

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

F O R  
P I N A L   C O U N T Y

Leola L. LeRoy

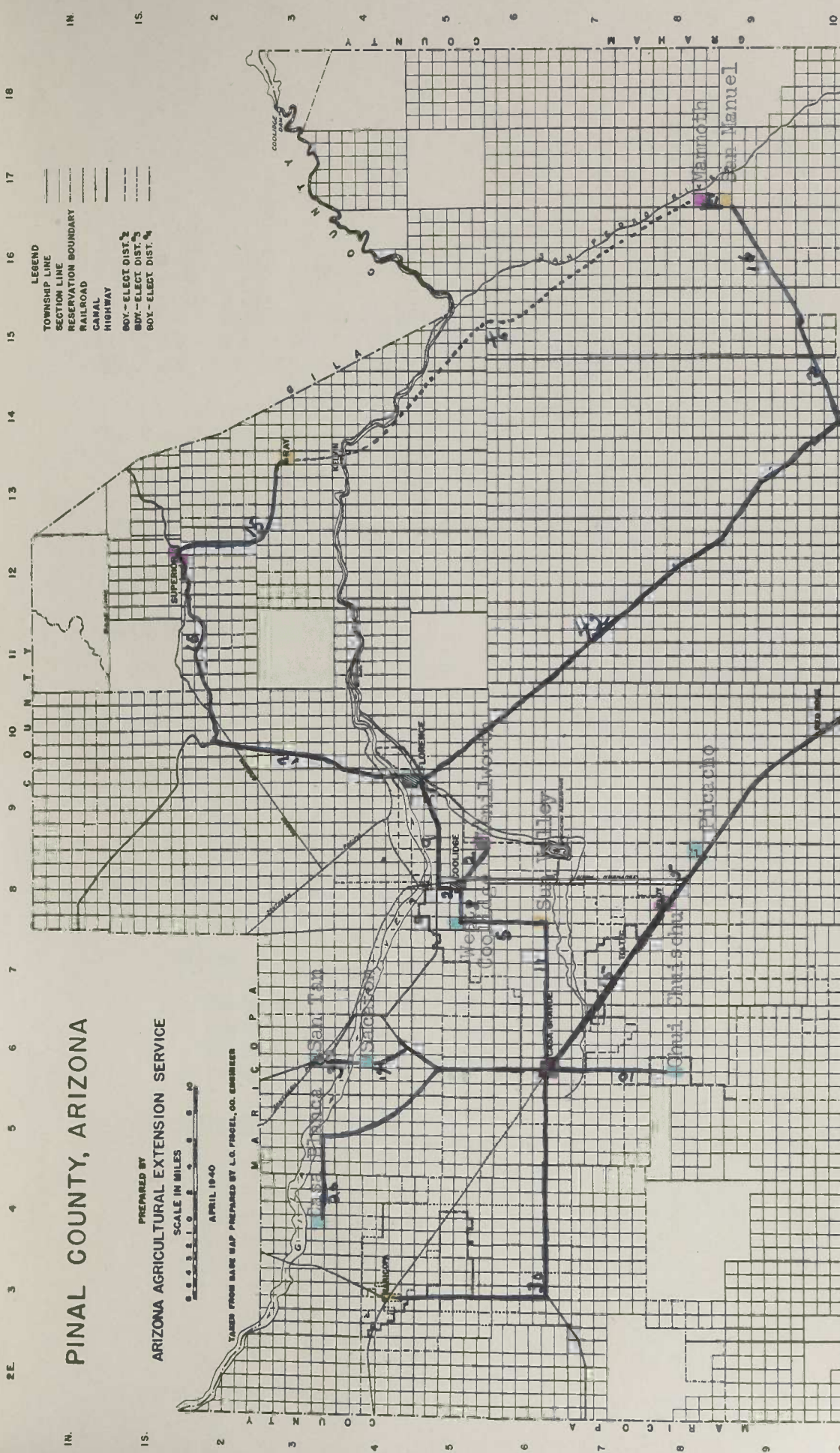
Ass't Home Agent  
September 1, 1956 to October 31, 1956

Home Agent  
November 1, 1956 to November 30, 1956

Leola L. LeRoy  
Pinal County  
September 1 to  
November 30, 1956

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# PINAL COUNTY, ARIZONA

PREPARED BY  
ARIZONA AGRICULTURAL EXTENSION SERVICE

4-H Areas

Homenakers

Both 4-H and Homenakers Clubs

Narrow Mountain Road

Leola L. LeRoy  
Pinal County  
September 1 to  
November 30, 1956

### SITUATION

Ten Homemakers clubs are active in Pinal County. These organizations are located in Casa Grande, Eloy, Kenilworth, Mammoth, Maricopa, Ray, San Manuel, Sun Valley, and Superior.

Officers of the Pinal County Homemakers Council as elected at the November meeting are:

Chairman	- Mrs. Joe Short, Sun Valley
Vice Chairman	- Mrs. Dave Miller, Mammoth
Secretary-Treasurer	- Mrs. Hugh Deifenbaugh, Casa Grande Afternoon club.

### ORGANIZATION AND PLANNING

Pinal County Homemakers held their Program Planning Meeting October 1 in Oracle. The following subjects, listed in order of preference, were suggested for the 1957 program:

#### Home Management and Home Furnishings

- Small Accessories for the livingroom.
- Care of hard surface floors.
- Laundry and Storage of household linens.
- Landscaping of yards and outdoor living area.
- Care of house plants.

#### Clothing

- Basic Sewing
- Wardrobe planning
- Fitting foundation garments
- Selection and care of fabrics

#### Foods and Nutrition

- Making the best use of your freezer (wrapping, freezing of fruits, vegetables, meats, prepared foods)
- Yeast Breads, basic doughs and rolls
- Whole wheat pastry
- Cuts of meat

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### Health

First aid (to include food supply, sanitation, drowning)  
Continuation of work on mental health  
Better Posture, exercise and rest  
Child hygiene and health education

With homemakers attending from Casa Grande, Kenilworth, Sun Valley, Mammoth and Superior, Pinal County Homemakers Achievement Day was held at the 4-H buildings, 11 Mile Corner, November 1. Educational exhibits depicting some phase of the years work were prepared by the attending clubs. Blue awards were given to Casa Grande Evening club for its exhibit on "Better Grooming", Kenilworth for "Easy Hostessing", and Casa Grande Afternoon club for "Sewing Machine Attachments". Red awards were received by Superior for its exhibit on "Foot Care", Mammoth for "Operation of the Sewing Machine", and Sun Valley for its exhibit titled "Dress Forms". A committee made up of a member from each respective club judged the exhibits, gave reasons for selections and made recommendations for changes in the score cards. Fifty-nine members and visitors viewed the exhibits. A short talk on problems of a legislator was given by Mrs. E. B. Thode, local legislative representative. Skits followed giving some phase of the years work. A potluck lunch was served with the Casa Grande Clubs acting as hostess.

Immediately following the Achievement program Pinal County Homemakers' Council convened. Recommendations on changes in Council Rules of Order were read. Delegates voted to refer changes to the clubs for consideration with final vote at January Council meeting.

#### Election of officers followed:

Chairman - Mrs. Joe Short, Sun Valley  
Vice Chairman - Mrs. Dave Miller, Mammoth  
Secretary-Treasurer - Mrs. Dorothy Deifenbaugh, Casa Grande

Achievement awards for the Club's year of work were presented to Eloy, Casa Grande Afternoon Club, Casa Grande Evening Club, Kenilworth, Mammoth and San Manuel.

This year the Agent and six homemakers from Casa Grande travelled to Tucson to attend Pima County Homemakers' Achievement Day. Of all the exhibits members found the foreign food demonstrations particularly interesting. Among the special interest exhibits centerpieces carrying out the themes of Happy Birthday Christmas, and Thanksgiving caught the eye. This trip served a



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twofold purpose. It permitted Pinal County Homemakers a glimpse of what other homemakers in the state are doing, and it gave them a feeling of belonging to a fellowship which reaches beyond the limits of the county boundary. One Pinal County Homemaker commented, "I've a lot of good ideas to carry out next year".

#### FOOD AND NUTRITION

September 25 in Coolidge and September 26 in Mammoth Mrs. Madeline McConnico, Agent-at-large, presented a lesson, "Broiler Meals" to 18 county leaders. A copy of lesson is enclosed.

The following questionnaire was sent out to determine extent of learning. Summary compiled represents 50 responses or approximately 25% of total membership. It covers a period of six weeks time from date lessons were given to close of this report. The figures do not, the refore, truly represent complete influence of the lesson.

#### Making the most of your broiler

- |  |                        |
|--|------------------------|
|  | Yes                    |
| 1. Did you attend the lesson on "Broiler Meals"?                                     | <u>37</u>              |
| 2. Did you learn something new at the lesson?  | <u>37</u>              |
| 3. Do you use the broiler of your stove more often than before the demonstration.    | <u>30</u>              |
| 4. How many times have you broiled the following foods:                              |                        |
| Liver <u>20</u>  | A Vegetable <u>112</u> |
| Bacon <u>55</u>  | A Fruit <u>25</u>      |
| Chicken <u>51</u>  | Fish <u>41</u>         |
| Chopped meat <u>84</u>   |                        |
| 5. Did you plan your meal around the broiler and use the oven for cooking the meal?  | <u>32</u>              |
| 6. With how many friends and neighbors have you shared your lesson on broiler meals? |                        |

150  
No. of persons

#### HEALTH

Leader Training meetings on "Mental Health for the Homemaker" were conducted by members of the State Health Department. Miss Mable Olson led the discussion October 30 at the Greenhouse, 11 Mile Corner. Participating leaders were from Casa Grande Afternoon,

# BROILER MEALS



Prepared by  
Madeline McConnico, Extension HDA-At-Large  
Agricultural Extension Service, University of Arizona

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona

Casa Grande

University of Arizona	Agri. Extension Service
College of Agriculture	Home Demonstration Work
U. S. Department of Agri.	County Agent Work
and Pinal County Cooperating	4-H Club Work

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Prepared by  
Madeline McConnico, Extension HDA-At-Large  
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University of Arizona

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## BROILER MEALS

This demonstration has been planned to help home-makers become more aware of the broiler section of her stove. The broiler is an important part of it. In some stoves it commands so much respect that it occupies a space all its own. This serves to emphasize its importance and usefulness. If the broiler has not been used often nor used at all one could say that there is dead space in the kitchen which is quite expensive.

How useful the broiler can be is the purpose of this demonstration. Members of a family who have not enjoyed broiled food may need to learn to eat it. It has a flavor all its own.

- Why use the broiler?
1. Saves time
  2. Takes less effort
  3. Food tastes good
  4. Food is appealing

Meat is not the only food that can be broiled. However, it does play an important role in the American diet patterns. Most anyone can have a delectable broiler meal with choice T-bone and sirloin steaks or other tender cuts. It would be difficult to ruin such cuts. There are other foods of the high protein family which will be prepared during this demonstration. Broiled vegetables will also be a part of it.

Meat of all grades play such an important role in the food pattern. It is well to review or recall some of the factors governing meat.

### Important Questions and Answers Regarding Meat:

1. Does freezing alter the nutritive value?  
Answer: No, but losses do result if drip from the thawed meat is not used.
2. Does meat lose nutritive values by cooking or storage?  
Answer: Yes, some.

- a. It loses water through evaporation.
- b. Fat, mineral matter, B Vitamins, and protein in the drippings. Heat causes some destruction of the B Vitamin (thiamine) long cooking such as braising causes greater loss than short time cooking. However under usual conditions loss of nutritive value is no cause for concern.

3. Do more expensive cuts give more nutritive value?

Answer: No, except that higher grade has more meat in proportion to the bone.

4. What is meant by grades of meat?

Answer: Carcasses are examined by experienced graders who look for:

- 1. wholesomeness
- 2. appearance
- 3. composition
- 4. tenderness
- 5. flavor
- 6. juiciness (and nutritive value)

The U. S. stamp is put on by a roller, the entire length of carcass. Meat which more nearly fulfills the requirements named above is marked according to the grade it most nearly represents.

Prime - young, well fed animal - firm fine texture - liberal marbeling.

Choice - less fat than prime - <sup>high</sup> high eating quality - we see this more often in local markets.

Good - Lean - not as juicy as choice but tender.

Standard - younger animal (was in commercial class)

Commercial - from older animals - moderately tender - no juice - thin covering of fat and no marbeling - coarse grain.

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Utility - older animals - lacks tenderness - no juice - coarse grain. Generally used for canned meats.

5. How can we tell that meat has been government inspected for wholesomeness?

Answer: Cuts are marked with this stamp  
"38" is the code number for the packing house.

6. Exactly how carefully is the carcass examined before the "stamp" is put on?

Answer: A trained government inspector inspects the animal before it is slaughtered. After slaughtering the glands, viscera and carcass are examined. An unhealthy animal is condemned. The inspection, by the way, is also made of the sanitary conditions of the processing plant.

7. Is all meat that is sold inspected in this manner?

Answer: NO. Only that which is involved in inter-state trade.

8. Are there other inspection laws?

Answer: Yes. In our state; for instance, Tucson, Pima County and Phoenix, Maricopa County, are the only cities in Arizona with strict inspection laws. Some states have state laws. Ours does not.

9. What is meant by aging?

Answer: Aging describes a process where beef is held under controlled temperature and humidity for a certain period of time. Some changes occur which tenderizes the beef and changes the flavor somewhat. Aged beef costs more.

#### Using the Broiler

To broil means to cook by direct heat or on a grill.

broiling may be done

1. over hot coals
2. under gas flame
3. under electric unit

Temperatures for broiling need not be high as it was once thought, but should be moderately low for these reasons:

1. The meat will be uniformly cooked throughout.
  2. There will be less shrinkage.
  3. There will be higher percent of edible meat.
  4. The meat will be tender.
  5. The appearance will be attractive.
  6. No charring of bone or fat.
  7. Less smoking
  8. Need less attention while cooking. Best results are obtained if the temperature at the top of meat = 350°. If it cannot be regulated as in some electric ovens the broiler pan may be lowered farther away from the heat.
- Salt one side when it is ready to be turned - not before browning because salt tends to draw juices.

Time: Depends on

1. Thickness of cut and surfaced area. The larger surface taking longer time.
2. Broiling temperature.
3. Degree of doneness desired (rare - brown outside - rose red throughout, medium rare - Pink inside, well done - no pink visible).

Meat for broiling is more tender than other cuts of meat, and generally more expensive.

It is recommended that beef be cooked with low heat and just long enough to suit family tastes. Low heat tends to cook meat evenly and minimize shrinkage. The more thoroughly beef is cooked, the greater will be the SHRINKAGE AND LOSS OF NUTRIENTS:

Tender cuts may be broiled, pan-fried or roasted.

For broiling: A constant, moderate temperature is used. In broiling under direct heat the temperature can be adjusted by temperature of broiler oven or the distance between meat and heat.

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Generally the distance is 4" to 6" depending on thickness of cut of meat.

Pan broiling: A heavy skillet is used. The fat poured off as it accumulates. Salt should be added after browning because it draws out juices and there is much meat surface exposed.

Other meats which can be broiled:

Ground beef patties and calf liver

Lamb: chops - leg steaks - ground lamb patties

Pork: ham slices - bacon - (well rendered) - sausage (well done always)

Fowl: young chicken - 2 to 2½ pounders

Fish: halibut steaks, salmon steaks, etc.

NOTE:

A broiler pan can be as easy to wash as a frying pan. Small broiler pans and grills are available at little cost.

A cake rack placed in a baking pan may be used as a broiler pan.

M E N U #1

Choice of:

Salisbury Steak (1" thick)

Club Steak

Broiled fresh tomatoes

Whole Kernel Corn

Cole Slaw

Plain Muffins (favorite recipe)

Baked Apple

Salisbury Steak

1 pound chopped beef

1 tsp. salt -  $\frac{1}{4}$  tsp. pepper

2 tbsp. oleomargarine or butter

Fresh bread crumbs or wheat germ

 $\frac{1}{2}$  cup milk, whole canned milk or powdered milk

Preheat oven to 350°. Mix beef with seasoning and milk. Form into individual steaks or 1 big steak. Butter both sides of pattie or steak. Coat lightly with crumbs and broil 6 to 8 minutes on each side. Turn once. For pan broiling turn often. Pour off liquid as it collects.

To serve: Place on platter. Pour over it, natural gravy made by adding  $\frac{1}{4}$  cup boiling water to the drippings. Garnish with vegetables which may be placed under the broiler pan while steak is being prepared. See below.

Cole Slaw

1 pound cabbage - Dressing made with:  $\frac{1}{2}$  cup whole canned milk

2 tbsp. vinegar or  
lemon juice

$\frac{1}{2}$  tsp. salt

Shred cabbage fine and mix with dressing.  
Toss lightly.



### Baked Apple or Pear Halves with Honey

6 apples cut in two

#### Directions:

Remove the core; Place in baking pan cut side down. Allow 1 tbsp. honey and 1 tsp. butter for each  $\frac{1}{2}$  apple. Add 1 cup water. Sprinkle with a little cinnamon and nutmeg. Place in oven and bake while meat is broiling. About 5 minutes before serving turn apples over and baste with honey sauce. Canned quartered apples may be treated in same manner.

### M E N U #2

Calves liver or baby beef liver

( $\frac{3}{4}$ " thick)

Buttered rice (oven cooked)

Canned string beans and bacon

Sliced tomatoes or tomato aspic on  
shredded lettuce bed

Oven toasted buttered bread

Lemon Ice Cream

Preheat broiler oven to 350°. Cut off membranes. Butter both sides of liver. Broil one side 10 to 12 minutes depending on tenderness. Calves liver requires less time. Turn and broil on other side 8 to 10 minutes. Salt and pepper before serving.

### Oven Dinner Rice

1  $\frac{1}{3}$  cups precooked rice

1 tsp. salt

1  $\frac{1}{2}$  cups cold water

2 tbsp. butter

Start heating oven to 325° F. In one quart casserole combine all ingredients. Bake covered 30 minutes. Before serving mix lightly with fork. Serves 4.

### Beans and Bacon

Cut into very fine pieces 4 slices bacon  
 Render - Onion may be added  
 Pour into baking dish 1 can string beans  
 Pour over that the rendered bacon and bacon fat,  
 Cover and bake while liver is being broiled.

### Tropical Freeze (Lemon Ice Cream)

1 large can undiluted milk       $\frac{1}{2}$  cup sugar  
 2 tbsp. lemon juice              1-6 oz. can fresh-frozen lemonade

Chill\* can of undiluted milk in refrigerator tray until soft crystals form on edge of tray (25 - 30 Minutes). Whip until stiff. Add lemon juice. Whip very stiff. Add sugar and softened frozen lemonade. Whip again until stiff. Freeze in refrigerator trays until firm. About 2 hours.

Unopened can of milk left in refrigerator overnight can be used. It will be properly chilled.

Variation:

Use  $\frac{1}{4}$  cup lemon juice and 1 - 6 can of fresh-frozen orange juice or grape concentrate.

\* Store canned milk in refrigerator the night before to chill it thoroughly. (Or, it can be chilled by putting it in an ice tray and chilled just before using it.

Chill the bowl and beater by rinsing them in refrigerated cold water.

Pour the chilled milk in a chilled bowl and whip until it is beginning to have peaks. Whip in the lemon juice and sugar. Add the lemonade and whip until it forms peaks. Pour into ice trays. Set the refrigerator to freezing and allow to harden. Takes 2 to 3 hours. Delicious served alone or with angel food cake. Non-fattening.



### Broiled Tomatoes

3 medium tomatoes                      salt to taste  
 3/4 tsp. prepared mustard      3 tbsp. buttered  
 1 tbsp. minced onion              fresh bread crumbs  
 1 1/2 tsp. Worcestershire sauce

Start heating oven at 375°F. Wash tomatoes, cut out stem ends, then halve crosswise. Arrange with cut side up on broiler rack. Spread with prepared mustard. Top with minced onions with Worcestershire sauce. Sprinkle with salt and then with crumbs. Broil without turning, 15 minutes or until nicely browned. Note: When served with broiled meat, tomatoes are placed around the meat when it is turned over to cook on the other side. Remember it takes 15 minutes to broil them.

### Baked Pears or Apples with Honey

Cut pears into halves. Core, place cut side down in baking dish. Allow 1 tsp. oleomargarine for each 1/2 pear and 1 tbsp. honey for each 1/2 pear. For each 1/2 pear allow 1 tsp. butter, 3 tbsp. honey and 2 tbsp. water. Insert 3 or 4 whole cloves into skin side of pear. Place in pre-heated oven and allow them to cook while broiling or until done. Five minutes before serving, turn, baste with sauce and allow to brown slightly. Serve hot.

### Garlic Bread

Prepare garlic butter by adding enough garlic to taste to 1/4 lb. of oleomargarine, melted. Slice a loaf of French bread or homemade bread of any kind. Do not cut the slices clear through to the bottom. Open between slices and brush with garlic butter. Reclose the slices. Wrap in brown paper or in foil. Place in oven during last half of the broiling processes.

## M E N U # 4

Broiled Hamburger  
Oven browned potatoes (pre-cooked)  
Sliced Tomatoes and other relishes  
Buns (heated)                      Peach Cobbler

### Hamburgers with Cheese

1½ lbs. ground beef  
3 tbsp. chopped onions  
¼ cup wheat germ (optional)  
1½ teaspoon salt  
¼ teaspoon pepper  
1 egg

Combine beef, onions, wheat germ, salt and pepper and slightly beaten egg. Form into patties. Makes 6. Place on broiler rack and brush with butter or barbecue sauce and cook 10 minutes on one side (350°). Turn once, brush the other side with butter or sauce. Serve on heated buns cut open.

Variation: Broiled hamburger with cheese. When nearly ready to serve the hamburger, place a slice of your favorite mild cheese such as cheddar or American on each patty. Return to the oven and cut off heat. Leave in oven long enough to melt cheese.

### Oven Browned Potatoes (pre-cooked)

Quarter 3 or 4 medium sized pre-cooked (boiled) potatoes. Butter thoroughly, salt and pepper. Place in baking pan. Pour ¼ cup water in bottom of pan. Bake until brown during broiling time for hamburgers.

### Peach Cobbler

4 cups peeled sliced peaches	1 cup biscuit mix
½ tsp. salt	2 tbsp. sugar
1 tbsp. flour or corn starch	½ cup milk or water
½ cup light corn syrup or honey	1½ tsp. sugar





### LEADERS GUIDE

As a leader I shall try to help five or more mothers and homemakers to learn how to use their broiler not only more often but to bring their attention to different foods which can be broiled. Of course I can always tell them about how we did it at leaders training meeting but that would not do justice to them. We learned by doing, so I shall help my five friends to learn by doing also. I will be their teacher. We will not try to demonstrate the entire lesson during one meeting. There is not enough time, therefore we will choose any two recipes and prepare them as one demonstration at the regular meeting of the extension club, the relief society meeting or neighbors, and then plan for another demonstration. Before I present the demonstration to them I shall try to prepare the meat at home. Practice makes perfect.

other foods  
difficulties the first time  
overcoming these difficulties  
successes

Leola L. LeRoy  
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Casa Grande Evening club, Superior, Eloy, Kenilworth, and Sun Valley. Mr. John Nelson gave the lesson in San Manuel. Copy of literature prepared and distributed is attached.

The agent later attended two local homemaker club meetings where lesson presented was "Mental Health for the Homemaker." Lesson was enjoyed by all. The role playing added a touch of gaiety yet developed understanding. Comments of one leader on her thoughts while attending Miss Olson's lesson brings out the felt need for helping the women develop an outline of points to be taught which are specifically related to literature and illustrative materials they bring back as leaders. This girl explained that all during the leader training meeting she kept asking herself, "What shall I take back? How shall I ever take this back to the group?" Perhaps results would be worth the taking of time in each leader training meeting to give our leaders in each instance an outline of teaching procedure.

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COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
City Hall Bldg.

Casa Grande

University of Arizona  
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And Pinal County Cooperating

Agricultural Extension Ser.  
Home Agent Work  
County Agent Work

MENTAL HEALTH FOR THE HOMEMAHERS

Prepared by Harriett K. Beck, Ph.D.\*

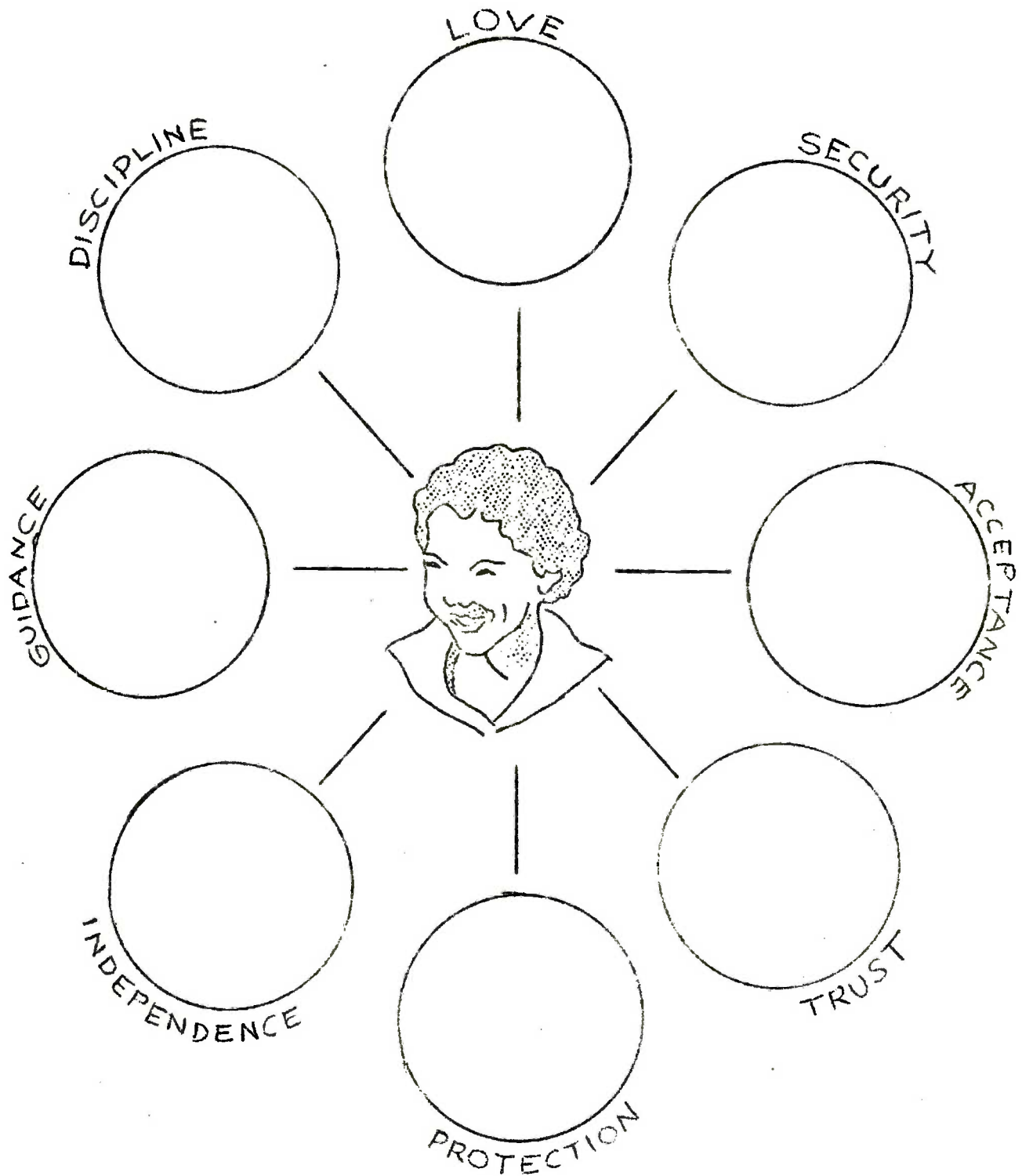
1. Menninger's seven points of being a mature person.
  - A. We find greater satisfaction in giving than we do in receiving.
  - B. We are able to form satisfying and permanent loyalties.
  - C. We receive as well as give satisfaction in such relationships.
  - D. We are creative in our leisure time and contribute to the improvement of our school, our family, and our community.
  - E. We are able to learn and profit from our mistakes and successes.
  - F. We are relatively free from fears or anxieties or tensions.
  - G. We ride over the rough spots in life and go on to our destination.

Like any form of perfection, emotional maturity is an ideal state that everyone can approach but no one ever quite reaches. When one does, it is only momentarily, because everyone makes mistakes and has failures.

Fortunately, it is possible to come close to that goal and many people do. Now is your chance to work and build toward that goal by understanding yourself, which is the first hurdle to clear in attaining emotional maturity.

\*Director, Division of Mental Health - Arizona State Department of Health.

WHAT EVERY ONE NEEDS - - -



--- FOR GOOD MENTAL HEALTH

## II. Major purposes or functions of the family in our society

- A. To give the sex relationship its greatest emotional value
- B. To rear children in an atmosphere of intelligent affection
- C. To prepare the individual for the give and take of society
- D. To prepare the child unconsciously for satisfactory mating in the future.

## III. Guiding the child toward socially acceptable behavior

### A. How to help a child learn his limits

1. Teach the right thing instead of attacking the wrong. Not "Stop spilling your milk!" but "Put your glass over here so you won't knock it over." Not "Stop writing on the wall!" but "Here's some paper to draw on. Let's keep the walls clean and pretty."
2. Criticize the act, not the person. Not "You're a bad girl," but "That's a bad thing to do." When you label a child "bad" or "naughty," he may think you mean "I don't like you." If you criticize the act, and have the right feeling in your voice, he will understand that you mean, "I like you, but I don't like what you are doing."
3. Give reasons. Children understand reasons at a very early age, if you state them simply. They can never learn the reasons for right decisions and wise choices unless you give them. Giving reasons helps children build self control. It also shows that you respect them.
4. Be consistent. Things that are wrong one day should not be overlooked the next. If you feel that an exception is called for, explain to the child why you have changed your mind. Parents should stick together on decisions, and work out their differences of opinion when the child is not present.
5. If you punish, be firm and accepting; don't reject the child. Punish right away, briefly, and stay there afterwards to share the child's emotional response. More than ever children need to be near you when they have been punished. Walking off, sending them away or shutting them up means to the child "I don't care about your feelings." When a person knows he is loved even though he has done something wrong, he will grow. But if he feels rejected and unwanted many times, he may develop either deep resentment or a defeated feeling.

### B. Building Independence

Independence builds up, block by block, from experience to experience. Children's ability grows from small choices to



larger decisions, from simple tasks to more difficult ones. If we let their opportunities grow with their abilities, more and more using advice and suggestion rather than control as the years pass, they are likely to be ready when the time comes for them to make all-important decisions of adulthood.

### C. Building a sense of responsibility

1. Helping a child to want responsibilities is far better than forcing him to accept them.
2. Children accept responsibilities more happily if they have shared in planning the job. When the "Family Council" plans a new sharing of duties, the young people see the reasons behind their share. They have a feeling of belonging to a whole family that is working together. And, if the early duties are easy to do and clearly defined, they can get the satisfaction of a job well done which in turn builds a desire for more responsibilities. Sincere praise, when it is deserved, also helps to build this desire.
3. If a young child balks at doing a job, think twice before you force him to do it. Giving him the choice and respecting his answer shows that you believe in him as an individual. If you are able to maintain this good feeling, you are likely to find him more ready the next time you ask.
4. Duties and privileges go hand in hand in adult life. This is an important lesson which children can best learn in the home. If we do this humbly, without giving the idea that we are "trading" a privilege for a responsibility--the "lollypop" approach--the child's strong desire to be recognized as grown-up can move him to grow in accepting responsibilities.
5. Helping young people to accept responsibilities is an important part of our job as parents. It may be a long process, demanding much patience and understanding.
6. The respectful manner with which we, as parents, treat our children will help to build in them a sense of their responsibility to be helpful and fair with other people. Out of this considerateness for other people, will grow the respect, courtesy and understanding basic to good social living.

### D. Building social skills

1. We can help our children to develop a pleasant manner in meeting people, gracious ways of taking part in conversations, a feeling of ease and comfort in dealing with others.

2. A home that is open to their friends, and parents who greet, accept and play host to their friends, help the growing friendship-maker greatly.
3. Skills in playing games, knowing songs that are fun to sing, telling stories well -- all can be built at home.
4. Parents who play with their children can show them the fun of playing, the idea of good sportsmanship and the thrill of a game well played even though one doesn't always win.
5. Our role as parents is not to push our children into sociability, but to open doors and provide opportunities for social growth.

#### E. Building group living skills

1. Group living demands some special skills which can be built in the home. Children who belong to a "Family-Council" family can learn how to share leadership, how to be a willing follower, and how to cooperate well in a group.
2. A democratic home like this one can dramatize cooperation and respect for self.
3. We can also support our children to choose companions and groups wisely by giving them a sense of what real cooperation and sharing can be.

#### F. Building mature patterns of dealing with people.

1. A willingness to join with people as they are, not as inferiors or superiors but as equals. With this must come a willingness to accept people's strengths and weaknesses, and a desire to understand them rather than pass judgment on them.
2. An ability to control one's self in one's dealing with others. This means taking criticism squarely and giving it kindly, a real test of our emotional security and respect for others. We need to control our desire to gain attention and resist the temptation to take praise we don't deserve.

#### G. How can we help our children build these traits of social maturity?

1. We can open doors which are likely to give them valuable experience. Helping them plan for such experiences.
2. Our example and the examples of others they know and respect can serve as guideposts.

3. You won't have to be perfect if you show an honest recognition of your failures and a willingness to keep growing.
4. Keep a frank, warm relationship with our children and young adults; we can help them work through the meanings of their experiences and grow toward more and more mature ways of dealing with people.

IV. The simple rule of good mental health is to take each day as it comes.

"For yesterday is but a dream,  
And tomorrow is only a vision,  
But today well lived makes  
Every yesterday a dream of happiness,  
And every tomorrow a vision of hope.  
Look well, therefore, to this day!  
Such is the salutation of the dawn."

## CHILD DEVELOPMENT AND GUIDANCE PUBLICATIONS

### BETTER LIVING SERIES - FOR PARENTS AND LEADERS AND OLDER YOUTH:

Emotional Problems of Growing Up  
Explaining Children's Interests  
Fears of Children  
Let's Listen to Youth  
Guiding Children's Social Growth  
Helping Children Solve Problems  
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Leola L. LeRoy  
Pinal County  
September 1 to  
November 30, 1956

SUMMARY  
4-H HOME ECONOMICS  
CLUB WORK

SITUATION

With organization of the 1956-57 club year 12 communities located throughout the county are doing 4-H Home Economics club work. In Casa Grande, Eloy, Florence, Kenilworth, Mammoth, Picacho, Superior, West Coolidge, Chiu Chiuschu of the Papago Indian Reservation, and San Tan, Sacaton and Casa Blanca of the Gila Indian Reservation are community type 4-H clubs with boys and girls engaged in Agriculture and Home Economics projects. The Superior club is a Home Economics club. New clubs are Chiu Chiuschu, San Tan, and Sacaton. Valley Farms club this year united with Kenilworth reducing the total number of Home Economics clubs.

Present Home Economics project enrollments for 1956-57 are:

Clothing	134
Foods	80
Foods Preservation	2
Home Furnishings	18

ORGANIZATION AND PLANNING

Serving as Ass't Home Agent working in Pima, Santa Cruz, and Pinal Counties, only those events in which the agent participated are included here.

In September to start the new 4-H Club year with informed leadership, the Agent and Ass't County Agent conducted Leaders Training Meetings on organization in Casa Grande, Kenilworth, Picacho, Superior, and Mammoth. Sixty-seven leaders and junior leaders attended. The meaning of 4-H Club work was discussed. Pinal County 4-H program, as scheduled by executive board of Pinal County 4-H Leaders Association, was read. New program booklet and enrollment procedure were explained. Project manuals available in Home Economics and Agriculture were displayed and discussed to acquaint leaders with the wide selection of projects from which boys and girls may choose. Planning the club's program in advance was emphasized as a necessary step for a successful club year. As suggested aid to good meetings, the filmstrip, "Parliamentary Procedure Made Easy," was shown. This filmstrip was placed on loan to clubs wishing to show it to members.

The Agent with Ass't County Agent made calls in San Manuel and Winkelman investigating expansion of 4-H organization in



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the eastern end of the county. A meeting in Mammoth was held with leaders to go over enrollment and projects adaptable to a mining community.

Twelve officers from Pinal County 4-H Clubs met with County Agents for an officers training session. Special instruction for Presidents, and Vice Presidents, Secretaries, and Treasurers, Reporters, and Recreation Leaders was given in separate groups. Following individual meetings, groups reconvened as a body to conduct a model meeting. Smooth proceedings in the model meeting indicated instructions were beneficial.

County records were judged and Home Economics awards made were as follows:

Achievement - Sandra Taylor	Food Preparation - Sandra Giles
Suzanne Hall	Bette Davis
Clothing - Carmen Zepeda	Girls Home - Sandra Taylor
Suzanne Hall	Economics Suzanne Hall
Dress Revue - Sharon Adams	
Carmen Zepeda	Room Improvement - Sonia Stevenson
Betty Potts	Mary Long
Suzanne Hall	Suzanne Hall
Leadership - Sandra Taylor	

A toaster for outstanding work in Foods was given to Sandra Giles. Thelma Van Zandt received a Foley covered pie pan and Peggy Clark received a Foley food mill.

### Clothing

Leader Training Meeting in first and second year clothing was conducted. Interests of leaders present led to demonstration and practice of sewing box, simple skirt placket and simple blouse construction techniques.

Leader training meeting in Advanced clothing was conducted by Miss Helen Church. A total of twelve leaders from West Coolidge, Eloy, Superior, Sacaton, and Chiu Chiuschu attended this meeting. Manuals and records from 3rd year through 5th year were reviewed. Pattern alterations were demonstrated with discussion of new pattern sizes available since June, 1956. Leaders observed and practiced demonstrations on setting in sleeves and making of bound buttonholes. Attendance and interest expressed leaders' recognition of need for improved quality in 4-H Clothing construction. Leader appreciation



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of the meeting may be summarized by comment of one leader who used accumulated overtime on her job to attend this meeting. Her feelings were this, "I've learned so much and it is so important. In the future I will take off and let them 'doc' me".

### Foods

Leaders Workshops were conducted in Foods I, II, and III. Biscuits, muffins, yeast breads, and butter cakes were demonstrated and baked. Ass't County Agent conducted judging, explaining principles of judging and manner of giving reasons. Attached pamphlet on "Planning a Foods Demonstration" was discussed as guide for leaders in working with the girls. In roundtable discussion principles of nutrition were reviewed and methods of teaching were suggested. In Foods III meeting, Richard Countryman, demonstrated flower arranging for dinner tables. Copy of bulletin explaining teaching principles is attached.

Purpose of this demonstration was twofold, to encourage leaders to teach esthetic serving of food and to acquaint them with the Home Beautification project in 4-H.

### Room Improvement

Leaders Training Meeting on Room Improvement was conducted by Miss Grace Ryan. New manual and requirements were explained. First year construction techniques were demonstrated.

### OUTLOOK

For 1956-57 Ass't County Agent in charge of 4-H Club work and the agent are in agreement efforts in 4-H Club work should be directed towards improved quality of project work and strengthened community club programs.

COOPERATIVE EXTENSION WORK  
in  
AGRICULTURE and HOME ECONOMICS  
State of Arizona  
106 North Court Avenue  
Tucson

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

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work



Prepared by  
Leola L. LeRoy - Asst. Home Agent

### FUNDAMENTALS

- I. A complete knowledge of subject matter including recipes, variations, yield, place in menu, food values, cost, baking temperatures, special techniques involved, size of pans, placement of pans in oven (if used).
- II. Reliable, standardized recipes which specify:
  - a. Ingredients listed in order of use.
  - b. Level measurements.
  - c. Clear statement of method.
  - d. Time, temperature, yield, size of pans.
- III. Subject and Approach
  - a. Choose recipes that illustrate various techniques and basic cookery methods; uses of special kitchen equipment.
  - b. Show how dishes are included in a simple menu.
  - c. Use preparation of recipes as a basis for discussion of meal planning and food value.

### STEPS IN PLANNING A FOOD DEMONSTRATION

1. Choose a subject (foods and utensils) suited to the type of audience.
2. Select recipes that demonstrate different techniques of mixing and cooking.
3. Plan the demonstration around a menu or series of menus, giving consideration to available foods, variety, color, texture, flavor, and occasion
4. Prepare grocery list to include all ingredients in amounts needed for entire demonstration.
5. List utensils necessary for preparation of recipes and display of finished products.
6. Outline the demonstration. Write the complete recipe on the lefthand side of the page and opposite it list in logical order the steps necessary to prepare the recipe. Include in the outline notes indicating work descriptions to synchronize with action.
7. Practice unfamiliar techniques.



### PLAN YOUR APPEARANCE



A trim tailored cotton dress in a pastel hue lends an informal air. Shoes should be conservative and polished.

A neat hair-do, hairnet (optional), cosmetics in moderation, clean hands and fingernails, no jewelry except perhaps a ring and watch...these aid in providing "audience appeal" for the food demonstration.

And don't forget that erect posture helps give one an appearance of ease and poise.

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DO'S FOR PRELIMINARY WORK

Some preliminary work is necessary for a demonstration to move smoothly to its conclusion. Preliminary DO's which contribute toward a good demonstration include:

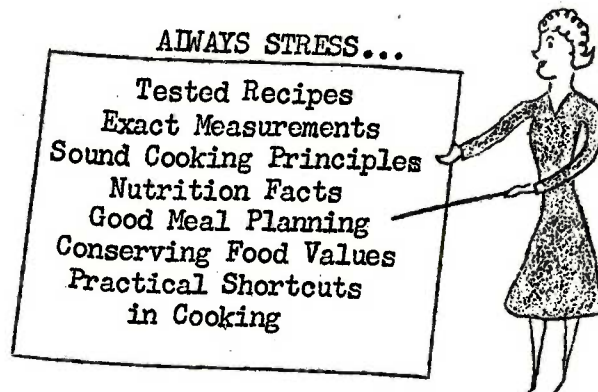
- DO assemble all ingredients and utensils needed for demonstration.
- DO clean fresh vegetables and fruit. Mince, chop or dice ingredients as indicated.
- DO open cans, bottles or other containers that are sealed. Drain contents if this is indicated in the recipe.
- DO set up a tray for each recipe to be demonstrated. Some of the ingredients may be measured ahead of time, but at some time during the demonstration the audience should be shown the technique of measuring ingredients correctly.
- DO place trays in order in which they are to be used on table or space convenient to the demonstration table.
- DO give set-up trays a final check against recipes to be sure everything required is included. Cover each tray with a towel.
- DO check range and oven to be sure of temperatures.
- DO check and recheck to see that all equipment and materials needed are--
 

on the demonstration table	on the supply table
on the range	on the trays, in order of use
in the refrigerator or freezer	on the display table
- DO set up a brief card of notes for yourself, with little reminders on the timing and topics for discussion. If a teammate is assisting, be sure to prepare the outline with her so that she, too, will be acquainted with all details of the demonstration.



### DURING A GOOD DEMONSTRATION

No matter what the specific purpose of your food demonstration,



Aim at keeping the logical order of the demonstration, but be prepared to make some quick switches in the plan if necessary.

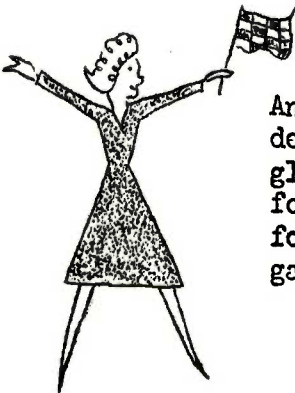
Don't clutter the table as you work. Keep the front area clear so the audience can see.

Speak clearly and in a pleasant tone. Don't worry; if you know the subject well, you'll be able to achieve the effect of informal conversation.

Look at the audience as much as possible. Be friendly.

Summarize at the end and ask the audience for questions or comments.

### THE FINISH - A FINE FOOD DISPLAY



An attractive array of the foods prepared completes the demonstration. Choose colors and shapes in displays to glamorize each food arrangement. Study food photographs for hints on attractive arrangements. Stress interesting food service for modern meals. Show simple, everyday garnishes.



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TOPICS FOR DISCUSSION DURING FOOD DEMONSTRATION

1. Techniques employed in preparation of recipe.
2. Correct use of equipment (ranges, refrigerator, mixers, freezers) involved in preparation of recipe.
3. Nutritional contribution and place of recipe in "Basic 7" Food Group.

	NUTRITIONAL ELEMENTS FURNISHED BY THESE FOODS
GROUP 1 Green and yellow vegetables	Vitamins and minerals, especially Vitamin A
GROUP 2 Oranges, Tomatoes, Grapefruit, or Raw Cabbage or Salad Greens	Principally Vitamin C
GROUP 3 Patatoes and other Vegetables and Fruits	Additional vitamins and minerals
GROUP 4 Milk and Milk Products	Calcium, Vitamin A, Riboflavin and high quality Protein
GROUP 5 Meat, Poultry, Fish or Eggs or Dried Beans, Peas, Nuts or Peanut Butter	Protein for body building plus minerals and vitamins
GROUP 6 Cereals, Flour and Bread--natural, whole grain, enriched or restored	Energy, minerals and vitamins (especially the "B" group) and protein
GROUP 7 Butter and Fortified Margarine	Vitamin A and energy

4. Historical and romantic background of foods and cookery.
5. Meal planning for special occasions.
6. Influence of special dietary requirements on food preparation and meal planning.
7. Influence of region or locality on meal planning and food preparation.
8. Other influences affecting selection and preparation of food.



-6-

CHECK YOUR PERFORMANCE!

Did You--

1. Know your subject and your talk.
2. Know your tools and have them handy.
3. Speak clearly, naturally, correctly and not too fast.
4. Work quickly, steadily, but not too hurriedly.
5. Talk to your audience, but watch your work when necessary.
6. Let the audience see every step.
7. Keep your working space as clear as possible.
8. Put unneeded things away as you work.
9. Call your team member by name, rather than "my team-mate."
10. Know your recipes or rules, or have a chart to remind you.
11. Put up your charts only as needed, but have them handy.
12. Repeat any questions asked and ask to have question repeated if you do not understand it. If you cannot answer the question, say so.
13. Close promptly and leave table in good order.



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COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS **R A COUNTRYMAN**  
State of Arizona  
- - - - -  
City Hall Building  
Casa Grande

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

Agricultural Extension Service  
Home Agent  
County Agent

### HOW TO CUT AND CONDITION FLOWERS

Like foliage, once a flower is cut from the parent plant, its natural source of water is gone. You must replace the supply of water as quickly as possible, and at the same time encourage the flower to take up as much water as the stem will absorb. There is also several commercial preparations on the market that are added to water, for increasing bloom life, and can be secured at flower shops and nurseries. Upon this depends whether your arrangement withers or provides a beautiful bouquet for many days.



#### WHEN TO CUT

Flowers should be cut either in the early morning after the dew has left the plant and before the hot sun has been on them too long, or in the evening after the sun has gone down. Remember though when cutting in the late afternoon or evening, that flowers usually open at night, and allowances should be made for buds partially opened and opened flowers. The half open flower of tonight may be the full bloom flower, and there is a possibility of petal drop within a few hours because of a flower's short life.

#### CARRY A CONTAINER OF WATER

When you cut roses or any other flowers, carry a bucket or a container with a small amount of water along with you. This water should be cool. Using sharp clippers, make clean snips at an angle to ensure good water take up, and place the flower in water the minute it has been cut. When you have finished cutting the necessary number of flowers, carry them into a cool place in the house, fill the pail with cold water up to but not touching the blooms themselves, and leave them in cool and draft-free corner from several hours to as long as overnight, and do not put near stove, heater, or coolers.

## METHODS FOR BETTER WATER HOLDING CAPACITIES

Woody type flower stems should be hammered at least two inches up the stem end to increase intake of water. Many flowers, as poppies that have hollow or pithy stems should be charred by applying the end of stem to a flame briefly. Roses do not need these treatments.

## WHAT TO DO ABOUT THORNS AND OTHER SHARP PROJECTIONS

In making flower arrangements, thorns and other sharp projections should be removed from flower as not to damage foliage and flower when arranging. All foliage below vase line should be removed to better facilitate placing stems in vase.

## CONTAINERS AND PLACING OF ARRANGEMENT

Containers and placing of the arrangement go hand in hand, for the placing of the arrangement either on a table, desk, or a niche in the wall depends on the arrangement you have selected that is adopted to the container. A beautiful arrangement will lose all its significance if poorly located and without adequate light. The following steps should be thought of first before considering an arrangement:

1. placing arrangement
2. container to be used
3. design anticipated
4. flowers color and amounts to be needed
5. accessories required.
6. reward of satisfaction when the above are combined in harmony and arrangement is center of attraction.

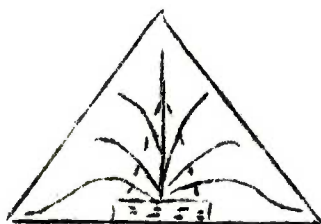
## DESIGN

In beginning work with flower arrangement the design should be kept as simple as possible. The following types of arrangements can be learned with a little practice:

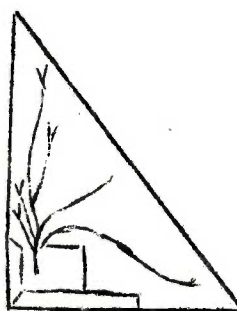
- I FULL TRIANGLE has tall central line flanked on either side by equally spaced lines. Pattern lines are usually buds or foliage, with open flowers used in design's center areas.
- II SIDE TRIANGLE is easiest and most used design. High side may be placed at either right or left. Outer tips of both top and side are light; the lower corner of the top line is heavy.
- III TALL TRIANGLE is used for tall, slender containers. Construction is same as FULL Triangle, but arrangement is kept slender. Exotic foliages usually look well in this type of plan.
- IV COMPLETE CIRCLE is often used for formal urns. It calls for tall center line with equal, curving lines on either side. The lower lines should curve over the edge of the container.

-3-

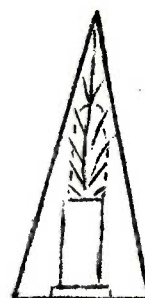
- V HOGARTH LINE gives great feeling of the rhythm in its swing from the tall tip and return far down over the neck of the container. Weight of material is grouped near container mouth.
- VI SEMICIRCLE is good for oval or low, round bowls. Main lines can be equally high on either side or tipped one side higher than the other. Center is low and contains the heavier material.
- VII HALF-CIRCLE is low horizontal design for container with base. The center lines are low, with length of line stretched out at sides. The plan is fine for long, rectangular dining table.



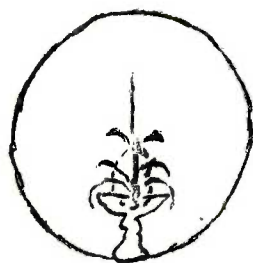
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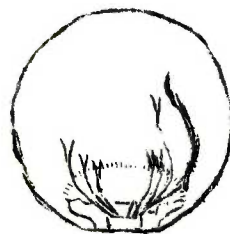
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IV



V



VI



VII