

I wish to take this opportunity to thank all National, State, and County Extension workers who have given their most valuable time and assistance throughout the year.

HIGHLIGHTS

Fifteen Coconino County women attended the Annual Program Planning meeting held in Flagstaff this year. The recommendations were considered by the agent to be truly indicative of their needs. In addition these recommendations followed the same line of thinking as the 1950 and 1951 program. This indicates that the women know what they are requesting as well as why they are requesting it. For example in 1949 they studied "Eating for Health in Later Life and Weight Control." In 1950 they studied "Weight Control and Exercises to harden those flabby muscles." In 1951 they studied "Lunches (box and home) in relation to the Basic 7," and in 1952 they have requested that they study "More of the Basic 7 with relation to low cost and foreign foods."

Three main Home Economics projects were studied this year. They were:

1. Clothing and Textiles
 - A. Tailoring
 - B. Buymanship of textiles

2. Food Selection and Preparation
 - A. Study of the "Basic 7" with relation to lunches (box and home)
 - B. Buymanship of food

3. Home Management
 - A. Kitchen floor coverings
 - B. Detergents, water softeners, and renovation of damaged blanket
 - C. Buymanship of household equipment

Recreation was done in the county at meetings and by groups meeting together for potluck and parties not the least of which was the Bi-County style show and tea held at Camp Verde.

PROGRAM PLANNING

Bi-County Program Planning

Program Planning is probably the most important phase of an agent's entire program. Program Planning encompasses a wide range of endeavor; from countywide planning meetings to the planning of individual club programs and project meetings. Theoretically counties do their program planning one fall for the next year but throughout the year each club member is encouraged to be considering the next years program. For example an outgrowth of the improved lunches demonstration and study in 1951 caused the women to want to know more about bread making. Those that have to prepare box lunches want a more nutritious food than commercial bread to build their lunches around.

There are many ways of arriving at a final countywide Home Demonstration plan of work. In two areas (Doney-Blackbill Park and Parks areas) Family Community Program Planning is done with the Home Demonstration Agent, Agricultural Agent, and men, women and children of each community participating. This planning is an added experience in planning for people in these two areas. The women participating in the Family Community planning meetings also participate in their own club planning meetings and in the Bi-County Home Demonstration planning meeting.

In preparation for the Bi-County Program Planning meetings and/or the Family Community Planning meetings individuals submit their problems to Homemakers Clubs and other organizations. Representatives of Homemakers Clubs, LDS Groups and Family Community Planning meetings then attend the Bi-County Planning meeting and make their recommendations for the countywide Home Demonstration program. Naturally the women from the communities where Family Community Program Planning is done are especially well versed in the problems of their own areas. All representatives from all cooperating clubs and organizations came more or less instructed as to what the problems are in their own communities. Discussion groups then meet together and attempt to unify their problems. That is, they decide which problem is common to all areas and groups. Each group (for example: clothing) may recommend as many as three or four problems for the countywide program. Depending upon the scope of the problems, one to three problems in each field will appear on the county program which then must be approved by the state office. Both the county and state workers feel that the Home Demonstration Program should be a well rounded program. That there should be some work done in each of the four phases of homemaking, nutrition, clothing, home management, and health. The Homemakers in Coconino County who participate in the Home Demonstration Program are like all other homemakers throughout the state - they always want to do everything at the same time. The problems which they request are usually enough at least a five year program.

This year (1951) the Bi-County Program Planning meeting was held at Flagstaff on October 26, 1951. Techniques used this year were:

1. A summary of last year's program requests and accomplishments was compiled and given to each woman attending. The method which we used for the Yavapai and Coconino County report is much more easily understood by the average homemaker than are some of the other types of progress reports which this agent has seen used (copy attached).
2. Discussion group chairman were furnished with material on trends in their particular fields. They were not given specific topics for selection as had been done in previous years. This type of discussion is much more difficult for the chairman to conduct and for the women to participate in but a review of the problems which were selected by the women shows that they can think for themselves if given the opportunity. As time goes on we feel that both the chairman and the homemakers will become more proficient in these discussion groups. This type of discussion helps the women grow in their leadership abilities.
3. The Extension Economist talked to the women present about the national and international economic situation. He made recommendations to them of what they as homemakers could do to keep the U. S. a democratic country.
4. A mimeographed sheet on "Program Planning - Discussion Group Procedures" was given to each Homemaker attending (copy attached).
5. The sifting committee meeting was held with chairman of the discussion groups immediately following the general meeting. This proved very successful because all members were present and what had been said was still fresh in their minds.

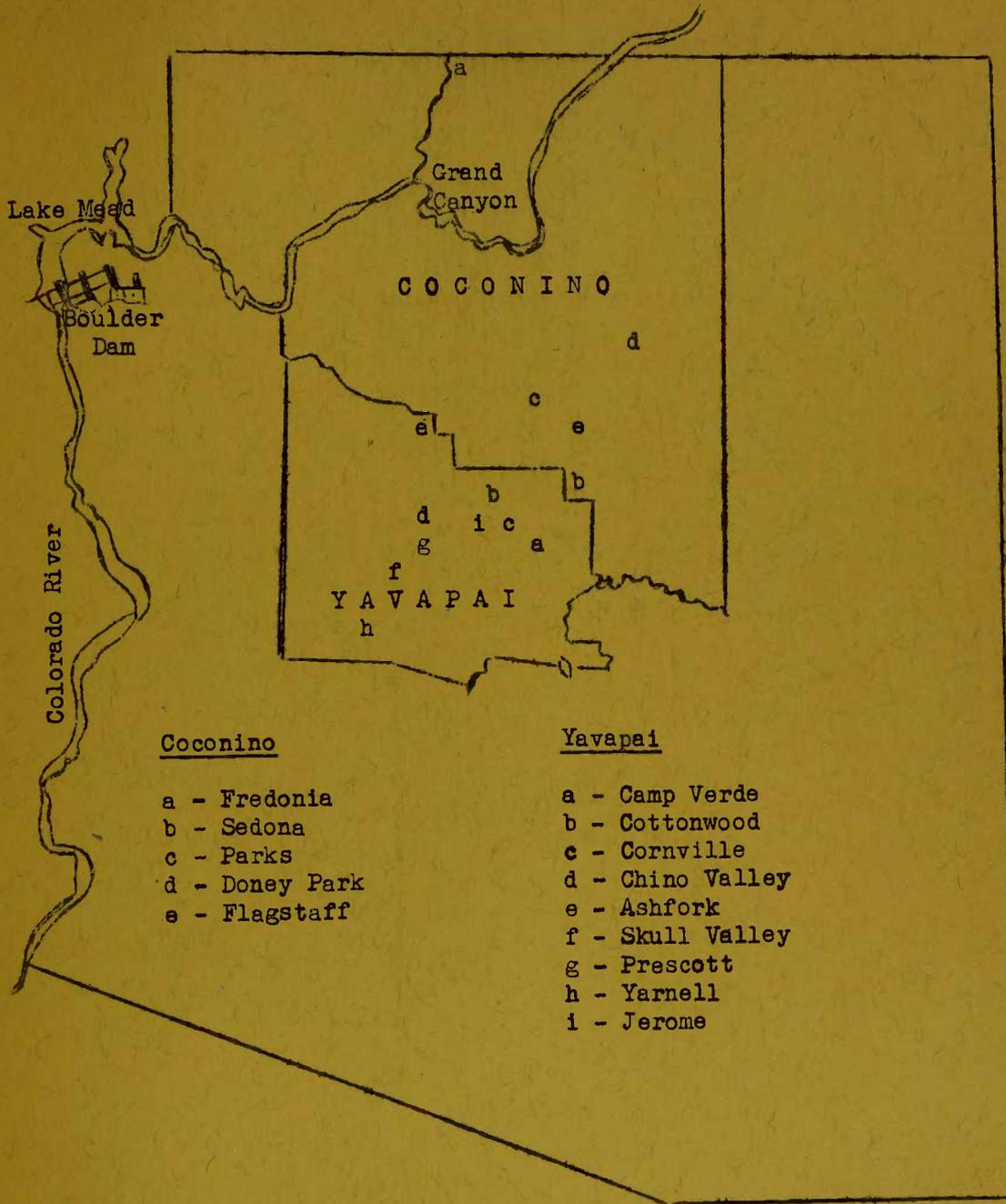
The results of the third Bi-County Program Planning meeting was gratifying and showed growth on the part of the delegate participants. Aims or goals recommended by the discussion groups and accepted in the general meeting were:

1. To increase efficiency to accomplish more
2. To have good nutrition for greater efficiency
3. To complete all projects started
4. Large - more active membership in the Home Demonstration program and clubs
5. All homemakers participate in Civil Defense
6. Stabilization of the home through better managed families, for example participate in youth programs and cooperate with other agencies.
7. Consider inexperienced seamstresses

1951

YAVAPAI & COCONINO COUNTIES

HOME DEMONSTRATION PLANNING CONFERENCE



PROGRAM FOR THE DAY

AND

PROGRESS REPORT FOR 1951

University of Arizona
College of Agriculture, Agricultural Extension Service

Cooperative extension work in agriculture and home economics,
the University of Arizona College of Agriculture and the
United States Department of Agriculture cooperating.

Flagstaff, Arizona
October 26, 1951

HOME DEMONSTRATION PROGRAM PLANNING DAY
Yavapai and Coconino Counties
October 26, 1951 - Flagstaff
Arizona State College

- 9:30 A. M. REGISTRATION
- 9:50 A. M. General Assembly
Meeting called to order
Purpose of the day
Ludinda E. Hughes
- 10:00 A. M. Welcome
Dr. Lacy E. Eastburn, President
Arizona State College, Flagstaff
- 10:10 A. M. The Importance of Planning
Jean Stewart
State Home Demonstration Leader
- 10:25 A. M. Agricultural Information and Outlook
William M. Brechan
County Agricultural Agent for Coconino
- 10:35 A. M. Agricultural Information and Outlook
Alvin Allen
County Agricultural Agent for Yavapai
- 10:45 A. M. RECESS
- 10:55 A. M. The Economic Situation and the Homemakers Role
in Maintaining Democracy
Thomas M. Stubblefield, Extension Economist
University of Arizona, Tucson
- 11:25 A. M. Report of the 1950-51 Home Demonstration Program
Lucinda E. Hughes
- 11:40 A. M. Division Into Discussion Groups
Chairman:
Clothing - Lora Rowland
Nutrition - Estelle Thomas
Home Management - Ray Stenhouse
Health - Lexa Madole

12:15 A. M. LUNCHEON - Vandevier Lodge
Chairman - Phyllis Manning

1:00 P. M. Foods of Other Lands - Margaret Pipes

1:45 P. M. Re-assemble into Discussion Groups

2:45 P. M. General Assembly
Reading of recommendations by secretaries,
discussion and adoption of recommendations of:

1. Clothing discussion group
2. Nutrition discussion group
3. Home Management discussion group
4. Health discussion group

3:00 P. M. HOMEWARD BOUND

Hostess Club -- Cinder-Hill Homemakers

PROGRAM PLANNING COMMITTEE RECOMMENDATIONS FOR 1951

AIMS

- Recommended:
1. To help people become aware of the part they play in making their community a wholesome and attractive place in which to live with adequate facilities for education, recreation, social and spiritual guidance.
 2. To help everyone become "label conscious" and use fair practice in buying.
 3. Improved (better) buying, conservation, preservation and service.
 4. To complete all projects started.

- Progress:
1. (a) 4-H Clubs organized and maintained in 12 communities throughout 2 counties. Sponsored and/or lead by Homemakers Clubs and members.
(b) Family Community Planning meetings held in 2 communities of Coconino County this year (Parks and Doney Park).
(c) Achievement day tea and style show held at Camp Verde this year.
(d) Clubs endeavor to learn new games each month.
(e) Rural libraries already established were maintained and furthered by homemakers groups.
 - 2-3. (a) 3 meetings held in each community on improved buying practices of Household Equipment, Foods and Clothing.
(b) The interpretation of labels and requests for additional information on labels of clothing was emphasized.
(c) Planning what to buy for each food dish was emphasized. For example: pink salmon for slamon loaf and red salmon for cold salmon plate.
(d) Advantages and/or disadvantages of pots and pans made of various materials. For example: pyrex, aluminum, granite, etc.

PROJECTS

Recommended: Clothing Group

- a. Tailoring (consider cost of material)
- b. Styling of Dresses
 - (1) Re-styling of old clothes
 - (2) Alterations
- c. Study of new textiles
- d. Making of comfortable house dresses

- Progress:a(1) Four tailoring classes taught to a total of 53 Homemakers. A coat or suit was made by each member and modeled at the style show in April at Camp Verde.
- (2) Leaders taught tailoring equipment pressing of woollens, making of bound buttonholes, sewing on of buttons, and other simple techniques at 2 different club meetings each.
- b. No report
- c. 2 leaders from each Homemakers club received leader training instructions in buymanship of textiles with special reference to synthetic fiber materials such as rayon and nylon. All club members learned to test for wool, cotton, linen, rayon, acetate rayon, and nylon. Labels were studied and recommendations made. Leaders did an excellent job of relaying this material.
- d. Principles were taught in September and October of 1950. Not many dresses were made. No work was done in 1951.

Recommended: Nutrition Group

- a. Home Freezing
- b. Basic Seven plan for better meal planning (continuation of 1949-50 study)
- (1) Emphasize meals for children
- (2) Lunch box lunches
- (3) Low-cost meals
- c. High altitude cookery
- d. Meals that can wait
- e. Garnishes and buffet entertaining

Progress:a. Home freezing demonstrations were conducted in 2 communities this year. Additional printed material and information was given by the agent to anyone requesting it. The importance of blanching of vegetables as against non-blanching was discussed with all homemakers groups by the agent.

In addition canning of foods, jelly, jam, preserves, etc. making were discussed and demonstrated. Standards for all types and classes of preserved foods were demonstrated and score sheets were given out.

Upon request pressure canner lids were tested.

- b. The basic seven plan for good nutrition was re-emphasized at all homemakers clubs in January. 15 homemakers participated. The importance of a good lunch either home or box was stressed. Nutritious lunches were planned and adapted to both home and box service.
- c. No demonstrations were given but printed material was given as requested.

d. No report

e. No report

Recommended: Home Management Group

- a. Better buying (not budgeting as such)
 - (1) Combine all fields of homemaking
 - b. Kitchens (continuation of study)
 - c. Interior Decorations, etc.
 - (1) Upholstering
 - (2) Rug making
 - (3) Slip covers
- Additional recommendations made by health group:
- (4) Better lighting
 - (5) Hard water

Progress:

- a. Improved buymanship demonstrations on buymanship of household equipment were given to all clubs this year. The important things to look for in the label of each piece of equipment was emphasized. Cookies were baked in 3 types of pans to show characteristics of metals. For example: black iron pan, pebbled tin, and aluminum.
- b. Floor covers for the kitchen were demonstrated to all clubs by the agent in October. Advantages and disadvantages of each was determined by laboratory experiments done by the homemakers under the direction of the agent. Counter and table tops samples were shown but not discussed to any great extent.
- c. (1) One demonstration was given on interior repair of furniture and two small (10 women) classes of the complete repair and covering of a chair was conducted by the agent.
 - (2) No report
 - (3) No report, although individual requests were met by the distribution of bulletins.
 - (4) No report
 - (5) Two leader training meetings were held on this in combination with the washing of blankets and their restoration. Leaders plan to hold meetings in all of their clubs in November.

Recommended: Health Group

- a. Pest control (flies).
- b. Safety on the farm (4-H).
- c. Safe milk as a community program.
- d. First aid.
- e. Continued emphasis on recreation.
- f. Safe water.
- g. Getting the most out of what you have.
- h. Community attitude towards tourists and newcomers.

Progress:

- a. Community meetings with Dr. J. N. Roney, Agricultural Extension Entomologist lecturing were held all over Yavapai County in May and in the Parks area of Coconino County in June on fly control and household pests. Home visits were made by the agent, farm agent and Dr. Roney to observe conditions and make recommendations prior to the meeting. No large scale community projects were carried out but individuals in all areas did do a good job of fly control.
- b. Farm safety was emphasized in all 4-H clubs in both counties.
- c. The film on Brucellosis was shown in the Flagstaff area.
- d. No report
- e. Games were emphasized in all clubs.
- f. No report
- g. No report
- h. New residence in each area are especially invited to all homemakers club meetings and are added to our county mailing lists.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

Flagstaff

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

Agricultural Extension Service
County Agent Work

October 26, 1951

PROGRAM PLANNING--DISCUSSION GROUP PROCEDURES

What Are The Groups For?

- To select, define, and work together on common problems.
- To develop ideas and insights which will help solve the problems.
- To identify persons and to get to know them.
- To discover helpful resources.

WHO DOES WHAT?

The point of view developed in the PP conferences is that all participants in a discussion group have responsibilities for all of the necessary functions in the group. These include leading, observing, recording, serving as a resource person, contributing to the flow of thinking and the like. The following is a suggested list of designated functions intended to refer to the assumption of chief responsibility by certain individuals and to insure that certain functions are performed continuously.

Each Group Member

- Helps decide on specific problems and ways of working as a group.
- Contributes ideas and suggestions related to the problem.
- Listens to what other members say and seeks helpful ideas and insights.
- Requests clarification when needed.
- Observes the group process and makes suggestions.
- Assumes various roles as needed.

The Leader

- Helps group get acquainted.
- Reports results of pre-conference planning for work of group.
- Helps group proceed with planning and deciding.
- Calls on group to clarify, analyze, and summarize problems and suggested solutions.
- Draws out the "timid soul" and keeps the dominant person from monopolizing.
- Assists recorder.

The Recorder

- Keeps a record of the main problems, issues, ideas, facts, and decisions as they develop in the discussion.
- Summarizes points and reports to group from time to time as needed.
- Prepares final group report and is responsible for getting it to proper clearing house.
- Reads the recommendations to the general assembly.

Resource Personnel

- Supply information or material at request of group or when such seems pertinent to discussion.
- Cite experiences at request of group or when such seems pertinent to discussion.
- Assist leader in moving toward achievement of goals.

Parts are selected from report by J. Cecil Parker, University of California, Berkeley.

Recommendations of the various groups for project work and study in 1952 were:

1. Clothing group
 - a. Tailoring on materials other than wool
 - b. Finishing techniques (short cuts)
 - c. Tailoring men's shirts

2. Nutrition group
 - a. Bread making
 - (1) Bread
 - (2) Basic sweet dough
 - b. Basic 7 menus in relation to low cost foods and foreign foods. (use people in own community for specialists)
 - c. Home Freezing - suggest that it be presented as a frozen meal.
 - (1) Discussion of new wrappings and foods to freeze
 - (2) Frozen meals
 - d. Preparation and preservation of game animals

3. Home management group
 - a. Upholstery (special interest)
 - b. Simple household repair - sink stoppage, light cords, etc.
 - c. Fabric cleaning - rugs, upholstery
 - d. Use of household textiles, drapery making
 - e. Flower arrangements
 - f. Textile painting and ceramics
 - g. Multiple purpose rooms (sewing, laundry, etc.)

4. Health group
 - a. Fly control as a basic factor in any health program. Have joint meetings for improved coverage.
 - b. Water supply - private as well as public
 - c. Financial problems of widows and single women
 - d. Making members available for drives in welfare work such as Red Cross, Cancer, Polio, T. B. Blood Banks, etc.

Extra

Christmas gift suggestions

The proposed plan of action to answer these problems (Home Demonstration Program) is: (This is tentative and will have to be O. K.'d by the State Office)

JANUARY	Bread making principles	Agent
FEBRUARY	Fancy breads	Leaders
	Furniture upholstering - special interest	Agent

MARCH	Furniture upholstering - special interest.	Agent
	Furniture upholstering - club meetings.	Leaders
APRIL	Tailoring - special interest.	Agent
	Tailoring - club meetings.	Leaders
MAY	Tailoring - special interest.	Agent
	Tailoring - club meetings.	Leaders
JUNE	Simple Household Repair.	Agent
JULY	Freezing - food preservation.	Agent
	Financial problems of widows and single women.	Agent

A mimeographed report of the Bi-County Program Planning meeting was sent to each woman who attended the meeting and to all club presidents throughout the county (copy attached). This report served as a re-iteration of the topics discussed at the planning meeting as well as giving the club presidents a tentative idea of what the 1952 county home demonstration program would be. Some changes have since had to be made in the sequence of the program in order to fit the various projects into the state plan of work but the projects remain the same.

One of the big advantages of publishing the meeting report and tentative schedule for the next year's program as soon as possible is that those women who assisted in the planning have an opportunity to see that their recommendations for the county program are actually to be followed.

The trend towards Special Interest meetings is becoming more pronounced. Last year (1951) we covered one project (tailoring) by meeting with special interest groups. This coming year (1952) we are scheduled to have two special interest subjects, furniture repair (upholstering) and tailoring of cotton and rayon fabrics. This trend towards special interest groups is both good and bad. Good because the women actually use the techniques taught right then but bad because they take so much of the agent's and specialist's time.

Leaders were trained last year to carry portions of three projects. These leaders did a good job of relaying the instructions which they received.

Family Community Program Planning.

Over-all (Agricultural Home Economics and 4-H) community program planning was continued in the Doney-Blackbill Park area this year. The 1951 planning was done last March and the 1952 planning was done in October of 1951. Family Community Program Planning was started this year in October for 1952 in the Parks area.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
P. O. BOX 388
PRESCOTT

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
J. S. DEPARTMENT OF AGRICULTURE
AND YAVAPAI COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

October 29, 1951

REPORT OF HOMEMAKERS' PROGRAM PLANNING MEETING

The third annual Yavapai and Coconino County Home Demonstration Program Planning day was held at the Flagstaff State College from 10 A. M. to 3 P. M. October 26, 1951. Forty-five county representatives of homemakers' clubs, LDS groups, women's clubs and Extension staff were present.

The Program Planning meeting was called to order in Room S-202 at Arizona State College, Flagstaff, by Lucinda E. Hughes, Home Demonstration Agent for both counties. In recognition of United Nations week, she emphasized that women of all the United Nations were meeting together and planning to broaden their concepts of home, community, county, state, national and international affairs and common interests; that all women of the United Nations have common interests of improved nutrition, health, children, economics and world peace.

Miss Hughes explained the Governor's Conference on Children and Youth being held in Phoenix, November 9 and 10, 1951. She announced that Esther Henderson, Dewey and Esther Butler, Doney Parks would represent the rural women of Yavapai and Coconino counties respectively. Miss Hughes also suggested that all homemakers' clubs contribute to the expenses of the representative from their county.

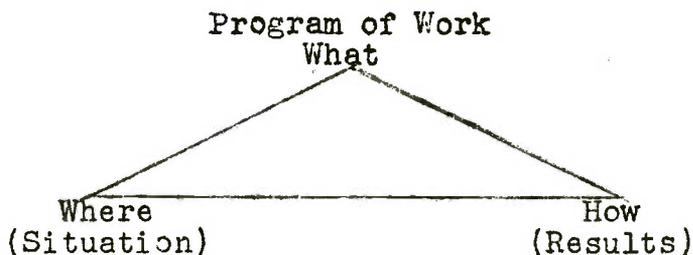
Dr. Robert A. Topp, Director of the Elementary (training) School welcomed the women to the college campus. He emphasized the all important role of women in our country.

Bill Brechan, Coconino County Agricultural Agent, told of the almost 100% crop failure of beans and small grain in Coconino County this year but emphasized that water and feed both looked good for this Fall and Winter. Mr. Brechan also emphasized the necessity of soil rebuilding.

Alvin Allen, Yavapai County Agricultural Agent mentioned the upward trend of certified seed prices and predicted a drop in beef prices in 1952.

Thomas M. Stubblefield, Agricultural Extension Economist, pointed out to the ladies the cause of inflation, briefly "the amount of currency surpasses the amount of civilian goods available." He also mentioned that the amounts of cotton and synthetic fibers available were high and those of wool were low, therefore, if we as homemakers want to do our part in not buying scarce articles and thus pushing prices even higher, in this instance we should buy cotton and synthetic fiber goods. The principle is "Buy goods in adequate supply and not those that are in low supply."

Miss Jean Stewart, State Home Demonstration Leader talked on planning, emphasizing the triangle by which we plan.



An excellent luncheon was served at the Vandivier Lodge, Flagstaff. Miss Margaret Pipes, Home Economist, Arizona State College, Flagstaff, took us on an imaginary trip "Around the World with Food." Miss Pipes' talk made everyone want to try out one of those "real sandwiches"; Smorgasbords, "Spit" cakes and other specialties.

As soon as the formal portion of the program was completed, the women divided into discussion groups. They discussed in the various fields of the Home Demonstration program and made their recommendations for the 1952 Home Demonstration program. Chairmen of the discussion groups were:

Mrs. Laura Rowland	-	Clothing
Mrs. Estelle Thomas	-	Nutrition
Mrs. Ray Stenhouse	-	Home Management
Mrs. Lexa Madole	-	Health

Aims or goals recommended by the discussion groups and accepted in the general meeting were:

1. To increase efficiency to accomplish more
2. To have good nutrition for greater efficiency.
3. To complete all projects started.

4. Large - more active membership in the Home Demonstration program and clubs.
5. All homemakers participate in Civil Defense
6. Stabilization of the home through better managed families, for example participate in youth programs and cooperate with other agencies.
7. Consider inexperienced seamstresses.

Recommendations of the variour groups for project work and study in 1952 were:

1. Clothing group.
 - a. Tailoring on materials other than wool.
 - b. Finishing techniques (short cuts).
 - c. Tailored men's shirts.
2. Nutrition group.
 - a. Bread making
 - (1) Bread
 - (2) Basic sweet dough
 - b. Basic 7 menus in relation to low cost foods and foreign foods
(Use people in own community for specialties)
 - c. Home freezing - suggest that it be presented as a frozen meal.
 - (1) Discussion of new wrappings and foods to freeze
 - (2) Frozen meals
 - d. Preparation and preservation of game animals.
3. Home management group.
 - a. Upholstery (special interest)
 - b. Simple household repair

Sink stoppage)	
Light cords)	
Iron cords)	
Washers)	
 - c. Fabric cleaning - rugs, upholstery
 - d. Use of household textiles, drapery making
 - e. Flower arrangements
 - f. Textile painting and ceramics
 - g. Multiple purpose rooms
(sewing, laundry, etc.)

4. Health group
 - a. Fly control as a basic factor in any health program
Have joint meetings for improved coverage
 - b. Water supply - private as well as public
 - c. Financial problems of widows and single women
 - d. Making members available for drives in welfare work such as Red Cross, cancer, polio, T. B., blood banks, etc.

Extra

Christmas gift suggestions

Proposed plan of action to answer these problems - Home Demonstration Program. (This is tentative and will have to be O. K.'d by the State Office).

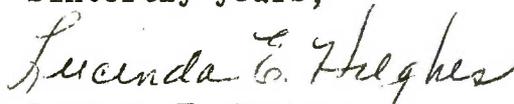
JANUARY	Bread making principles	Agent
FEBRUARY	Fancy breads Furniture upholstery - special interest	Leaders Agent
MARCH	Furniture upholstery - special interest Furniture upholstery - club meetings	Agent Leaders
APRIL	Tailoring - special interest Tailoring - club meetings	Agent Leaders
MAY	Tailoring - special interest Tailoring - club meetings	Agent Leaders
JUNE	Simple Household Repair	Agent
JULY	Freezing - Food Preservation Financial problems of widows and single women	Agent Agent

AUGUST	Freezing - Food Preservation Financial problems of widows and single women	Agent Agent
SEPTEMBER	Basic 7 menus low cost and foreign foods - specialty foods	Leaders
OCTOBER	Basic 7 study	Agent
NOVEMBER	Christmas gift suggestions	Kit

Fly control and water supply with cooperation of County Agent, Home Demonstration Agent, specialists and both men and women in the community. Maybe Home-makers' clubs could arrange to meet with the Farm Bureau.

I hope that this report covers everything and that the proposed plan of work will be satisfactory with all concerned.

Sincerely yours,



Lucinda E. Hughes
HOME DEMONSTRATION AGENT

At the present time both the Agricultural Agent and the Home Demonstration Agent are attempting to work out a satisfactory date for Family Community Planning. Undoubtedly this will be a state-wide problem in the very near future since this type of planning is gradually extending to all areas. To date the agents feel that club, community and county-wide planning especially in the Home Economics field involves too much duplication.

The problems of Family Community Program Planning are:

1. A satisfactory date for meetings. If Agricultural and Home Economics planning are to be done together the planning meetings must be late in the fall. Planning for a new Agricultural year cannot be done until results are in for the current year.
2. Active Home Economics clubs like to plan alone for their Home Economics work and are not too interested in many cases in attending the Family Community Program Planning meetings.
3. Bi-County Home Economics planning cannot be satisfactorily done until after both club and Family Community Program Planning meetings have been held. Of necessity this makes the Bi-County Home Economics Program Planning very late in the year, almost too late for both the agent and the specialists. The agent does not feel that it is good for the Agricultural Extension Service general program if the majority of the problems brought out in the Family Community Program Planning general meeting are not even touched by the Home Demonstration program for the following year. In the opinion of the agent this is a serious problem and should receive the utmost consideration of both agents and specialists.

In Coconino County the specific plans followed in Family Community Program Planning are:

1. A public meeting is held specifically for Extension Service Program Planning in the community house or a public meeting place.
2. The Agricultural Agent acts as chairman and gives the Agricultural statistics and aims of Program Planning.
3. The Assistant Director presents the aims of Program Planning giving the over all picture.
4. The Home Demonstration Agent presents the Home Economics Statistics and the woman's responsibilities and place in Family Community Program Planning.
5. Picture slides of 4-H, Home Economics and Agricultural interest are shown and discussed.

6. The people present and discuss (briefly) their specific problems.
7. The people evaluate their problems as to 1st, 2nd, etc., degree of importance.

The primary Home Economic problems listed in the March Doney-Blackbill Park Program Planning were:

- *1. Freezing Information (additional to 1950).
2. Sewing machine clinics.
3. Correct home lighting.
- *4. High altitude cookery.
5. Upholstering of furniture.
- *6. County Fair judging standards.

Those subjects which are preceded by an (*) were done in 1951.

The primary Home Economics problems requested in the October Program Planning meeting in this same area were:

1. Tailoring of drapes.
2. Upholstering of furniture.
3. Cleaning of rugs.
4. Making of lamp shades.
5. Dry cleaning.
6. Cleaning of pyrex cooking utensils.
7. Bread making.

A critical analysis of these recommendations shows that there is a great deal of "follow thru" in the womens thinking.

1. Some of the women had not been able to attend the 1950 Freezing school. The talk of their neighbors encouraged them to want to attend such a demonstration.
2. A sewing machine clinic had been held in 1950 but two women who had been unable to attend wanted another one in the area.
3. Furniture upholstery is such a problem that it appears in both recommendations. This will be done next year (1952).
4. Bread making is a follow thru on improved lunches (1951).

The Parks group decided that their greatest problem was organization. The area has a Child Betterment Association thru which the agent does some work but time does not permit all of the subjects to be thoroughly studied. Plans are now being made for the organization of a homemakers club next spring.

General Program Planning.

At the present time the agent is actually working with and/or

cooperating with three Homemakers Clubs, two LDS groups, the Flagstaff Kiwanis, the Parks Child Betterment Association and the Coconino Farm Bureau. Thru cooperating with all of these groups which are composed primarily of rural people the agent is reaching more and more rural people.

The agent is also cooperating with the Coconino County Fair Commission. By close cooperation with this group it has been possible to inject many educational features into the fair. Score cards for household items, canned foods, frozen foods, and baked foods were exhibited at the 1951 County Fair.

The various clubs in the county (Homemakers Club, LDS, Farm Bureau, Child Betterment Association, Kiwanis) have all responded to the youth needs of the county. Wherever there is an opportunity they actively sponsor the 4-H club program in the county and in their own communities. This sponsorship has taken the form of:

1. Supplying or finding a leader.
2. Supplying funds for community, county and state events.
3. Giving of medals and other awards to outstanding 4-H'ers.
4. Assisting the leader by letting her know that the entire club is back of her.

Tailoring of woolen suits and coats was this year's (1951) primary clothing project. Sixteen rural women made either a suit or coat under the supervision of the clothing specialist and the home demonstration agent. This project was a conducted special interest group. Those women who made suits or coats were responsible as trained leaders for two months club meetings. They demonstrated:

1. Pressing equipment and how to press.
2. Making of bound button holes and how to sew on buttons.

Although the largest percent of the regular club members either did not feel competent to make a tailored suit or they did not have the desire to do so they were extremely interested in these particular phases.

The aims of the clothing project were:

1. Each woman made a tailored garment for herself or another adult.
2. Each woman to learn tailoring techniques so that she could make similar garments for herself and her family.

The procedures for the tailoring groups were:

1. Selection of pattern and fabrics.
2. Making pattern alterations.
3. Making muslin garments and fittings.
4. Making shoulder pads.
5. Cutting fabric.
6. Stay lining of material pieces.
7. Padding of fronts and collars.
8. Basting garment together and fitting.
9. Finishing:
 - Fronts and collars.
 - Belts.
 - Shoulder pads.
 - Buttons.
 - Hems.

For the past two years clothing project work has been aimed towards a tailoring project. The women have studied:

1. How to take accurate body measurements.
2. How to alter a pattern to conform to these measurements.
3. How to place a pattern on the material.
4. How to transfer markings.
5. How to put on facings and seam binding.
6. How to place stay lines.
7. How to put in sleeve.

Naturally, since extension work differs from classroom school work which has specific requirements for enrollment some of the women in the tailoring classes had not mastered all of the above mentioned techniques of sewing. However, the majority of "hard to fit" women had a fair idea of how to alter the sleeves, busts, and hips of their patterns so that they fit.

In order to avoid any possibility of a garment not fitting each woman after selecting her pattern and fabric altered the pattern to fit her own measurements. She then made the garment out of muslin. This muslin garment was fitted and any needed alterations were made. Alterations in the muslin were later transferred back to the paper pattern so that the paper pattern could be used in the final cutting. This muslin pattern serves two purposes:

1. Eliminates any possibility of a homemaker wasting expensive material because of the garment being too small in spots.
2. Gives the homemaker an opportunity to practice any new techniques such as a special set in pocket, square cornered set-ins and the like.

Placing the pattern on the fabric, cutting and stay lining rated high in what the women learned in tailoring. During the last few years in our clothing work we have emphasized pattern placement and cutting but the women had never felt the necessity for following instructions as they did in these meetings. It has been of interest to the agent to note the carry over of the cutting technique. Recently the agent listened in on a conversation between two homemakers. One woman was making her little girl a coat. Her friend said, "Did you cut from the wide to the narrow?" She said, "I sure did." "I want the seams to match and not be stretched."

Stay lining of all cut bias edges was proved very important to the women. Some women hate to "waste" thread and really felt that stay-lining was a "waste." However, after a few of them had had to rip the same stitched seam or edge several times they realized the importance of not having the edge stretched. Probably where stretching of an edge showed up most prominently was on the lapels of suits and coats. Only two women stretched the edges of their material because of lack of stay-line stretching but these two served to "prove the point" to the other women.

In spite of the specialists recommendation many of the women bought Charmain gabardine for their suits. By the time they had tried to pad the fronts and put in a blind hem they thoroughly understood why they should have used a softer material for their first suit.

An interesting side-light on the tailoring classes happened to the agent one day. The agent saw the state veterinarian on the street and he said, "I hear that you are teaching some of the women how to tailor. They tell me that they are learning to tailor alright but on the side they are learning a lot of New Words!!"

The culmination of the tailoring classes was a bi-county-wide style show and tea. Camp Verde acted as hostess. One hundred eighty rural women from both counties attended, fifty tailored garments were modeled. The coat which caused the largest amount of comment was a 3/4 length leather coat made of deer skins. This coat gave many women the inspiration to save deer skins and make garments for themselves and their families. There are plenty of deer skins available in both Yavapai and Coconino Counties and the cost of tanning and dyeing skins is small, especially when we consider the value of the finished garment.

The results of the tailoring classes were highly satisfactory. In fact so satisfactory that there immediately began to be demands for more tailoring in 1952. Both women who had and had not taken the tailoring this year want another in 1952.

Buymanship of Textiles.

At the program planning meeting held in August, 1950 in preparation for the 1951 Home Demonstration program an effort was made to direct the womens thinking towards budgeting but they were not willing to consider budgeting as such. They did, however, indicate a desire to study buymanship in all fields of homemaking. In the clothing field we decided to teach "Buymanship of Textiles" with emphasis on rayon and other synthetic fibers.

Rayon is probably our most common synthetic fiber today. There are many interesting variation and combination materials being made of this fiber. The primary things studied concerning rayons were:

1. Detection: Rayon or other fiber - Type of rayon.
2. Characteristics of each type of rayon.
3. Characteristics of combinations of synthetic material and natural fibers.
4. Recommendations for a satisfactory label for rayon and part rayon fibers, fabrics.

Leader training meetings were held by the agent and the clothing specialist to train the leaders in the above principles. Leaders then took the material and information back to their individual clubs.

In an effort to impress upon the women the importance of accurate discriptive labeling the women were given samples of 100% virgin wool, rayon simulated wool and Irish linen, rayon simulated linen, etc., and asked to tell which was genuine and which rayon. Seventy-five percent of the women picked the simulated fabric for the genuine. Because of finishes which are now being put on linen fabric to make it crease resistant and permanently stiff the moisture test no longer works. Rayons are now being finished so that they do not stretch, wrinkle or pull. These finishes make it impossible for the majority of the homemakers to detect

rayon from other fabrics. During the last few months several of the women have put this training on buymanship to good use. Some salesmen have been going thru the country peddling "100% English import woolen" yardage. This yardage sells for from \$20 to \$35 per three yard piece and is 60 inches wide. The colors and quality are lovely. But sad to say the material when tested for wool by the burning test was not wool. Although a few women bought some of this material and got "stung" they now feel that they have learned a most valuable lesson. The majority of the women tested before they bought and did not buy. One woman that bought some of the material said, "I've wanted a good rayon dress for a year or so but I hadn't really planned on paying \$10 a yard for the material. I surely will remember to test any unlabeled or doubtful material before I buy it after this."

Another woman who attended the leader training meeting said that she went right home and tested a "supposedly" nylon shirt by the acetone test. Sad to say this material was not nylon, it was acetate rayon.

The most far reaching, lasting results of this project on buymanship of rayon is:

1. It made the homemakers conscious of different types of materials and what the labels mean.
2. It made homemakers demand to see the label.
3. It taught methods of detection other than moisture, sight and feel.
4. It taught good and poor characteristics of each type of fiber: rayon, wool, cotton, nylon, linen.

The results of the 1951 Clothing and Textiles projects were satisfactory. The women learned:

1. Tailoring techniques.
2. Textile buymanship techniques, both of which are proving to be of invaluable assistance to them.

NUTRITION

Food Selection and Preparation.

General good nutrition is still one of the primary interests of the rural women of the county. Each year at our program planning meeting the nutrition group recommends that we study more about the "Basic 7" with emphasis on some particular phase. This year they wanted emphasis on lunches, both home and box.

The aims of this project were:

1. To improve general nutrition.
2. To improve the luncheon menu.
3. To improve the consumption of lunches - especially box lunches.
4. To make lunches more attractive, and less monotonous.

The agent demonstrated and discussed the basic 7 food chart. Emphasis was given the quantity of food (number of servings of each of the basic 7) that should be taken each day for a person to be adequately nourished. Each homemaker realized the hopelessness of any person eating this much food at any one meal. Over half of the mothers indicated that their problem was that children and sometimes everyone left the house without an adequate breakfast and carried their lunch. Therefore, unless the lunch was adequate the problem of good nutrition was insurmountable. Sample menus for both box and home lunches were given to the homemakers. The box lunches were variations of the home lunch so that the homemaker having both types of lunches to prepare could give the entire family a similar meal.

The following is a sample of the menus distributed:

HOME

Creamed vegetable soup
Meat sandwich
Sliced tomato and lettuce salad
Cup cake
Drink

Grilled cheese sandwich
Waldorf salad
Fruit pie
Drink

Vegetable beef soup
Fruit salad with cottage cheese
Bread and butter
Cookies
Milk

BOX

Creamed vegetable soup
Meat sandwich
Fresh tomato
Cup Cake
Drink

Creamed cheese sandwich on
banana nut bread
Waldorf salad
Fruit pie
Cocoa

Vegetable beef soup
Slice ham and cheese sandwich
Lettuce, carrot and celery
Fresh fruit
Cookies
Milk

Hard cooked egg salad
Bread and butter
Fruit
Cookies
Hot chocolate

Egg salad sandwich
Lettuce
Fresh fruit
Oatmeal raisin cookies
Hot chocolate

Soup
Scalloped cabbage with cheese
Sliced tomato salad
Bread and butter
Cake
Milk

Scalloped cabbage and cheese
Meat sandwich
Lettuce
Fresh fruit
Cake
Cocoa

Cream of tomato soup
Raw vegetable plate
Date nut bread and butter
Fruit cup
Drink

Creamed tomato soup
Date nut bread and butter
Raw vegetable sticks
Fruit cup
Drink

Various types of sandwich fillings, cuts and packaging materials were demonstrated. The types of packaging materials demonstrated were:

1. Aluminum foil.
2. Plyofilm wrapping and bags.
3. Waxed paper.
4. Waxed sandwich bags.
5. Waxed seal paper.
6. Plastic sandwich and pie boxes.
7. Plastic cups (tupper ware).
8. Waxed paper cups.
9. Wide mouthed thermos bottles.

Hints for and/or short cuts in sandwich making were also given.
(copy attached)

Nutrition problems which seemed to be fairly universal with regard to children and their lunches were:

1. Most children have to catch an early morning school bus and do not eat breakfast before leaving for school.
2. Children as well as adults soon become tired of box lunches and do not eat them well.
3. The mother who packs a well balanced lunch for her child often finds that he is trading with someother child for a less well balanced lunch.
4. Even hot school lunches in many cases do not solve the problem because many children have been allowed to indulge definite likes and dislikes with regard to food.

SHORT CUTS IN SANDWICH MAKING

A. Avoid last minute rush:

- (1) Plan luncheon menus ahead.
- (2) Prepare luncheon spreads when doing regular meal preparation.
- (3) Prepare and freeze sandwiches if you have a freezer.

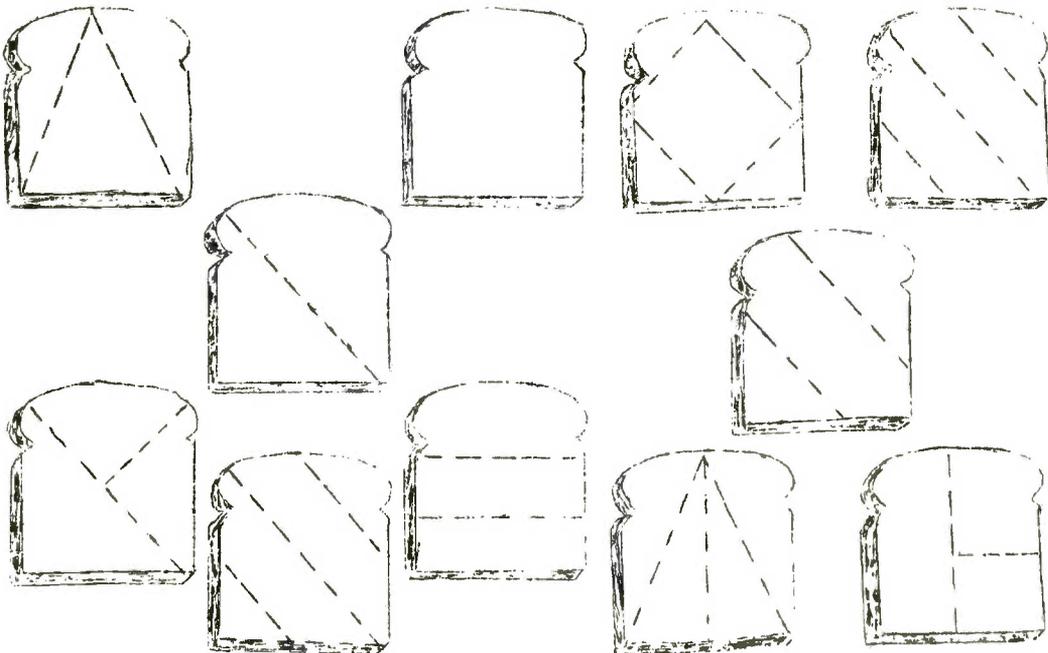
B. Have a sandwich center with correct and necessary equipment there:

- (1) Week's lunch box menus.
- (2) Utensils - wax paper - lunch box storage.

C. Use assembly line method for preparing lunches:

- (1) Assemble filling (soft enough to spread).
- (2) Assemble and prepare fruits and/or vegetables.
- (3) Line up slices of bread, in pairs.
- (4) Spread bread with butter or margarine.
- (5) Spread bread with filling.
- (6) Add lettuce before closing sandwich.
(Lettuce and other vegetables are better if packaged separately and added just before eating.)
- (7) Stack sandwiches and cut several at one time.
(Variety in cuts makes the sandwich less monotonous.)
- (8) Wrap or package sandwiches individually.

VARIETY OF CUTS FOR SANDWICHES



The agent has been interested to note the affect of these luncheon menu discussions on the picnic and potluck luncheon which she has attended in recent months. Sandwiches are almost never cut in the conventional plain half. Menus are well planned with a good variety of all of the basic 7 foods present.

The agent is continuously gratified to have the women interested in studying the basic principles of good nutrition. Five years ago when the agent came to the Coconino County it was impossible to get the women to talk or think nutrition. Throughout all of the nutrition work in the county in the past years an effort has been made to keep nutrition on a practical basis. An effort has also been made to keep all foods discussions and demonstrations on an average cost basis. Neither high cost or extremely low cost menus have been emphasized although some of each are always brought out in the talks and demonstrations.

Most of the rural people in Coconino County have the food for good nutrition if they properly plan and prepare it. Of course, there are exceptions to this but they are in the minority. Last year and the year before 1949-1950 thru our nutrition studies we found that the majority of our homemakers prepared the proper foods but didn't take the time to eat them themselves. Then too, in many cases the homemakers were over weight and felt that she could loose weight by skipping certain meals.

Next year 1952 the women have asked to study "more of the Basic 7 with emphasis on foreign dishes." They also asked to study bread making. Both of these projects are good follow ups for the previous nutrition work which has been done in the county.

Buymanship of Food.

Buymanship of food was selected as one of our problems in buying for this year, 1951. The importance of good practices in foods buying was emphasized since foods purchased play such an important part in the health of the entire family.

The aims of this project were:

1. To impress homemakers with the importance of planning what to buy (quality and quantity).
2. To impress homemakers with the importance of planning how much to pay for what they want (cost).
3. To impress homemakers with the importance of reading the labels on canned goods and understanding what the label means (selection).

The role of good foods buying practices was demonstrated by the use of canned vegetables packed by the same cannery but of varying grades. For example: Reid Murdock canning company packs; 1st quality - Monarch and 2nd quality - Yacht Club. While both of these packs are good

safe foods to eat the 1st quality is a fancier pack than the 2nd quality. The agent emphasized the importance of buying the proper quality and type of foods for each finished product. For example:

1. Cream style corn for corn pudding.
2. Flaked salmon for salmon loaf.
3. Not solid pack tomatoes for soup, etc.

It was demonstrated that thru this means of planning and selection from 5 to 15 cents per can of food can be saved. Also that the food value (as long as the packer is reputable) would be approximately the same.

Old foods superstitions of combinations of foods as well as the handling of opened canned foods were discussed. Several homemakers reported that they had always been afraid to use a can of food if it wasn't immediately emptied from the tin can. The agent endeavored to explain how and why these foods superstitions had grown to be a part of the homemakers thoughts. It is amazing the number of superstitions that still cling to each homemakers thinking. That they can't eat fish and milk; berries and milk, etc., at the same meal.

The Federal Pure Food, Drug and Cosmetic Act was presented to the women and discussed. Its strong and weak points were pointed out and discussed. Many of the homemakers did not realize that this act was effective only if the goods were shipped across state lines.

A, B, and C labeling of canned foods was discussed as well as the more informative description labels. Seventy-five percent of the women reported that they liked the descriptive labels that they use the recipes from. Several of their favorite recipes have been procured in this way. All the homemakers were made extremely conscious of the part which they can and must play in getting and maintaining improved labeling of canned foods and all packaged foods. The women realized that since more and more foods are being packaged before they have an opportunity to examine them that descriptive labels are very important and will continue to be even more important.

High Altitude Baking.

Fifty-five bulletins on high altitude baking were given out from the office and thru the mail. No demonstrations on cake making were given.

Food Preparation.

In the late summer of the past two years there have been requests for information on how canned foods, jellies, jams, preserves, pickles, etc. are judged at the County Fair. In 1949 this request was partially answered by the agent holding one leader training meeting and give mimeographed score cards for distribution to all interested homemakers. One of the biggest problems, however, seemed to be that the women did not know how to classify their fruit spreads. Everyone knows what jelly is but the confusion about the other spreads is amazing. One homemaker calls

everything that she makes jam, another preserves, etc. The agent prepared as nearly perfect samples as possible of:

1. Jelly.
2. Preserves.
3. Conserves.
4. Jam.
5. Butter.
6. Marmalade.

These samples along with mimeographed definitions were discussed at the meetings throughout the county. The Jil-meter was demonstrated and a sample of jelly was made. This demonstration illustrated:

1. The use of the Jil-meter.
2. The use of liquid pectin, either homemade or commercial.
3. The sheeting off test in jelly making.

These definitions and canned foods score cards gave equal opportunity to each homemaker to select her best canned foods and fruit spreads for the County Fair.

Freezing.

The preservation of foods thru freezing is very wide spread in the county. Many farmers and ranchers own their own home freezers. Because such good coverage on freezing was gotten last year with the three freezing demonstrations held throughout the county no effort was made this year to hold such wide spread demonstrations. Fifty individuals requests were answered thru bulletins and personal discussion and two freezing schools were held.

Some homemakers have had unpleasant experiences freezing butter. Thru a few home visits and personal interviews the agent discovered that those homemakers were wrapping butter in ordinary household wax paper. A very unpleasant kerosene taste developed. Parafine is of course a derivative of the oil industry. This is only one more example of what can happen when the proper packaging materials are not used. In all cases the agent attempted to impress upon anyone preserving food thru freezing the importance of using a good moisture vapor packaging material. During the summer months the agent keeps samples of the good and poor types of packaging materials readily available for illustrative purposes. Very few complaints have been received this year (1951) because of poor packaging of any type of food except butter. Local merchants as well as homemakers are to date well informed in the proper methods of packaging foods for the home freezer.

Two food preservation schools were held this year in the county, one at Fredonia and one at Doney Park. At both freezing meetings poultry were packaged. All different types of good packaging materials were used. The homemakers of Fredonia were especially interested in the latest freezing information. It has been two years since we have had a meeting on freezing

in their area and many new freezers have been bought in this time. Then too they were very interested in the new technique and packaging materials. The vaccum packing of meats, poultry, and some vegetables was of special interest to everyone. Very few of the homemakers had previously realized that they could vaccum pack at home.

The packaging and freezing of ready cooked and baked foods was discussed but none was packaged and frozen at the demonstrations. Homemakers are using their freezers more and more for short time storage of prepared foods. This is especially true during the late spring and early summer months when frozen meats are low and new fruits and vegetables are not yet ready for packaging.

It is the opinion of the agent that the preservation of food thru freezing is rapidly over shadowing other methods of food preservation. There has been a rapid decrease in the home canning of meats and vegetables since home freezing has become so popular.

There is a need for commercial locker plant in the Flagstaff area but so far no one has installed one. Naturally the result of this lack has been that a greater percent of farmers and ranchers own home freezers than would be true if there were a commercial plant readily available.

Pressure Canner Testing.

The agent tested pressure canner lids in July and August in the county. Twenty-five lids were tested and new gauges and "pop-offs" recommended when needed. One clinic was held in the Doney Park area in combination with the food preservation school.

HOME MANAGEMENT

Buymanship of Household Equipment.

The agent and specialist planned these meetings so that they would lead the women towards a consideration of how they spend their money. Both the agent and the specialist were anxious to make this "touch" of buymanship interesting as well as instructive so that eventually some budgeting work can be done.

The aims of these meetings on buymanship were:

1. To improve buying practices.
2. To teach what to look for in specific cases and where to get specific information in all cases.
3. To encourage planned rather than impulse buying.

The agent emphasized the fact that there are specific reasons for today's average homemakers buying practices. That since the homemaker spends the majority of the family money she must realize:

1. Why we aren't good buyers.
2. Why we should be good buyers.
3. How we can become better and eventually good buyers.
4. How we can know what to buy.

The agent emphasized the principles of good buymanship. They are:

1. Planning what to buy.
2. Planning how much to spend.
3. Actual selection.

After the general discussion on buymanship the specific buymanship of pots and pans was discussed. Pots of all types of material were shown and their specific characteristics were discussed. These pans were:

1. Cast aluminum
2. Sheet aluminum (light and heavy gage)
3. Granite aluminum (1, 2 and 3 dip glaze)
4. Stainless steel with and without the copper and/or aluminum core.
5. Cast iron
6. Tin
7. Glass
8. Pottery with inside glaze

Naturally each woman had her own likes and dislikes some of which were justified and some not. The agent endeavored to explain the good and the bad characteristics of each and reasons why.

Specific characteristics of cookie sheets were demonstrated by baking cookies. Three types of pans were used in the same oven for the same length of time at the same temperature. The three types of cookies

sheets used were:

1. Black tin pan
2. Pebbled tin pan - shinny
3. Aluminum

The women observed that:

1. The black pan burned the cookies
2. The pebbled pan cooked without browning (desirable in cookies)
3. The aluminum pan made a brown edge all around the cookies (not desirable as unbrowned)

Thus they learned that dark metal attracts and holds the heat while bright shinny metal reflects the heat to a greater or lesser extent.

After the meetings on buymanship of pots and pans the agent was most interested in the comments made by some of the merchants in the various towns. Several of the hardware merchants told her that they hadn't known that there were so many "hot spots" on pans. Comments such as these are gratifying because this is one way which we have to knowing that the information given is really being used. No mater how good the information is it is not worthwhile unless the homemaker actually uses it.

The agent also emphasized that in her planning the homemaker should consider the length of time and number of times which she plans to use an especial piece of equipment. That cast aluminum should not be bought for camp fire cooking. The construction of pots and pans was discussed as well as the type of material used. The ease of cleaning was also taken into consideration.

Many homemakers remarked that they wished that they had known all of the points to consider before they bought their cooking utensils. The remarks of the local merchants indicates that they were serious in their interest.

Kitchen Floor Coverings.

Last year in our kitchen improvement project we were concerned primarily with:

1. Work center
2. Work space
3. Storage space

Time did not permit us to get the floors covered. The women requested in our program planning for 1951 that we study kitchen floor coverings. This problem was especially pertaintent this year because of the number of new types of floor coverings on the market. The airs of this problem were:

1. To teach the characteristics of various kitchen floor coverings.

2. To teach care of floor coverings.
3. To lighten the homemakers housekeeping task.

The characteristics of the following floor coverings were discussed:

1. Felt backed linoleum.
2. Printed linoleum (three weights).
3. Inlaid linoleum (three weights).
4. Asphalt tile.
5. Plastic tile.
6. Rubber tile.

Samples of these floor coverings were demonstrated. The comparative and actual durability of each sample was discussed with reference to its initial cost. Emphasis was given to the fact that no linoleum type floor covering can be durable unless it is laid on a good base floor.

Emphasis was given to the care of these floor coverings in a laboratory session. Homemakers were asked to select the type of floor covering in which they were most interested and to test the effect of:

1. A strong detergent (spick and span).
2. A mild detergent.
3. An oil.
4. An acid.
5. Clorox.
6. Scouring powder.
7. Steel wool.

A white cloth was used to remove the spots of liquid so that any color fading could be noticed.

It was found that a strong detergent such as spick and span had a "bleeding" effect on almost all of the floor coverings except the painted surfaces including the felt backed linoleum. Naturally the scouring powder and steel wool removed a film of the original floor covering to a greater or lesser extent, depending upon the strength of the scourer. Everything effected the rubber and plastic tile. The women were very interested in this phase of the meeting. They really enjoyed testing the various floor coverings. One women told of a "mighty sad" experience which she had several years ago with asphalt tile. In preparing breakfast one morning she dropped a piece of hot bacon on the floor. A hole just the shape of the strip of bacon appeared in the tile. This story served to illustrate the importance of having grease resistant asphalt tile in the kitchen where accidents of this sort are the rule rather than the exception.

In the care of these floor coverings the agent emphasized the following of manufacturers recommendations. For example: A self polishing water base wax must be used on linoleum type floor coverings because of the paste wax having a solvent in it which destroys the linoleum.

Detergents, Water Softeners and Renovation of Blankets.

The homemakers problem with hard water is a difficult one. It is difficult for her to wash dark dishes without having them streak, and for her to wash her clothes without having them become grey and stiff.

The object of the problem was to teach:

1. How to test water for hardness.
2. How to interpret results in terms of amount and type of water softener to use.
3. How to renovate a damaged blanket and/or wash and preserve a new blanket.

With the assistance of the Home Management Specialist leaders were trained and later took the information back to their clubs.

The water was found to vary in hardness from 15 to 3 grains of hardness. Fifteen grains of hardness indicated that the homemaker using that water would have to use $1\frac{1}{2}$ cups of a water softener in a washer full of water and about $\frac{3}{4}$ cup of softener in her first rinse water. Leaders in each community were loaned the water sampling and detergent kit so that they could run tests for the hardness of water at their club meetings.

An interesting example of changes which can occur in the hardness of water was illustrated by two women who attended the Leaders training meeting from lower Oak Creek. These women live two or three miles apart but each uses Oak Creek as their household water supply. These women naturally assumed their water samples would test the same. However, this was not the case. The one farthest down the creek had harder water than did the other housewife. This indicated that in the few miles involved the water ran thru or over some type of soil or stone which increased the hardness and hard minerals in the water were very noticeable. Minor occurrences of this sort serve to emphasize to the women that each of them as rural homemakers has a separate problem of her own. Realizing this the trained leaders were even more anxious to adequately relay this information to each and every one of their club members.

The problem on renovation of a damaged blanket used the principles taught on water hardness plus the principle of soaking the blanket rather than agitating it. It was emphasized that harshness and shrinkage of a blanket is caused by:

1. A deposition of soap and curds of hardness in and around the wool fibers.
2. Too hot a water.
3. Too much agitation.
4. Over heating in the drying process.

The agent felt that one of the most impressive portions of the blanket washing was the discussion of the curds setting in and around the fibers. These curds also cause greying in cotton clothes. Although homemakers often feel that they improve the looks of their clothes with strong bleaches such as clorox they actually leave the curds still in the material. They simply bleach the curd. Thru proper washing methods (the use of the right quantity and quality of water softener they can eliminate the curd thus eliminating the necessity for using strong bleaches.

At the leader meeting not only explained how to test water for hardness but the leaders also demonstrated the washing of a damaged blanket and how to brush it.

The agent has been interested to observe that each leader apparently had a badly damaged blanket at home. Each leader went home and worked on her own blanket according to Miss Ryans recommendations. The results were gratifying to them and impressive to their friends, neighbors and club members.

Furniture Repair.

In answer to special requests the agent conducted one leader training meeting for LDS ladies on interior repair of a chair and upholstering. This was conducted more or less as a special interest group by the homemakers working on a chair. In this case all homemakers worked on one chair. A beautiful job of repairing and recovering this chair was done. Each woman attending then agreed to help women in her own area with similar problems.

HEALTH AND SAFETY

Public Health Nurse.

The agent has cooperated with the Coconino County Health department again this year. Coconino County is fortunate to again have a public health nurse who is eager to work with all rural groups to improve the general as well as specific health situation.

Cancer.

The Coconino County rural homemakers participated in the Cancer control program conducted last year.

Chest X-Ray.

The Chest X-Ray mobile unit visited each community this year. Homemakers Clubs made it a part of their program for each member and her family to have an x-ray taken.

RECREATION

Recreation played an important part in all homemakers clubs this year. Each club tried to learn a new game at each meeting. The recreation leaders really did a good job.

Clubs also met with each other throughout the year for potluck dinners and parties. Probably the most outstanding recreation event for the year was the style show and tea given by the Camp Verde homemakers in April. The values of these events are many fold. Some of these values are that they:

1. Help women of the rural communities become better acquainted with women from other areas.
2. Create a pride in each community and what they can do.
3. Give women an opportunity to exchange ideas.
4. Let each group see what others are doing.

INFORMATION

Photographic.

The agent took fifty colored slides of extension activities both adult and 4-H this year. These slides were used at our Family Community Program Planning meeting and at regular club meetings to give a bird's eye view of certain phases of the Home Demonstration and 4-H programs. These slides prove especially helpful in showing clubs and communities what others in their own county are doing.

Colored slides were taken of:

1. 4-H activities.
2. Tailoring projects.

The agent would have liked to include some of these pictures in her annual report but the cost of reproducing does not seem to be justified.

Radio.

The agent gave radio broadcasts on:

1. Food Preservation.
 - a. Freezing.
 - b. Pressure canner testing.
2. Tailoring.
3. Program Planning.
 - a. Mobile mike at the meeting.
 - b. Results (after the meeting).

Miscellaneous.

The agent acted in a supervisory capacity over the women's and 4-H divisions of the Coconino County Fair this year. One of our rural homemakers, Mrs. Juanita Primmer, served as superintendent of the women's division. This year (1951) was the smoothest running of any fair which we have had so far. The superintendent arranged for an adequate number of women to help and each woman was eager to do a good job; she was interested in what she was doing.

The quality of the exhibits was much improved this year over those of last year. Gradually the women are learning to make improved selection in the work which they bring to the County fair.

Good cooperation is received from all of the outlying areas for the fair. Some one person or group of persons collects the exhibits in their own area and brings them in to the fair. This cooperation makes for an increased number of exhibits. Many people could not afford to make two trips to Flagstaff to bring in and pick up individual exhibits.