

ANNUAL NARRATIVE REPORT

STATE: ARIZONA

COUNTY: YAVAPAI

REPORT OF:

LUCINDA E. HUGHES

FROM: DECEMBER 1, 1956 to

NOVEMBER 30, 1957

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PREFACE:

The following narrative report is a summary of the agent's activities in Yavapai County for the year 1956-57. A total of two hundred and four days were spent in Yavapai County this year. One hundred and eighteen days were devoted to adult work and eighty-six days were devoted to 4-H club work.

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

HIGHLIGHTS:

This fall, October 1, 1957, the agent was relieved of the responsibility for Coconino County's Home Demonstration program. In the future this agent will serve as the Home Agent for only Yavapai County. This decrease in territory should make it possible for an increased Yavapai County home demonstration program. Efforts will be made to organize the Mayer, Kirkland-Yava, Yarnell and Seligman-Ashfork areas. Plans are already under way for strengthening the Camp Verde and Chino Valley districts organizations.

On a mass media scale weekly news columns of an informative and educational nature are written by this agent and published in two county papers. Twenty-four five minute farm and home radio programs are given each month. These are divided and given alternately by the Agricultural and Home Agents making approximately twelve programs per agent per month. A great effort is made by both agents to keep the radio programs and news columns on timely problems or news, ie "care and preservation of deer meat" during hunting season; "freezing of fruits and vegetables" during summer and early fall months; "cleaning and storage of woolens and household fabrics" in the spring, etc.

Last fall, 1956, program planning was done on a long range basis. A tentative program for two years was recommended by the delegates. This fall (1957) we therefore did not have a bi-county program planning day. The agent wrote a circular letter to all club officers: (1) reviewing the 1956 recommendations, (2) reviewing the 1957 accomplishments, (3) giving the tentative recommendations for the 1958 program.

All clubs considered and discussed the program, took a vote as to preferences and held committee meetings for final recommendations. These recommendations were mailed in to the Home Agent and are now in the process of being "vamped" into a unified county program for Home Demonstration work.

The women participated well in the entire Home Demonstration program this year. The programs on clothing construction, as always, held a great deal of interest for certain individuals. It was of interest to the agent to note the difference in the sewing skills of the newly organized Cornville group as compared to the skills of other homemakers who had much more Home Agent and Specialist instruction in the skills of sewing. This is just another proof of the fact that "we learn by doing," especially under supervision.

Probably one of the most profitable programs this year (1957) was the study of the nutritional value and cost of "package and prepared foods" versus "home prepared foods." Women were especially amazed at the lack of nutritional (protein) value of commercial meat pies and fish sticks. Both of these items are convenient to use, "fairly tasty," but very expensive in money for the actual nutritional value received. Leaders did an excellent job of presenting the pastry making portion of the nutrition program.

Home Demonstration projects, all well received, for the year 1957 were:

1. Health
 - a. Home Sterilization
 - b. Treatment of burns
 - 1) Minor and household burns
 - 2) Major and atomic burns
 - c. Verde Valley health chairmen
 - 1) Promoted mental health clinics
2. Clothing
 - a. Fitting the style and design to the individual
 - 1) Line and design
 - b. Construction of a skirt and blouse
 - c. Posture
3. Home Management
 - a. Avoiding monotony and drudgery
 - 1) Proper equipment to do the job
 - 2) Good equipment to do the job
 - b. Simple Household Repair
4. Nutrition
 - a. Packaged and prepared foods versus home prepared foods
 - 1) Nutritional value
 - 2) Relative cost
 - a) Time
 - b) Energy
 - c) Money

- b. Pastry Making
- c. Nutrition (general) and posture

5. Miscellaneous

- a. Verde Valley family picnic
- b. Crafts
- c. Home and Garden Pests
- d. Flower arranging
- e. Parties

Copy of the 1957 program attached.

1957 YAVAPAI AND COCONINO COUNTIES HOME DEMONSTRATION
PROGRAM

JANUARY	Health	Club Meetings	Agent Nurse
	First Aid - Burns Home Sterilization techniques Club Program Planning		
FEBRUARY	Clothing	Club Meetings	Agent
	Fitting the Style and Design to the individual (Registration and preparation for Special Interest construction meetings) (Make a skirt and blouse)		
MARCH	Clothing	Club Meetings	Leaders
	Finishing techniques Special Interest meetings - making a skirt and blouse Prescott District - March 11-14-19 Verde District - March 12-15-20 Flagstaff District - March 13-18-21		Specialist and Agent
APRIL	Home Management	Club Meetings	Agent
	Avoiding Monotony and Drudgery in housework		
MAY	Home Management	Club Meetings	Leaders
	Simple Household repair Leader Training Meetings Prescott District - May 7, 1957 Verde District - May 8, 1957 Flagstaff District - May 9, 1957		
JUNE	Nutrition	Club Meetings	Agent
	Use of Packaged and Prepared Foods Nutritional value. Relative cost		

JULY Club Meetings - Own

Suggestions:

1. Sedona - Sprays (Garden and Home)
2. Rug Braiding
3. Flower arrangements

AUGUST Club Meetings - Own

Picnics

Sewing machine clinics

Leader Training Meetings on making of pie
crusts - packaged mixes versus homemade mixes.
(Dates to be announced later)

SEPTEMBER Nutrition Club Meetings Leaders

Packaged and prepared foods

"Pie-crusts"

County Fairs - Coconino - Sept. 6, 7, 8, 1957
Yavapai - Sept. 13, 14, 15, 1957

OCTOBER Nutrition Club Meetings Agent

Weight control - posture and exercise

NOVEMBER Own Meeting

Crafts

Holiday table decorations

DECEMBER Parties

ORGANIZATION AND PLANNING:

It is the aim of this Extension Agent to build a county home demonstration program to meet the needs of the families in her area. The agent endeavors to integrate and unify a number of projects into one county program. Through individual thinking, club recommendation and county-wide planning we endeavor to arrive at general overall problems which will lend themselves to extension teaching. This agent tries to keep the general extension home demonstration program on a high educational level, to not have the county-wide program filled with crafts and irrelevant projects which may have a temporary interest but which do not have a real educational value. The agent's primary aims in the Home Demonstration program are:

1. To teach the latest and best Home Economic practices.
2. To have homemakers adopt and use the recommended practices.
3. To continuously increase the number of homemakers participating in the program.

One new homemakers club was organized last year in Cornville and has had a successful, busy year. This club has a twofold purpose:

1. To participate in the Educational program of the Extension Service.
2. To help the school get needed items such as a kitchen lunchroom, etc. for their new building.

It is hoped that this homemakers group will be a definite asset to the community. One of their difficulties in the past has been meeting places since their community is divided by the more or less impassable Oak Creek. The new school auditorium provides a good central meeting place for all members and in addition a small additional bridge has been built across the creek just opposite the school.

The agent plans to do definite organizational work in areas to date more or less untouched by the unified Home Demonstration program. These plans for new organizational work are made possible by the appointment of a full time Home Agent in Coconino County. This agent will now work exclusively in Yavapai County. Areas to be surveyed for an active Home

Demonstration program are:

1. Mayer area
2. Skull Valley area
3. Yarnell area
4. Kirkland-Yava area
5. Seligman-Ashfork area

Program Planning

Program planning encompasses a wide range of endeavor, from county wide program planning to individual club, community and project planning. Theoretically each county does its program planning in the fall for the coming year. However, this is actually a sifting of ideas and problems which the women have been accumulating throughout the past year.

Last year (1956) we tried long planning. We planned for both the 1957 and 1958 Home Demonstration Programs.

The agent feels that by more or less forcing the women to set up goals and problems for a two-year period that we get improved program continuity.

The aims of program planning are:

1. To survey and evaluate the county Home Demonstration program.
2. To discuss new problems.
3. To recommend pertinent problems for the coming years' programs.
4. To arrive at a county-wide Home Demonstration plan of work which meets the needs of the largest possible number of people.
5. To plan so that every one feels that their problems are at least being worked on if not completely solved.

6. To develop leadership by bringing women together and encouraging them to express not only their own individual problems but their communities' problems.

As we go ahead in an ever changing world we cannot help but realize that new and entirely different problems are confronting the homemaker of today. Even ten years ago, when this agent first came to the county our big problems were to do an improved job of the age old tasks of homemaking but today with so many homemakers working away from home and new scientific and technical research, our problem is quite altered. We are living in an age where time is of the essence, there never seems to be enough of it (time) to go around. Consequently our jobs, as home agents, are to help homemakers be informed shoppers. Whoever worried or needed to worry about the nutritional value (protein) in a chicken pie that "Grandmother made." However, its quite a different story for today's homemaker. She must learn to study, understand and evaluate all purchases. Packaged and prepared foods like the aeroplane are here to stay.

Scientific advances in the field of clothing and textiles are likewise progressing faster than we can keep up with them. The homemaker needs to know how to handle them, what to expect and how to care for today's fabrics. Fabric selection used to be done by feel but today with new blends and finishes who can tell?

New developments in household appliances and cleaners have been revolutionary in the last ten years. From the three or four speed electric range to the new electronic oven.

Considering all of these and many more "revolutions" in the field of Home Economics this agent believes that it is the job of the Home Agent to assist homemakers to plan such a program as will be up-to-date, one which will help them with their ever-changing job of being successful, happy, homemakers.

1957 Program Planning

This year (1957) for the first time Yavapai and Coconino counties did not have a bi-county program planning day since we planned in the fall of 1956 for both 1957-58. However, the agent wrote a circular letter to all club officers. This letter:

1. Re-outlined the aims of Homemakers Clubs as recommended by the homemakers in 1956.
2. Re-outlined the project recommendations recommended in 1956.
3. Noted problems already worked on in 1957.
4. Added a few new current project recommendations.
5. Requested groups to carefully study the recommendations, sift them, add new suggestions and return their recommendations to the county office by November 1, 1957

All homemakers clubs devoted a portion of their meeting time in October to a discussion of the 1958 County Home Demonstration program. An open discussion was held and then officers and leaders planned special committee meetings for final evaluation of their program requests.

In evaluating the program requests for 1958 the agent feels that the women have done a good job.

Their aims are:

1. To increase our knowledge in all fields.
2. Get more young homemakers in clubs.
3. Avoid monotony and drudgery in house-keeping.
4. To develop our civil defense program.

Their project requests are:

A. Health

1. Recognition and elimination of Farm and Home hazards.

B. Clothing

1. Fiber, fabric and finishes
 - a) Selection
 - b) Care - dry cleaning - detergents - soap
 - c) Handling

C. Home Management

1. Color and interior decoration as related to windows.
2. Time and money management.

D. Foods and nutrition

1. Broiler and one dish meals
2. Fancy Breads

Nutrition to be carried out on the same theme as 1956. A comparative study of the nutritional value, time and money cost of home prepared versus commercially packaged.

Club Programs - 1957

Clubs carried four months of their own programs in addition to their leader meeting this year. The projects which were covered in these "purely local meetings" were recommended but not assisted with by the county office. All arrangements were made by the President and her committees. Some of these projects were:

1. Verde Valley family picnic (Sedona hostess)
2. Crafts classes - Camp Verde
3. Christmas suggestions - Bridgeport
4. Party - all clubs
5. Household pests - Bridgeport
6. Recreation
 - a. Community

The agent feels that all clubs should have an opportunity to select their own projects a certain percentage of the time. Some of the reasons for this are:

1. It develops responsibility and a sense of achievement on the part of the club president.
2. Lets club members and communities realize that they can function without the agent's presence or assistance.
3. Gives an opportunity for clubs to indulge in purely local problems or projects.
4. Makes everyone feel that the club is their's not the agent's.

Leaders Programs - 1957

This year three subjects were carried by Extension trained local leaders. They were:

1. Construction techniques in making a skirt and blouse.
 - a. Setting in zippers
 - b. Setting in sleeves
 - c. Making darts
2. Simple household repair.
 - a. Repairing electric plugs
 - b. Repairing the flushing system of toilet storage tanks.
 - c. Repairing leaking faucets
 - d. Care of large appliances
3. Making of pastry
 - a. Three methods of pastry making
 - b. Making of a lemon pie

The leaders did an excellent job of presenting these projects. Probably two of the main reasons for their success were:

1. Careful selections of projects by the Specialist and Agent for leaders to present.
2. Extreme interest of leaders in the projects.

Agent's Program

The agent met with individual clubs four months this year. Projects carried were:

1. Health
 - a. Home Sterilization
 - b. Care of minor and major burns (atomic burns). The guest speaker at these meetings was Mrs. Mary Sills, Yavapai County School Nurse.
 - c. Posture, weight control
2. Clothing
 - a. Fitting the style and design to the individual
 - b. Construction of a skirt and blouse (Special interest 4-H Leader and Leader Training meetings on an area basis)
 - c. Posture
 - d. Clothing fabrics, news broadcasts and news columns. About fifty bulletins have been given out on request.
3. Nutrition
 - a. Packaged and prepared foods versus homemade foods or mixes.

- b. Leader Training Meetings for adult and 4-H Leaders on pastry making (three types) and the making of lemon pies.
 - c. General food preservation through news columns, radio and bulletin distribution.
 - d. General food preparation through news columns, radio and bulletin distribution.
 - e. Revision of the High Altitude Cake Making bulletin.
 - f. Posture and weight control.
4. Home Management and House Furnishings
- a. Avoiding monotony and drudgery in housework.
 - 1) Selection of best equipment for the job.
 - 2) Care of equipment.
 - b. Leader Training Meetings on Simple Household repair.
 - c. Distribution of bulletins on furniture repair and upholstery.
 - d. Distribution of mimeograph on stain removal.
 - e. Radio and news column information on:
 - 1) Soaps and synthetic detergents
 - 2) Care of blankets and other woollens
5. Miscellaneous
- a. County fair supervision.
 - b. Community service clubs
Benefits are received primarily by the 4-H clubs.

The agent feels that it is essential for her to meet with individual clubs as often as possible. During the past year the agent has worked with four homemakers clubs, two LDS groups, the Yavapai Cowbells, the Yavapai County Farm Bureau, the Yavapai County Fair Committee and civic groups in the county. By cooperating and working with all of these groups, composed primarily of rural people, the agent is reaching a large majority of the ranch and farm people of the county.

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

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

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

September 19, 1957

MEMORANDUM TO: ALL HOMEMAKER CLUB OFFICERS
SUBJECT: HOME DEMONSTRATION PROGRAM FOR 1958

Last year (Fall 1956) we planned for the 1957 and 1958 Home Demonstration Programs. Therefore it will not be necessary for us to hold a bi-county Program Planning meeting this fall unless you request me to do so.

The common problem in both counties was given as "getting younger mothers into clubs." Several possible solutions were offered. I'm sure that you all have ideas on this problem too.

Aims selected by you folks for the County Home Demonstration Program were:

1. To increase our knowledge in all fields.
2. Get more young homemakers in clubs.
3. Avoid monotony and drudgery in house-keeping.
4. To complete all projects started.
5. To develop our civil defense program.

A. Health

1. Good posture, exercises and weight control.
- *2. First aid.
3. Mental Health.

B. Clothing

- *1. Fitting the design and style to the individual.
- *2. Basic sewing
 - Skirt and Blouse
 - Patterns
 - Finishing Techniques
 - Short Cuts
3. Suiting clothes to the occasion.
 - Planning and Buying
 - Accessories
4. Finishes on fabrics.
 - (Care and character of new fibers and finishes)
5. Rug Braiding.
6. Sewing machine clinics.
7. Mending and simple repair.

C. Home Management and House Furnishings.

- *1. Simple Household Repairs.
- *2. Avoiding monotony and Drudgery in housework.
 - a. Buymanship of small equipment.
3. Color.
 - a. Home Decoration
 - b. Walls
 - c. Furniture
 - d. Paint
4. Buymanship of rugs.
5. Laundry.
 - a. Cotton, wool.
 - b. New Washers.
 - c. Soaps and Detergents.
6. Sprays - Insects.
 - Garden and Home
7. Window treatments.

D. Nutrition

Aims - weight control, posture and exercises.

- *1. Packaged and prepared foods (antibiotics)
 - a. Nutritional value (Diet)
 - b. Relative cost (Comparison of Pie Crusts)
2. Bread Making
 - a. Nutritional Value
3. Broiler and one dish meals
4. Food Preservation.
 - a. Freezing
 - b. Jams - Jellies and Pickles.

* These items were worked on some this past year (1957)

To these projects I would like to add as suggestions:

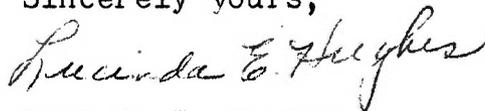
1. Time and money management.
2. Farm and home hazards.
3. Increased activity in the problem of weight control.

Will you please go over the recommendations from last year's program planning meeting and the extra ones noted above with your group and check those in which your group are the most interested. I would like to have your group's recommendations not later than October 31, 1957. Add any other suggestions for our 1958 program which your group has.

After I receive your answers to this "questionnaire?" I'll combine your recommendations and if necessary contact all presidents in person.

Thank you for your assistance.

Sincerely yours,



Lucinda E. Hughes
HOME AGENT

LEH:P
c. 50

HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS:

The aims of the Home Management and Home Furnishings projects for 1957 were:

1. To improve the homemaker's abilities in planning for and executing the daily and weekly tasks which she must perform.
2. To encourage the understanding and use of the principles of work simplification.
3. To encourage the use of the proper tool for the job.
4. To increase the homemaker's pleasure in her job.
5. To increase the pleasure in the home for both adults and children.
6. Conservation of:
 - a. Water
 - b. Electricity
 - c. Expensive and inexpensive equipment
7. Safety
 - a. Especially with all electrical equipment

In order to work towards these goals we taught

1. Avoiding monotony and drudgery in housework as related to:
 - a. The principles of work simplification.
 - b. Selecting the proper tool for the job.
 - 1) Buymanship of hand operated egg beater
2. Simple household repair.

In past years we have studied:

1. Floor coverings
2. Storage for kitchen and dining areas
3. Color and its application in the home

4. Problem windows
5. Drapery making and a host of other specific topics all tending to increase the pride and pleasure derived from the home
6. Wood finishes and upholstery
7. Buying furniture and major appliances
8. Saving family time

One of the most talked about problems in Yavapai County as in all other counties in the United States, is "The Teenage Problem." Although the agent realizes that it is not necessarily true that a well run and equipped home contributes to a lack of teenage delinquency the agent believes that good home surroundings are worthwhile for both the teenager and the adult. Busy, happy youngsters and adults usually do not become involved in undesirable activities.

In general homemakers whether they work outside the home or not feel that routine housekeeping tasks are monotonous and frustrating. (As soon as they are through cleaning the sink its dirty again, etc.). One of the agent's indirect aims this year was to suggest devices which would shorten the time consumed by each routine task. One homemaker reported that after she re-arranged her foods storage and dish storage cupboards that she saved both time and energy. Re-arranging storage space is a "little thing" but it can make the difference between fun or frustration in doing the job.

Avoiding Monotony and Drudgery in Housework

The aims of this project were:

1. To improve the homemaker's abilities in planning for and executing the daily and weekly tasks which she must perform.
2. To encourage the understanding and use of the principles of work simplification.
3. To encourage the use of the proper tool for the job.

4. To increase the homemakers pleasure in her job.
5. To increase the pleasure in the home for both adults and children.

The meetings were conducted by the agent as method demonstrations.

First the agent discussed the principles of fatigue in relation to housework. Why homemakers dislike housework and why they find it monotonous and drudgery. Some of the factors discussed were:

1. Lack of knowledge to do the job. Final end product unsatisfactory.
2. Lack of family understanding and varying standards within the family.
3. Lack of or too much equipment to do the job. Poor or inadequate storage for appliances.
4. Mental attitude of the homemaker. Too many unnecessary interruptions. (Perhaps encouraged by poor housekeeping practices).
5. Poor planning.

The agent emphasized the well known fact that poor planning leads to an untold number of frustrations. The agent emphasized that the homemaker's job need not be overly filled with frustrations if she will use:

1. The best planning possible
2. The best method known
3. The best tools possible
4. The best work habits
5. The best posture
6. The best storage possible

Through the use of the mimeograph "Easier Housework" compiled by Miss Grace Ryan, Home Management Specialist, the agent endeavored to demonstrate these various points. Items demonstrated were:

1. Use of long handled tools for:
Reaching up, under, etc.
Picking up
Dipping into hot wash water
Applying wax
Washing windows, etc.

2. Use of the storage racks and step shelves
3. Use of sorting racks for dirty clothes
4. Use of dusting glove for venetian blinds
5. Use of vacuum cleaner attachments
6. Light studies to learn how to clean and how to make beds
7. Use of the best tool possible to do the job

Point 7 was demonstrated with egg beaters and a soap solution. The agent showed and discussed the construction principles of about fifteen egg beaters and whips. Women in the group used the various beaters and whips. They studied the amount of energy required to whip the soap solution. They also studied the volume and texture of the whipped solution. This study was related to egg whites for meringues, angel food cakes, and any other type batter in which egg whites were the primary leavening agent.

As a follow up on this Method Demonstration the agent requested each homemaker to report (in June 1957) on some phase of homemaking which she had been able to simplify.

The immediate results of these Method Demonstrations were that all women were enthusiastic. They reported various devices which they used to get specific jobs done. One such report was in regard to ironing. The homemaker said that she always kept her ironing board up and her clothes sprinkled and in the freezer. When anyone came to visit she ironed while she talked to them.

Later reports indicate still other simplifications practiced by homemakers. Some of them are:

1. Relocation of kitchen equipment. This involved a change between the pot and pan and food cupboards. Mrs. Smith reported that for five years she had been walking clear across the kitchen each time she wanted a pot or pan. That she had just never given it a thought before the meeting.

2. Cooking and use of planned left overs.
3. Early morning preparation of the evening meal.
4. Sitting down while ironing.

5. Planned rest period.
6. Sorting of clothes as they come from the washer, before hanging them.
7. Making and sticking to a time schedule.
8. "Getting your husband to do it." (This really got a laugh).

Comments by homemakers indicated that many of them were really striving towards simplified housekeeping. As one woman said, "Maybe I can't do the things the easy way but I'm sure trying to teach my daughter the easy way." Before the mother knows it she, too, will have adopted "the easy way."

Care and Repair of Household Equipment

Two leader training meetings on this project were held this year. The leaders were most enthusiastic about the project. The general feeling is that through knowledge we can eliminate many costly repairs and tragedies. For example good home wiring eliminates the hazard of home fires.

The aims of this project were to teach

1. Conservation of
 - a. Water
 - b. Electricity
 - c. Expensive and inexpensive equipment
2. Safety
 - a. Especially with all electrical equipment
3. To have proper tools to do the job
 - a. Screw drivers (various sizes)
 - b. Pliers (protect chrome faucets, etc.)
 - c. Scissors - utility type
 - d. Fuses
 - e. Washers
 - f. Friction tape
 - g. Knife

The procedure was:

1. Discussion and stating of aims

2. Demonstration of:
 - a. Changing washers in faucets - each woman changed a water faucet washer
 - b. Assembly and adjustment of toilet tank mechanism
3. Discussion of septic tanks and cess pools
4. Discussion and demonstration of electric wires and appliances
 - a. Making of extension cords
Each woman made one
 - b. Study of different size and kinds of electric wires
5. Discussion and demonstration of care of equipment
 - a. Effect of acid on non-acid proof enamel
 - b. Demonstration of repair of home screens
 - c. Discussion of most common ailments of electrical appliances
 - d. Demonstration of the "scorch test" for an electric iron
Demonstration of the asbestos iron "shoe protector."

The leaders really seem to enjoy the meeting, they did a good job of taking the information back to their groups.

A mimeograph was prepared for these meetings. In addition the bulletin "Household Equipment" #142 was used.

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
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

CARE AND REPAIR OF HOUSEHOLD EQUIPMENT
by
Lucinda E. Hughes
Home Agent

AIMS:

1. Conservation -
 - a. Water
 - b. Electricity
 - c. Expensive and inexpensive equipment
 - d. Avoid costly repair
2. Safety -
 - a. Especially with all electrical equipment
3. Proper tools to do the job -
 - a. Screw drivers (various sizes)
 - b. Pliers (protect chrome faucets, etc.)
 - c. Scissors - Utility type
 - d. Fuses
 - e. Washers
 - f. Friction tape
 - g. Knife

WATER -

Faucets
Toilet Tank

CESSPOOLS -

Rebuild bacterial growth with yeast or septanic (1 package per week the first month, then 1 package per month). Avoid clorax and sudsy detergents which either kill or smother the bacterial growth in your cesspool or septic tank.

ELECTRICITY - Points to remember about electricity:

1. Safety
 - a. Adequate wiring
 - b. Safe wiring (dangerous to have light switch near a sink).

2. Efficiency

- a. Get best and most for your electric dollar -
Do not overload circuits
Use proper size wire for wiring
#14 wire for lights
#12 wire for lights and high wattage appliances
#10 wire for kitchen and laundry appliances
8 wire for water heater
6 wire for range
Use even larger wire for a number of large appliances
Do not overload cords (the shorter the extension cord, the better)
Use lamp cords for lamps
Use asbestos insulated cords for heating appliances
Use heavy duty cords for power tools
Use rubber covered cords for all appliances to be used in a damp place.

All cords should be labeled with the UL label on the cord.

Yellow label - clocks, lamps, radios

Red label - heating appliances (will last for 3000 cycles, ie. one cycle, one movement of the iron)

Gold label - heaters (will last for 10,000 cycles or more)

EXPENSIVE AND INEXPENSIVE EQUIPMENT -

1. Enamel surfaces - stain resistant or not?
2. Screens
3. Electrical appliances - most common ailments:
 - a. All new electrical appliances are electrically controlled by precision devices. These are beyond the control of the average person. All companies send out special precision repair sheets.
 - b. Precision devices require special tools.
 - c. Home repair of most small appliances may result in expensive repair a little later.
 - d. Margin of profit on repairs is usually small
 - e. The advantage of technically good repair is that the entire piece of equipment is checked.

4. Iron

a. Thermostatic control is off

- 225° - rayon
- 325° - silk
- 350° - cotton
- 400° to 550° - linen

Test - Scorch pattern

- Pre-heat iron to highest temperature (4 min.)
- Prepare good base (cello-tex, testing paper)
- Gently drop iron on testing paper - leave three to four minutes

Note scorch pattern.

Steam iron the same without water for test.

Black soot on steamed fabric - clean iron with Thanx, Tex, or Calgon.

b. Age of the cord (danger to user and iron)

c. The modern iron is light weight. Therefore, the iron shoe is fragile. The alloy scratches and pits easily. Asbestos protector is good. Some people use bath towel or blanket but this is not heat proof.

5. Toaster - tripping dial

6. All equipment which has a holding or keeping warm range (coffee pot, skillet, french fryer, roaster, etc.) Holding temperature range 150° to 185° One revolution of the screw equals 60°, therefore, the novice can really throw it all off.

7. Electric Skillet

a. Temperature and timing sealed into the handle.

b. Pitted connections due to improper use cause poor connections. (Pitting can be at either end of the cord.)

CLOTHING AND TEXTILES:

The aims of the clothing and textiles program for 1957 were to:

1. Improve the appearance of women and girls.
2. Help homemakers know the styles best suited to each figure type.
3. Learn and re-learn basic pattern selection and alteration.
4. Learn basic construction techniques.

Selection of the design and pattern to fit the individual figure

The agent met with all homemaker clubs plus the LDS and 4-H clothing leaders for method demonstrations on this subject.

The aims of this project were to:

1. Assist women to recognize the various figure characteristics in themselves and their families.
2. Teach lines in clothing best suited to each figure characteristic.
3. Improve the appearance and mental outlook of women and girls. "Physical appearance affects one's mental Outlook."

The Procedure for these meetings was:

1. A demonstration of the effect that can be created with straight lines and the type of top and bottom terminations of the same lines.
2. Classification of figures according to:
 - a. Hips
 - Square
 - Average
 - Triangular

- b. Shoulders
 - Wide and/or square
 - Narrow
 - Average
 - Sloping
 - c. Waist-lines
 - Wide
 - Narrow
 - Average
 - d. Length of legs
 - Short
 - Long
 - Average
 - e. Height
 - Short (petite)
 - Tall
 - Average
 - f. Length of waist-line
 - Short
 - Long
 - Average
 - g. Size of bust
 - Medium, small, or large
3. Emphasis was put on the fact that everyone's figure is composed of a number of the above characteristics. Very few people have all average characteristics. Our aim in our dress or costume is to minimize or draw attention away from our figure faults and "point up" or emphasize our good points.
 4. Pictures or silhouettes of all the various figures were shown and clothes (pictures) for each figure were shown and discussed.

The agent endeavored to show a shortie coat, suit, and several dresses suited to each silhouette.

At the close of the demonstration the women were all eager to have their own figures classified. Through the cooperation of the entire group we were able to point out the relative figure characteristics. Throughout the entire demonstration the agent endeavored to emphasize that all figure characteristics were relative - that hips which were big on one person might be average or even small on another person, depending upon height.

Several rather striking examples of good and poor camouflage due to dress were observed at the meetings and brought up by the women themselves. One example was a small hiped square shouldered woman who was wearing a hound's tooth checked suit with a large white linen collar. The effect of this collar was to make her shoulders appear even broader than they were and her hips smaller. Other examples were of long waisted, short legged women having long torso dresses, medium to narrow shouldered women wearing long sleeves and collars that made their shoulders appear even smaller than they were. All of the women seemed to good naturedly accept any comment on their figure characteristics and the different effects of their dress. Personal comments were offered only when the specific person asked for an opinion.

The State Clothing Specialist assisted the agent in planning and preparing for these demonstrations.

Making a Skirt and Blouse

Both the specialist and agent realize that every woman does not look her best in a skirt and blouse. However, by careful pattern and fabric selection we felt that every woman could wear a skirt and blouse, therefore, making a skirt and blouse was selected for the clothing construction problem this year. Also, every woman sometimes wears a skirt and blouse even if its just a two-piece dress.

The objects of these meetings were to:

1. Learn basic pattern selection and alteration.
2. Learn basic construction techniques.
3. Learn simple basic finishing techniques.

The project was divided into three separate meetings with time between for the women to do homework. The meetings were divided as follows:

First meeting

1. Discussion of new pattern sizing.
2. Discussion and demonstration of pattern alteration according to old well fitting dress.

3. Actual pattern alteration by leaders.
4. Demonstrations of
 - a. Straightening fabric
 - b. Laying pattern on fabric
 - c. Cutting fabric
 - d. Marking fabric
 - e. Making collars, cuffs and facings, use of inner facings
5. Assignments
 - a. Cut and mark garments
 - b. Sew all long seams
 - c. Make collars and cuffs

Second meeting

1. Fitting garments
2. Setting on collars and cuffs
3. Setting in sleeves
4. Use of stay-line stitching
5. Demonstration of
 - a. Setting in sleeves
 - b. Setting on collars
 - c. Making the skirt belt
6. Assignment
Complete garments except for zippers, skirt belts and hems

Third meeting

1. Demonstration of:
 - a. Setting in zippers
 - b. Setting on skirt belt
 - c. Putting in hems
2. Garments completed, buttonholes worked and hems marked.
3. All seams finished.

In the telling of this project "Making a Skirt and Blouse" it sounds very simple. However, the project was almost as difficult as a tailoring project. The work for the specialist and the agent was difficult and time consuming. About 50% of the leaders knew very little about good sewing techniques. The majority of them sew but not with any great

degree of accuracy or ease. The tendency is and probably always will be for homemakers to "chop off" any little excess on the end of the seam which does not really match. One homemaker said that she had learned more in three days of our work than she did in two years sewing in school (High School). This is probably true but perhaps it was more her mental attitude than the information offered.

The leaders held demonstrations at their club meetings. They wore the skirts and blouses which they had made and demonstrated:

1. Pattern selection and alteration.
2. Setting in a sleeve.
3. Setting in a zipper.
4. Setting in a gusset.
5. Putting in a hem by machine.

Reports to the agent indicate that women in general were enthusiastic about the results of the project.

The LDS group in Prescott signed up twenty-five women and held classes similar to those which the agent and specialist held. They are very enthusiastic about their class.

Miscellaneous

1. Easy Sewing Skills

This bulletin is still amazingly popular. People want to sew and many of them have sewed for years but they feel that there must be an easier method than the one they are using to do the job. Many special requests for "skills in sewing" are answered by this bulletin.

2. Clothing Fabrics

This bulletin, although not too widely requested, on "Clothing Fabrics - facts for Consumer Education" answers many questions presented to the agent. Those homemakers who

have used this bulletin are really happy to have it. It lets them know what to expect from the material or ready-made garment which they buy.

One of the more common questions which the agent is asked has to do with synthetic fiber blending. What to expect from the fabric or garment, how to care for it and how to sew it. This will, consequently be our next year's (1958) main clothing project.

3. General

General clothing and textile information is given on a mass media basis through the agent's news column and radio programs., One news column created a great deal of interest even among the men. This news column was published around April 1st. One sub-heading was "How do you Figure" referring, of course, to personal figure characteristics. Men wanted this bulletin for "income tax purposes."

Buying Men's Suits

The agent and clothing specialist met with the Humboldt Farm Bureau for a clothing meeting. A film strip on "Selection and Buying Men's Suits" was shown by the agent and commented by Miss Church. The thirty Farm Bureau members and guests seemed to really enjoy the educational material on buying men's suits although they said that they never wore anything but levis.

Sewing Machines

One of the big problems the last few years has been the variety of sewing machines on the market. The homemaker is continuously confused regarding the purchase of a sewing machine. Homemakers seem to buy machines for one of many specialty features such as:

1. Patching arm (levis)
2. Automatic zigzag
3. Has a pretty cabinet, etc.
4. The price meets her pocket book

Our problem as representatives of the Agricultural Extension Service is not to tell them what machine to buy but to guide them to a wise selection. Some of the questions this agent tries to bring out are:

1. Can you get repairs for it?
- 2., Is it repairable? Many aren't.
3. Is the automatic zigzag worth the extra money. Sometimes as much as \$150.00.
4. Is the cheap machine really a good buy. Consider repairs.

The agent frequently encounters a more or less non-repairable new sewing machine when she makes home visits.

NUTRITION:

The nutritional status of ranchers and farmers in Yavapai County is high. We have very few cases of disease directly traceable to poor nutrition. The nutrition work in Yavapai County has been operating for a number of years on a long range basis. Each year we have endeavored to do some nutrition review of the previous years' work as well as to add some new nutrition information. To date the nutrition program has covered the:

1. Caloric value of food
2. General nutritional value of food
3. Protein value of food
Complete
Incomplete
4. Vitamin A and C value of food
5. Vitamin B complex value of food

The basic nutritional facts have been taught through a multitude of devices. Some of them direct and others indirect. Examples of these devices are:

A. Direct

1. Use of the Basic 7 Food Chart
2. Use of the USDA food value leaflet #AIB-36
3. Analysis of foods actually eaten in twenty-four hours.

B. Indirect

1. Home Preservation
 - a) Freezing
 - b) Canning
2. Meat Preparation
 - a) Broiler and one dish meals
 - b) Outdoor cookery
3. Pressure saucepan cookery
4. Special Food Preparation
 - a) Breads and rolls
 - b) Meats and poultry

- c) Pastry
- d) Beans
- e) Cakes

The majority of the Yavapai County Homemakers realize that nutrition is very complex; that by following the Basic 7 food chart in their daily meals they and their families can be well nourished. Except for a few isolated cases the women calculate actual food intake at only infrequent intervals but they do check their menus with the Basic 7 food chart. About 50% of the Yavapai County Homemakers keep the Basic 7 food chart in a convenient spot in their kitchens. In that way it is easily referred to. (The recommended practice is to tape this chart to the inside cupboard door).

The agent has endeavored to instill in the minds of the homemakers the importance of proper meal preparation. Great emphasis has been put on the fact that improperly prepared food may not be nutritious food.

The agent's aims in the nutrition program are:

1. To have homemakers serve a balanced diet of good fresh or properly preserved foods properly prepared.
2. To have everyone in the family eat their requirement of these foods.

Homemakers throughout the county are more or less continuously aware of nutrition in regard to over and under weight problems. A number of the women who lost weight during our weight control studies of 1950 are still maintaining that decreased weight which they aimed for and achieved. Homemakers realize that they feel better, look better, and have a better outlook on life if their weight is approximately normal.

In the opinion of this agent, today's nutrition faces grave dangers. Yesterday's homemaker served meat, vegetables, bread, butter, milk and sometimes a dessert. She started in with the raw "food stuffs" and if she did a careful job of correct preparation her family was at least offered an adequate diet. Today's "working homemaker" is tempted to and often does serve her family from those "ready-prepared foods" which she finds on her grocer's shelves or in his freezer. Careful analysis and selection must be used by the homemaker if her family is to continue to be "well fed" nutritionally. Most ready prepared foods

tend to be high in calories and relatively low in protein. Careful selection and supplementing by the homemaker can and will eliminate this possibility of a nutritional deficiency. It is probably more important today than ever before that each individual get their required amount of milk and milk products in the day's diet.

The aims of this year's (1957) nutrition program were to have:

1. Nutritionally informed homemakers.
2. Homemakers able to evaluate food purchases.
3. Improved general appearance, health and well being of all homemakers and their families.
4. Homemakers learn and re-learn good posture and exercises which help maintain good posture.

The agent feels that through all of the varied nutritional activities this past year that the aims of a county-wide good nutrition have been advanced.

Packaged and Prepared Foods versus Home Prepared Foods

Method demonstrations on this project were carried by the agent throughout the county. The objects of these demonstrations were;

1. To help the homemaker evaluate her food purchases for:
 - a. Nutritional value
 - b. Economy
 - c. Convenience
2. To help the homemaker be informed when buying food today.

The procedure for these meetings was:

1. The agent demonstrated the ease of mixing and using powdered skim milk and showed how the flavor (if unpleasing to the individual) could be disguised through the addition of various syrups or whole milk to the powdered milk

solution. As to be expected some families already use powdered and canned milk, they like it. Others realize its economical value and its storage value, but do not like its taste as a beverage. The suggestions for disguising its flavor were well accepted.

2. The "dissection" of chicken pies and fish sticks. This served to demonstrate the nutritional deficiency of prepared foods such as chicken pies and fish sticks if they were the main source of protein for the day. By "dissecting" a chicken pie or a fish stick the women were able to see how large was the amount of "filler" in relation to the main food - chicken, vegetables and fish. The women indicated that they never thought about the severe lack of protein in their diet if they relied too heavily on these prepared food. However, in most cases, to date, homemakers indicated that they used the prepared foods as filled-in food, when they were too tired to cook or when they had unexpected guests or others drop in just at mealtime.
3. Various size frozen vegetables and fruit packages and their labels were studied. The women were amazed to find that the size package did not denote the amount of food in that package.

The results of this phase of the 1957 nutrition program were to:

1. Alert homemakers to the facts regarding prepared foods. The hope is that through consumer demand we can improve the nutritional value of all prepared foods.
2. Improve buying practices.
3. Impress upon homemakers the importance of reading the labels on all packaged goods.

The nutrition specialist and the agent compiled a mimeograph for these meetings. (Copy attached). We know that more and more packaged and prepared foods are going to be used so it is our job, as educators, to see that nutritionally good foods are on the market and that homemakers select them in preference to nutritionally poor packaged foods.

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

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

June, 1957

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

REVOLUTION IN FOODS AND NUTRITION

The homemaker of today is confronted with many food purchasing problems not encountered by her grandmother. She has a much larger variety of foods to choose from.

Buying food is a difficult job and it can be needlessly expensive if the buyer is not aware of the problems involved. Today we'd like to aim our program towards:

1. Helping the homemaker to evaluate her food purchases for:
 - a. Nutrition
 - b. Economy
 - c. Convenience
2. Being informed when buying food.

Today's food market is quite different from yesterday's. Gone is the cracker barrel and bulk sugar. Today practically all foods are factory packaged in convenient sizes.

1. The Modern Market Basket provides improved quality, and a greater number of time saving foods to grace the family table.
2. Most grocery stores have from 4,000 to 7,000 items to put in today's market basket. One-third of these were non-existent 10 years ago. Another third is now a new style or in a new package.
3. More Americans have more money to spend and are spending more money on food than in past years. We are eating more expensive foods at home, with more built-in services. We are also treating ourselves to more meals away from home.

The foods markets of today are full of not only foods but services. These are commonly called "built in services." Some of these services are:

1. Many foods can be purchased completely prepared or partially prepared.

2. Fresh fruits and vegetables are available year around giving greater meal time variety.
3. More and more foods are being packaged in various sizes to meet consumer demands.
4. Frozen foods are found in all types of food from soup to pie.

With all these "Built in services" the homemaker really has a problem "stretching the food dollar for best nutrition." How much money you have to spend for food (within reason) is less important than how you spend it.

1. Plan your buying - alertness and planning are essential for good shopping. Know what you really want. Know how many servings you wish from the food you buy and buy the number of pounds or size can to meet this need - left-overs are costly unless planned.
2. Be alert to price. When buying compare quality and consider waste when comparing price.
3. Buy in quantity if it means a saving or convenience of fewer shopping trips, and you have suitable storage space. Don't tie up money that is needed for other foods in a large supply of a single food.

Buy canned foods economically by the case or dozen lots. Take advantage of food sales.

4. Do what you can yourself. Much of the food on the grocery shelf is designed to be prepared as quickly and with as little effort as possible. These foods are a great help to anyone who is rushed for time. However, if you have time, enjoy cooking, and have storage space you can probably save money on your food bill by buying non-prepared foods and preparing them yourself. (Time and energy versus money).
5. Read the labels and recognize standards or grades.
Read the labels for helpful information to make sure your purchase is suitable to your need, in both size and quality.

Evaluation of Foods

Milk -- (Your milk bill should be about one-fifth of your grocery bill)

Milk	Cost/qt.	Storage	Base of Use	Nutrition		Use	
				Cal.	Vit. A		
Fresh	23-25¢	1-5 days	Good	666	1550	1152	Normal
Evaporated	19¢	Long	Fair	692	2016	1294	Normal
Dry Powdered	8¢	Long	Poor	308	40	1212	Many

Commercial Meat Pie - (375 million sold in 1956)

	Size and/or cost	Crust	Meat	Vegetable	Gravy
Indiv. Meat Pie	8 oz.	40%	14%	10%	36%
Weight of Ingredients (in ounces)	8 oz.	3.2	1.12	.08	2.9
Cost of Ingredients (cents)	.28	11.2	3.9	2.8	10.5

Fish Sticks (80 million pounds sold in 1956)

	Package		Fish		Crumbs and Oil	
	Weight	Size	%	Weight	%	Weight
Commercial Fish Sticks	8 oz.	Same	55%	4.4 oz	45%	3.6 oz.
	10 oz.	"	55%	5.5 oz.	45%	4.5 oz.
Cost of ingredients	8 oz.	39¢		20.9		17.5

The actual fish used in fish sticks is usually cod, haddock and perch. You pay at the rate of \$1.73 per pound for the fish in fish sticks.

Vegetables

Vegetables & Lb.	Calories		Vitamin A		Vitamin C		Cost	
	Frozen	Fresh	Frozen	Fresh	Frozen	Fresh	Frozen	Fresh
Broccoli - cut stalk	53	41	5,290	4,840	170	163	23	15
	53	41	5,290	4,840	170	163	31	15
Brussels Sprouts	106	82	770	695	143	164	34	17
Lima Beans	247	291	500	640	36	72	27	42

Pastry Making

Two leader training meetings were held in the county on pastry and pie:

The objectives of these meetings were:

1. To teach correct techniques of making pastry.
2. To teach characteristics of good pastry.
3. To teach others to make good pastry.
4. To see characteristics of three types of pastry:
 - a. Standard
 - b. Stir and Roll
 - c. Commercial mix

The procedure for these Leader Training Meetings was:

1. The agent discussed the desirable and undesirable characteristics of pastry.
2. The agent demonstrated the making of standard pie crust.
3. Leaders divided into groups and made three types of pastry:
 - a. Standard
 - b. Stir and Roll
 - c. Commercial
4. The agent made a lemon pie filling and meringue.

Meringue pies are one of the most difficult for the average homemaker. The principle which the agent endeavored to teach in meringue making was that the amount of sugar per egg white governs cooking temperature and time. (The greater the proportion of sugar per egg white the higher the cooking temperature and the shorter the cooking time).

Common difficulties with meringues are:

1. Tough (cannot cut through, stick on the knife).
2. Weeps - (may be on top in little beads or at edges and soak the crust).
3. Falls - (Becomes shriveled and unappetizing in appearance).

The agent endeavored to point out all of the above difficulties, the cause of same, and how to avoid them.

The women really enjoyed making the pie crusts and noting not only the differences due to types of recipes but the differences due to their techniques in handling.

One homemaker noted for the difficulties which she has in all of the skills of homemaking, really had a time making the stir and roll pie crust. She made two crusts and both were so bad that the agent spent part of her noon hour making another crust to prove to the women present that it was possible to make the stir and roll crust with desirable characteristics. This served to really emphasize the fact that the handling of pastry is a technique; one which must be carefully learned and practiced.

Some of the points emphasized were:

1. Measure all ingredients accurately.
 - a. Excess fat - too tender
 - b. Excess flour - tough
 - c. Excess water - tough
2. Do not over handle or stretch pastry.
 - a. Over handling causes tough pastry
 - b. Stretching causes tough pastry which may shrink
3. Do bake at correct temperature.
 - a. Too low temperature causes shrunken pie crust which may not be done
 - b. Too high temperature causes burning and overdone pastry

Points emphasized concerning commercial pie crust mixes were:

1. Shop wisely
 - a. Study label
 - b. Buy only where packaged goods have a fairly rapid turnover. (Grease soaked boxes, etc. usually indicate a rancid, old mix)
 - c. Be sure that the price is right for the amount of mix that you get. Size of package does not necessarily indicate number of ounces in the package
2. Follow directions exactly. Use accurate measurement, timing, etc.

The women greatly enjoyed the meetings and really seemed to have profited from them.

All leaders gave demonstrations at their Homemakers Clubs on "The Making of Pastry and Pies." To the best of their abilities leaders followed the same pattern in their meetings as was used in the Leader Training meetings.

Common problems encountered by the leaders were:

1. Getting a nice flaky pie crust
2. Having the lemon filling fail to set

One homemaker leader especially had difficulty with the lemon filling. She is very accurate and precise in her measurements so the agent feels sure that inaccurate measurement was not her trouble. Since the leader meeting this homemaker has made several lemon pies about one-half of which have "set up" correctly and the others require a spoon to eat them. The agent would be interested to know if there is any research on the effect of lemon juice on the thickening power of corn starch.

In general reports from leaders and comments from other homemakers indicated that they all profited from these demonstrations.

Foods and Health

A series of method demonstrations was held this year throughout the county on nutrition and exercises. The aims of this project were:

1. To improve the appearance of the homemaker and her family.
2. To improve the feeling of good health and well being of people

The procedure for these meetings was:

1. Each woman recorded what she had eaten for the last twenty-four hours.
2. The agent discussed the Basic 7 Foods groups and the women classified the foods which they had previously charted.

3. Each woman reported to the group on the adequacy of her particular diet during the last twenty-four hours.

In general we found some dairy products (milk) deficient, and some leafy green and yellow vegetable deficiencies. All of the other basic foods were apparently consumed in adequate amounts.

The second phase of these demonstrations was "Let's line up our bodies." Through the use of the cardboard cut out and actual persons the proper position of all portions of the body when walking or standing were demonstrated. The points emphasized in body carriage were:

1. Plumb line. (This is where your body weight should be carried.)
 - Tip of ear lobe
 - Opposite shoulder bone
 - Down torso
 - Opposite the hip bone
 - A little in front of ankle bone
2. Position of feet and knees for correct standing and walking.
3. Position of the pelvis.
4. Position of the abdomen.
5. Position of the chest.
6. Position of the shoulders.
7. Position of the neck and head.
8. Position of the arms and hands.

The agent emphasized, demonstrated and had the women practice the correct standing and walking position of each portion of the body. They noted that

1. Locked knees or too greatly flexed knees threw the body weight on the wrong portion of their foot.
2. Tipped pelvis caused the stomach and hips to protrude.
3. Etc.

Exercises for each section of the body, to keep it in "tone", were demonstrated and discussed.

Probably the most common figure problem is the "sway back." The agent emphasized that even though they (the homemakers) might not be able to correct their own sway backs that they could help their youngsters to avoid having sway backs. In most cases sway backs are nothing but poor posture.

All groups seemed to thoroughly enjoy these meetings on nutrition and posture.

Leaflets used were:

1. Food values in common portions.
2. National Food Guide.

Food Preservation

August was food preservation month this year. Requests for all types of food preservation have come to the office. The most common of these requests have been on freezing, pickle making and canning of tomatoes and peaches.

Fifteen pressure canners were tested this year.

Fruits and Tomatoes

Many homemakers still prefer to use the open kettle method of canning most fruits and tomatoes. This is in spite of the fact that they know that open kettle canning is not a recommended practice. This year the spoilage on canned peaches has been terrific. One homemaker lost over one hundred quarts of canned peaches. It seems as if its almost impossible to change a homemaker's canning practices until she has a serious loss through use of the outmoded practice. Each year we have a few converts. Young women and others just starting to can are glad and eager to follow the recommended practices for canning.

Vegetables and Meat

Vegetable and meat canning do not seem to present the same problem as fruit canning. The average homemaker seems eager to learn and follow the safe, correct practices of vegetable and meat canning. The reason for this is undoubtedly that improperly canned vegetables and meats can kill you while fruits simply spoil and become inedible.

Pickles

Pickle making has been exceptionally popular this year. In an effort to help improve the general quality of home made pickles the agent not only distributed bulletins but included information on pickle-making in her news columns and radio broadcasts.

Drying

Odd as it may seem there has been a good bit of interest in the drying of fruits and corn. Corn is being dried in both the whole kernel and as cream style. Plums and peaches seem to be the favorite fruits for drying. It is hoped by the agent that the bulletin on drying fruits and vegetables will be re-issued. None are available in the State at the present time.

General

Baking

Work is being done on a revision of the "High Altitude Cake" bulletin #224. At the date of writing this report all available supplies in the State have been exhausted. The revision is necessary because of the feeling of this agent that three or four different types of cakes should be added to this bulletin.

Cherry Pie Contest

The agent worked with Yavapai County's cherry pie contestant this year. Our contestant came out second in the State contest.

Teenage Cooking School

The agent served as a judge at this year's teenage cooking school sponsored by the Arizona Public Service Company. The Public Service does a good bit of Home Economics foods work in conjunction with the schools in Yavapai County. Yavapai County's contestant won the State contest.

HEALTH AND SAFETY:

Good health is an integral part of the entire Home Demonstration program. All phases of homemaking (nutrition, clothing and home management) are important contributing factors to good or bad health.

The aims of this year's (1957) health program were:

1. Improved emergency treatment for accidents, especially burns.
2. To teach some of the recommended techniques of civil defense.

In an effort to achieve these aims this agent

1. Arranged with Miss Stewart and the Red Cross for a film on "First Aid for Severe Burns."
2. Arranged with Mrs. Mary Sills, Yavapai County School Nurse to talk with all Homemaker groups.

The agent showed the above mentioned film and Mrs. Sills demonstrated and talked on:

1. The Home Medicine Closet
(Stocking, safe guarding and care)
2. The use of prescription drugs.
(Precautions)
3. Simple home remedies and/or first aid.

Mrs. Sills also explained a great deal about our need for civil defense, what an atom bomb could do and how we might be affected. Mrs. Sills has a teaching certificate for civil defense. Many questions were asked on all phases of first aid and civil defense.

Mental Health

The Verde Valley mental health unit has continued to function this year. The teenage recreation program is probably their most important achievement. They now have a skating rink, lighted tennis courts, reading rooms and indoor

game rooms. The Valley Action Committee has also been instrumental in maintaining and supervising active sports events such as Little League ball, basket ball, tournaments, etc.

Still another phase in which the mental health movement has helped the teenage is in improved counseling for his later vocation. The majority of teenagers simply go to high school because it's the thing to do. A large percentage of them never seem to think about what they are going to do in later life to make a living. A glaring example of this comes to the agent's mind. One homemaker in talking with the agent about her son said "He really should take an engineering course. That seems to be all that he's interested in doing." Sad to say this teenager was a senior in high school and had taken no mathematics since he passed the 8th grade. In the opinion of both the mother and the agent a good counseling system when he entered high school and all through his high school days would have eliminated many of his problems in school and in later life. It is doubtful if he will go back and prepare himself on a high school level for a college course in engineering. This is only one of many such examples which could be cited.

Chest X-Ray

Yavapai County homemakers assisted with the clerical work of the mobile unit chest x-ray when it was in their areas. Since Arizona has such a high incidence of T. B., conscientious homemakers make every effort to see that their entire family is x-rayed annually.

Cancer

Members of homemakers' clubs furnished volunteer workers and some money to the cancer drive. At the request of the State Cancer Director, the agent appointed a homemaker to serve on the county cancer board.

Crippled Children - Polio

This year, as in the past, the homemakers contributed generously of their money, time and effort to the polio drive.

General Health

Four radio broadcasts and two news columns were given specifically slanted towards avoiding the "Asiatic Flu" and severe colds or caring for individuals suffering from either of them. To this agent's knowledge no diagnosed cases of "Asiatic Flu" have been in Yavapai County but we have had lots of flu and severe colds.

RECREATION AND COMMUNITY LIFE:

"Happiness through Family Unity" is the aim of the agent and homemakers. The majority of planned recreation is adaptable to family participation.

Homemakers' clubs have some sort of recreation at each meeting. Types of recreation are:

1. Songs
2. Games
3. Auctions
4. Refreshment

The agent encourages songs and games because of their group participation spirit.

One county-wide recreational event was held this year. It was the fifth annual Bi-County Homemakers family picnic. Seventy-five homemakers and their children attended. New and old games seemed to be the order of the day along with delicious food. Homemakers and their children enjoyed both.

Because the county is divided in two by Mingus Mountain it is very difficult to hold many county-wide social events. The values of social events are many fold. Some of them are:

1. They help rural women become better acquainted with each other and thus make it easier for them to work and plan together.
2. They foster pride in each individual community and its accomplishments.
3. They facilitate an easy exchange of ideas by homemakers.

EXTENSION INFORMATION:

In-Service Training

The agent attended a one-day agent training meeting at Tucson this year on news story and column writing.

News Columns

This year saw the beginning of a weekly news column written by the agent and published in two papers, the Messenger and the Courier. This column is prepared for newspaper release on each Wednesday of the week. The weekly paper can be bought on the news stands in Prescott on Wednesday afternoon, so it was decided by both papers that a Wednesday release date would be satisfactory. In this way one column written by the agent is acceptable to both papers.

One funny incident happened in connection with the agent's news column. The project of that month had been "fitting the design and style dress to each individual figure." The bulletin used was "How do you Figure" written by Miss Helen Church, Clothing Specialist. To make a long story short a man wrote in to the office asking for the bulletin "How do you Figure?" He was trying to do his Federal Income tax report!!!

An effort was made to get a column in the Verde Independent. One month such columns were written and published. The "stumbling block" here is that the Verde Independent prints only local news. Such a policy necessitates the writing by the agent, of a separate news column. Time has just not been available for this. However, in the future, beginning in January 1958 a column will be written for the Verde Independent. This additional column is being made possible by the fact that this agent no longer covers two counties, her activities are all confined to Yavapai County as of this next year.

Special news articles and news releases of a pertinent nature are submitted by the agent to the county papers and are always published. Our newspaper cooperation is good.

Radio

This agent along with the County Agricultural Agent has three radio broadcasts per week on each radio station KNOT and KYCA. These are six and three minutes respectively. Each agent does two broadcasts at each station at a time, thus making four broadcasts per agent one week and two the next week.

An effort is made by this agent to keep all material pertinent.

Progressive Agriculture

At the request of the State Leader, Miss Jean Stewart, this agent arranged with Mrs. Elmer Young, Dewey, for pictures to be taken of Mrs. Young packaging meat for storage in her home freezer under the supervision of the agent. These pictures were for use in an article written by Miss Stewart for the spring issue of Progressive Agriculture. The Elmer Young family has been and still is an excellent cooperater in the entire Extension Service program.

Bulletins and Mimeographs

The bulletin on Yeast Breads and Rolls was welcomed by all homemakers in the county. The bulletins on new ways to cook Pinto Beans and Easy Sewing Skills are also very popular.

In an effort to assist people with an easy reference for removing some of the more common food and other types of stains, the agent excerpted specific stain removal techniques from a number of bulletins and compiled them under one cover.

An incredible amount of Home Economics specialized mimeograph material is gotten out by the agent and the county secretary. Each project for every year requires 200 copies of mimeograph. Each mimeograph is from three to eight pages long. Copies of some of this material will be found included in this report.

Bulletins and mimeograph material are distributed by both the agent and the county office as requested. Requests come to the agent through personal contact, letter and telephone. Part of the requests are the result of the agent's news column which publicizes various phases of Home Economics.

Bulletin Boards

Our pegboard type bulletin boards installed last year are still outstanding for bulletin display. This agent has facilities for displaying fifty-five to sixty bulletins on one wall of the county office. It is amazing how much more readily the general public will take and use an attractively displayed bulletin. Our bulletin boards are a "dusty pink" against which all of the bulletins look attractive. My thanks to the County Agent for his efforts in procuring and mounting these boards on the walls.

MISCELLANEOUS:

Yavapai County Fair

For the past two years this agent's responsibilities towards the women's division of the Fair have been that of "Advisor." The Junior Monday Club of Prescott assumes full responsibility for this division.

The agent worked with Mrs. Helen Shull and Mrs. J. Carrington Brown, Jr., superintendents of the Home Economics Adult and 4-H divisions (respectively) of the County Fair. Approximately twelve hundred adult exhibits and four hundred 4-H exhibits were entered this year. The quality of workmanship was good. Judges for the adult Home Economics were Miss Eloise Keller, Mrs. Flossie Barmes and Miss Shirley Ryberg. All except Miss Ryberg were experienced judges. In the future we will continue to need a minimum of three judges for the adult Home Economics exhibits.

Judges work from 10 A. M. to 8 P. M. with one hour out for lunch. Judges for the Yavapai County Fair should plan on one and one-half days at Prescott for judging the Yavapai County Fair. There are always a few items to "pick up" and judge the next morning. This year it was the community booths. Judging was satisfactory this year. The Yavapai County Fair Commission "seems to be" happy to pay the expenses of necessary judges for the Home Economics Department. How they would feel about paying transportation costs or a salary to judges this agent does not know.

The 4-H department of the Yavapai County Fair is becoming one of the highlights of the entire fair. The 4-H Home Economics building was well decorated and exhibits were nicely arranged. A place on the entire fair program was made for all special 4-H events. The Dress Revue was especially good this year. It is anticipated that all 4-H educational events will improve yearly at the County Fair. The agent spends a great deal of time working and planning with the Yavapai County 4-H leaders for the above mentioned improvements.

Yuma County Fair

The agent attended the Yuma County fair for the purpose of judging the 4-H Foods and Room Improvement exhibits. However, in addition to judging these exhibits

the agent also judged adult food preservation and some 4-H clothing. Approximately three days were spent in travel and judging at the Yuma County Fair.

1957 Apache County Fair

The agent took two 4-H leaders to St. Johns with her to assist in judging all home economics exhibits at the Apache County Fair. Mrs. J. Carrington Brown, Jr. judged the clothing and household arts exhibits, Mrs. H. T. Coates judged the baked foods exhibits. The agent judged the food preservation and 4-H exhibits plus some of the household arts exhibits.

The St. Johns' (Apache County) fair judging required about eight hours of judging time. In the future this agent would suggest that judges arrive at St. Johns the night prior to judging of home economics exhibits. A sixteen to eighteen hour day is too long a day for volunteer judges.

Crafts

Under the leadership of Mrs. Frank Meinecke, the Chino Valley Homemakers endeavored to create interest in their club through crafts. One of the problems encountered was that each woman wanted to do something different. Also they wanted to do some of the more difficult crafts such as ceramics. So far apron making has been the most popular craft.

The Camp Verde Homemakers each November have a very interesting crafts lesson presented by their members. Last year (November 1956) the most popular crafts was glass etching. This year each homemaker or small group set up her specialty craft and had twenty minutes for her demonstration. Some of the demonstrations given were:

1. Enameling on copper.
2. Glass etching.
3. Making of Christmas cards.
4. Making five-minute fudge.
5. Making fancy bean bags.
6. Holiday decorations.

The Bridgeport homemakers concentrated on Holiday Decorations this year. This included flower arranging, table setting, and other holiday decorations.

Cowbelles

The agent attends as many of the Yavapai County Cowbelle meetings as possible. They are now having monthly potluck dinners in the homes in addition to meetings in town whenever the Cattle Growers meet. This seems to have stimulated some additional interest. The Cowbelles have many worthwhile projects with a twofold purpose.

1. To stimulate interest in and use of beef.
2. To serve the communities in which they live and make a living.

Some of their projects have been:

1. Sending a girl to Girls' State.
2. Supplying foods medals to high placing 4-H foods girls at County Fair time.
3. Supplying material for a public service radio broadcast on "Hoof beats from the past."
(Stories of early Arizona)

In-Service Training

The agent attended both the 1956 and 1957 annual conferences during this report period. At the 1956 annual conference this agent gave a talk on "Sources of 4-H Leadership." Annual Conference always reminds us that the ground which we have to cover is unending. That we must continuously "pro - ject" ourselves into an ever growing area in order to get the job done. At this year's (1957) annual conference Mrs. Katharyn Zimmerman's (Missouri State Leader) "Add Water and Stir" theme persisted throughout the conference.

The agent also attended a two-day Home Agents' conference, the theme of which was "Program Planning."



Mrs. A. J. Barmes showing Mrs. Jim Cramer
how bread is judged

OUTLOOK AND RECOMMENDATIONS:

The outlook for the Home Demonstration Program in Yavapai County for 1958 is good. The fact that this Home Agent is now assigned exclusively to Yavapai County will be a big asset. It should now be possible to organize new groups as well as to strengthen some of the existing organizations.

Probably one of the biggest factors in this Home Agent's program will be time for the mass media type of education. When the agent was gone from a week to ten days each month it was almost impossible for her to do very much radio and newspaper work.

It is felt by this agent that the Home Demonstration program is constantly becoming more influential in the county. Urban people as well as farm people are asking for Home Economics information.