

**SANTA CRUZ COUNTY, ARIZONA
ANNUAL REPORT**

**RUTH LINNER
HOME DEMONSTRATION AGENT**

**December 1, 1954
to
November 30, 1955**

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ORGANIZATION AND PLANNING

The Extension Program in Santa Cruz County this year has all been carried on in the Patagonia vicinity. There are two organized clubs in the county. There are 42 women on the active membership lists. Three sometimes four women drive more than 20 miles from north of Nogales to attend the meetings regularly. There are five women from the Trench Mine who attended the two clubs' meetings. To the original club in Patagonia the agent presented six project lessons this year.

Last November a request was made from a group of Mexican ladies in Patagonia for some lessons from our office. The agent contacted Mrs. Carrie Montoya, Public Health Nurse, who invited six women to her home for an initial meeting. The group seemed to be primarily interested in some help on clothing problems. Since many of these women do house work for women on the nearby ranches, the agent encouraged them to have the cleaning lesson for the first meeting. This group of women have rather large families (one homemaker had 9 children) and were in need of help such as the extension service is able to give.

These women all speak English, but frequently in their conversations to each other, they speak Spanish. Mrs. Montoya was most anxious for the women to participate in the extension program. She seems to be the person who can get them together as a group.

During the year they held eight meetings with four project lessons. They meet regularly but do not have a formally organized group. Almost 3/4 of the women participating in the program, live on ranches. The balance of the membership are closely associated with the ranches, a small percentage of the families earning their living from the copper mine.

During this year, no work was accomplished with the women in the Santa Cruz valley except through the 4-H program. Although this was one of the goals set to be achieved in 1955, time did not permit the agent to give attention to this situation. Effort will be made to organize a group in this area during the coming year.

The September meeting of the Patagonia Homemakers was devoted to Program Planning for 1956. Eleven women attended and participated in the discussion on the needs of the families and homemaking problems confronting homemakers in their communities. To set the stage a brief discussion was held regarding the four phases of the family cycle: (1) Beginning Family; (2) Expanding Family; (3) Launching Family; (4) Contracting Family.

ORGANIZATION AND PLANNING (continued)

Following the brief family cycle presentation, each of the major project fields were discussed. First by renewing the projects carried in each field in the county over the past four years; this was followed by the asking of some general leading questions such as: What were some of the homemakers' difficult tasks, what items or articles would the family be purchasing in the next year or two, what skills and techniques would she like to learn to assist her in her work, and what educational help she would like to get from her homemakers' club. As a result of the questions, the women came up with projects that would help meet the needs of the majority of homemakers in their individual clubs.

For the first time this county sent three representatives to the Pima County Program Planning Meeting in an attempt to help establish one program for the two counties. For the most part the projects chosen met with the approval of the delegates. However, the agent will try to fill in the program from the projects selected by the two counties. This will be discussed and final plans made for the county program in January.

The recommendations for 1956 projects were:

Home Furnishings and Home Management

1. Slip Covers
2. Homemaker as a Painter

Clothing and Textiles

1. Buying and caring for fabrics with new finishes
2. Little Boys' Clothing

Foods and Nutrition

1. Vegetables and Salads
2. Foreign Cookery
3. Packed Lunches (wanted by this county)

Community Service and Health

1. Pest Control
2. Mental Health

Santa Cruz County shares a home demonstration agent with Pima County. This tends to limit the amount of organizational work that can be accomplished--time being the major factor involved. The same projects are carried on in the two counties with few exceptions.

ORGANIZATION AND PLANNING (continued)

Great distance, no telephones and irregular mail service are some of the Handicaps.

HOUSE AND FURNISHINGS

Lampshades

Two conferences were held with Miss Grace Ryan to discuss the Lampshade project to be presented in the county. It was decided that the women should learn how to draft a lampshade pattern so that in the future when necessary they could put this information to use. A discussion on good lighting is a vital part of this lesson. The women all decided to make spun glass shades. They will take the measurements of the shade they need to replace and send it to the county office so that all materials needed can be ordered for enough in advance to have them ready for the lesson.

Two days were spent in teaching good basic lighting principles and how to make tailored lampshades. Miss Grace Ryan, Home Furnishings Specialist, presented the lesson both days.

At the first meeting the women learned how to draft a pattern by taking the measurements of the top and bottom ring and the depth of the shade. These patterns were made on brown wrapping paper. Accuracy of measurements was stressed as a small error of $\frac{1}{4}$ inch will give you the wrong curve. Several of the women had old shades which could serve as a pattern for the new shades but it was felt that every one should learn how to make their own patterns. (bulletin for drafting pattern attached)

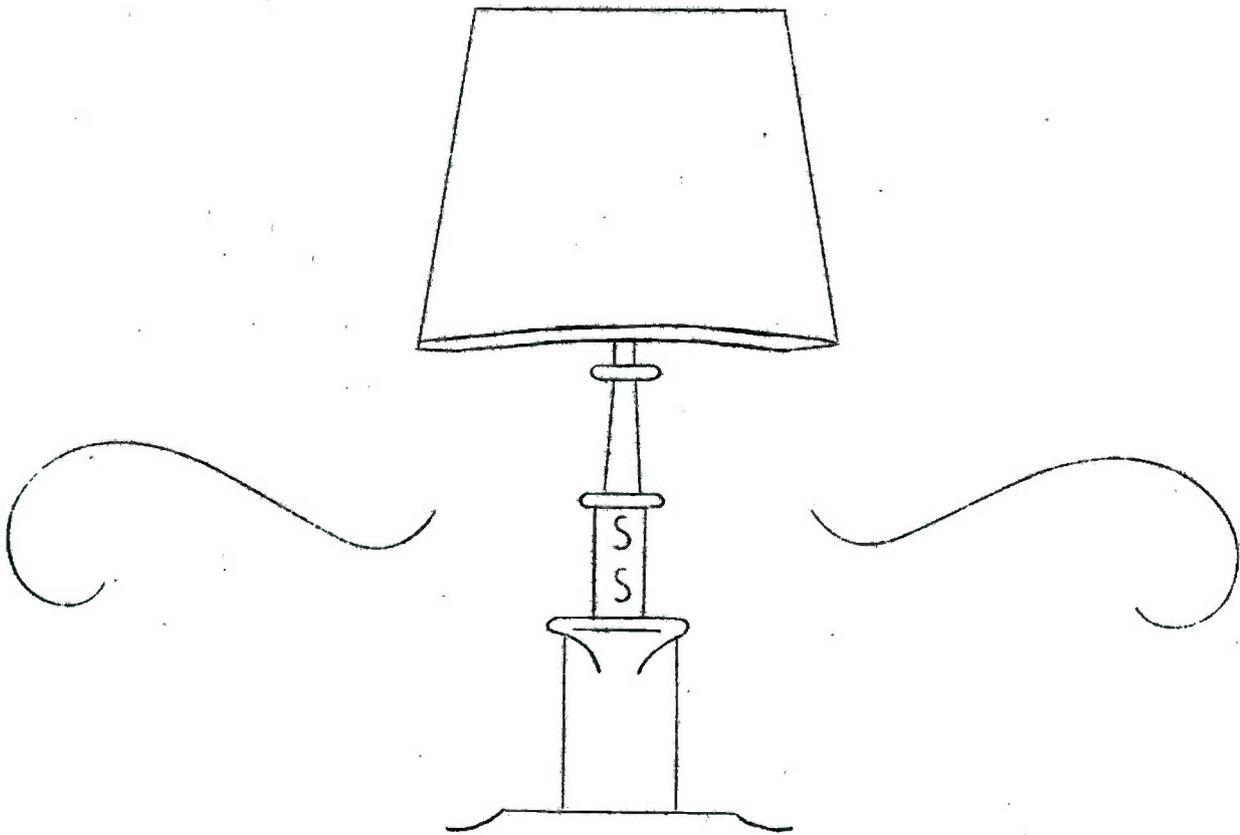
After drafting the pattern and fitting it to the rings, the lampshade itself was cut out. Most of the shades were made from spun glass, however, one was made of laminated burlap and one used a linen paper for the base and then covered it with fabric. Two homemakers decided that the spun glass was too dead white so they experimented with tinting it with oil paints. The results were a creamy off white which reduced the glare.

Miss Ryan taught the women the correct stitch to use when sewing the rings to the shade to keep from shifting. At this point they also learned how to join the seams with household cement and then use correct weights on the seam until dry.

Some time was spent in a discussion of the good lighting principles:

1. Provide enough light for each task and each person in the room.
2. Guard against glare by using proper shades for each light or by use of special bulbs and shades.

TAILORED LAMP SHADE



COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
TUCSON

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

Agricultural Extension Service

TAILORED LAMP SHADES

A lamp shade is an important piece of lighting equipment. Proper width, depth, texture and lining make it possible for simple lamp shades to meet their share in requirements of good lighting. Keep the principles of good lighting in mind as guides when planning lamp shades. These principles are:

1. Provide enough light for each task and each person in the room.
2. Guard against glare by using proper shades for each light or by use of special bulbs and shades.
3. Place lamps correctly to direct light on the work.
4. Provide additional light to destroy shadows and sharp contrasts.

A good lamp shade has certain qualities. Check these points when planning the shade:

1. Make the shade deep enough to cover bulbs. This prevents light from "grazing" into your eyes.
2. Plan enough width at the bottom to let light spread over the work.
3. Allow depth enough to cover the socket and to balance width.
4. Plan light-colored linings or lining surfaces.
5. Avoid spotty decorations. They make "thick and thin" spots of light.
6. Choose materials thick enough to prevent glaring "hot spot" reflections from the bulb.
7. Choose cleanable materials.

Supplies Needed for Making Two-Ring Shades

Two metal lamp shade rings (no spokes in frame).

Foundation - parchment, water color paper, plastic, linen paper or novelty paper (strong enough to support cloth), laminated burlap or synthetic parchment.

Covering Material - A choice of cottons, crepe, rayon weaves, silk, gingham, prints, novelty cottons, lightweight drapery material, denim, burlap, poplin, Indian Head, grass cloth.

Bindings - A choice of decorator's or upholsterer's braids, moss tape, bias binding, French folds, double-box pleating, boucle tape.

Equipment - Sewing supplies (scissors, etc.), pencil, ruler, tapeline, spring clothes pins, flat weights, and a tube of transparent household cement. If tinting a shade, provide oil tube paints, water color brush, turpentine and soft rags.

Selecting Cover Materials

Two-ring shades have a paper foundation unless made of synthetic parchment. Paper may be left plain or covered with fabric. When using paper and fabric, select them of matching weight. Lightweight cottons, rayon and silk work well over water color paper. Heavy fabrics require a heavy base-paper such as plastic or printer's cover sheets. Parchment is never covered. Any of the following conditions will help determine "kinds" of materials to select:

1. The color design and texture of other fabrics already in the room.
2. The use of the room (bedroom, kitchen, living room).
3. The kind and design of lamp base.
4. The amount of daylight in a room.

(3)

There are a few simple rules to help too:

- (1) When in doubt, select plain materials of interesting weave.
- (2) Cream-colored, tan, ivory, beige and gold-colored lamp shades "go with almost anything."
- (3) Bases with much design call for plain shades to accent the different parts of the whole lamp. Similarly, plain bases may have decorated shades.
- (4) One lamp in a room may match the draperies used in that room, or be made of a figured material when draperies are plain.
- (5) More than one shade in a room may be made of the same material with variation in trimming.

Cutting the Shade

Before cutting either paper or cloth, test your paper pattern for size.

Clip the pattern to top and bottom rings with clothes pins. If correct, proceed as follows with the cutting of the foundation:

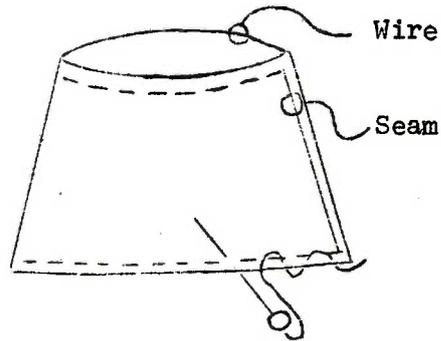
1. Weight the paper pattern on the foundation paper. Do not pin.
Protect paper from the marks of weights.
2. Trace around the pattern with a sharp pencil held upright to make a clear line. Allow 1/2" on one end for a seam allowance. If tinting the paper, allow 1/2" at top and bottom to be used as a tacking area while coloring the shade.
3. Use special care in cutting parchment paper. It snags and tears away from the blade of the scissors. Slide the blade rather than using the usual cutting movement.

Making Basic Shades

There are five simple steps in making a basic two-ring shade:

(4)

1. In all foundations except tinted shades, clip the top edge of the foundation to the top ring, using clothes pins. See Page 6 for tinting directions.
2. Sew to the ring with two firm stitches at 1/2 inch intervals. Slant the needle under the wire as illustrated.



3. Continue this stitch to within one inch of the seam. Leave enough thread to stitch across the seam after the bottom ring is in place.
4. Attach paper to the bottom ring as in steps 2 and 3.
5. Adjust the seam at the top and bottom. Trim if necessary. Make the final attachments across the top and bottom of the seam, finishing the threads securely. Moisten the seam with household cement and weight it carefully to dry.

Variations in Basic Shades

At this point in construction there is a choice of types of shades. Choices are (1) cloth covered, (2) hand-decorated, uncovered shades, (3) appliqued designs on shades, and (4) oil-tinted or sprayed shades. Oil-tinted or sprayed shades must be treated by the special method mentioned ON Page 6.

Brief steps for three methods follow:

A. Cloth-covered Shade

Cut a cloth covering for the shade, using the paper foundation-pattern. Allow 1/2" at the top, bottom, and seam, unless material is loosely woven. Such materials ravel easily. On them start with

1" as an allowance. Unused edges and seams can be trimmed later. Attach carefully with clothes pins to the foundation, wrong side out, for a fitting. Fit snugly and pin the seam. Baste, stitch on the machine and press. Trim the seam to $\frac{3}{8}$ inch; slip cover over the basic shade. Match the two seams exactly.

If there is to be no visible binding, turn the $\frac{1}{2}$ inch cloth allowance at top and bottom and paste. Paste the cloth as you trim. Set the shade aside to dry thoroughly. Glue flat braid over the raw edge. If binding, trim the irregular edges even with the wire and decorate with bias or tape trimmings as discussed on Page 8.

B. Oil-Tinted Shade

Base paper can be tinted for lamp shades. Here are ways to use tinting:

1. Tints used to create light tones on the inner surfaces of paper or cloth shades.
2. Sprayed tints on the outside to harmonize with other objects in a room. Parchment reacts most favorably to tinting; although the process can be used with synthetic parchment, plastic coated and water color papers.

Do not cover tinted parchment with fabric.

C. How to Tint Shades

Do oil-tinting or spraying after cutting the paper and before attaching it to the rings. The process is simple.

1. Thumb-tack the paper to a corrugated or wood surface, placing only enough tacks to hold it flat. Set the tacks at the extreme edges in allowed margins.
2. Mix oil tube paint in turpentine to make wash, the consistency of thin cream.

(6)

3. Make a ball of soft cotton cloth, or use a soft brush 1/2" wide. Dip into the wash and apply with a light, quick circular motion. Wipe rapidly with a clean soft cloth, to blend color evenly. Dry thoroughly.
4. If spraying is preferred, use the thin wash in a spray gun especially designed for handling paint mixtures.

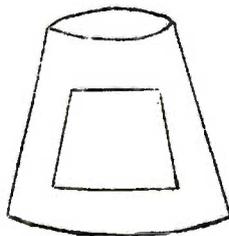
D. Hand-Decorated Shade

The basic paper shade or synthetic parchment may be hand decorated with stenciling, textile painting, oil tracing, or India ink design. Avoid the use of the oils or India ink on cloth. Either will "smear" or spread on fabric.

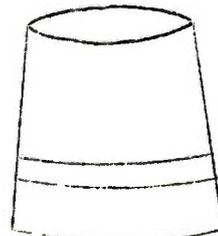
E. "Pictures" and Applied Design on Shades

Basic paper shades are attractive when decorated by applied pictures free from printing on the back, or by banding and panels of applied paper. If using a picture or paper panel, trim the top and bottom of the applique to conform to the curve of the top and bottom of the shade. Figure A.

Bands require trimming and shaping for slope of shade. Figure B.



(A)



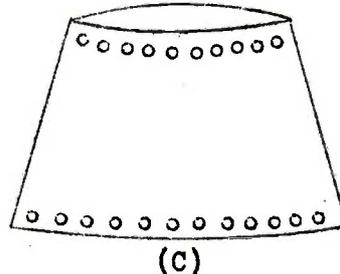
(B)

This may necessitate joining the paper band twice. Unless sloped, there will be pleats in the straight band as it goes around the circle of the shade.

F. Laced Shades

Laced shades are attractive. The method is simple but requires careful spacing and punching of holes for lacing. Use a trial pattern for dots. Make this from two stiff pieces of paper about 2" x 6". Shape one piece with a curve like the top of the shade; shape the second piece like the bottom curve. Mark sample dots.

Figure C.



Punch the dots on the sample and test to learn whether the lacing fits into the dots easily.

Mark and Punch for Lacing

1. Apply the punching pattern, spacing dots all around the top and bottom wires.
2. Locate the first dot at the seam, but not in the seam.
3. Locate dots 1/4" to 3/8" from the edges of shade.
4. Mark and punch all holes except 3 near the finishing seam. This allows for seam adjustment and trimming if necessary.

Lacing Shades

1. Allow lacing material 2 times the distance around the edge.
2. Clip top edge to top wire with clothes pins.
3. Mark the center of the lacing. Lace with only one-half of the length because lacing roughens and may break if the entire length is drawn through each hole. Tie lacing temporarily at the end of the top circle.

4. Repeat lacing process for the bottom circle.
5. Take up slack in lacings. Finish lacing with a square knot at top and bottom. Tuck in the ends.

Bindings and Finishes

There is wide choice among finishes. Simplicity is the keynote of excellent taste. A lamp is an accessory. As such it does not need to "bid for attention", but can be planned to add a note of interest and color to its primary purpose of giving useful light. Among the list of finishes are upholsterer's tape or braid, moss and boucle tapes, bias folds and box-pleated or shirred ruffles. The box-pleated ruffle is tailored; the shirred ruffle informal. Study the room, the shape of lamp shade, its size and use, as guides to selecting finishes. Hand-decorated shades need plain, tailored edges to accent the decoration.

Attaching Finishes

Methods of attaching finishes vary. Flat braided and wider turned bandings and braids can be glued to the frame. Narrower braids, bindings, ruffles and ruches need hand stitching. For durability, attach one edge of bias binding to the right side edge along the wire by hand as attached on a garment. Paste the remaining edge to the inside of the shade. Hand stitching on fine quality materials produces the nicer touch.

HM-104 (revised)

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HOUSE AND FURNISHINGS (continued)

Lampshades (continued)

3. Place lights correctly to direct light on work.
4. Provide additional light to destroy shadows and sharp contrasts.

The qualities we look for in a lampshade are:

1. Shade deep enough to cover bulb.
2. Bottom width of shade wide enough to spread light over work.
3. Allow depth enough to cover socket.
4. Light colored linings
5. Lampshade material thick enough to avoid "Hot Spots"
6. Choose washable materials

Various types of bulbs were shown as well as fixtures that can be used to give additional height to lamps. Since some of the women have only recently had electricity special emphasis was placed on the selection of lamps for the job they have to do.

At the second meeting everyone learned how to finish the edges of a shade by either braid or lacing. Some discussion was held on lamp proportions as to height of lamp, depth of shade and size of rings.

A total of 11 shades were made at the two meetings by 10 women. Since the meeting, 4 shades have been made from the laminated plastic and 3 more from the spun glass.

Number of people who have improved lighting in any way--

- | | |
|-------------------------|---|
| 1. by better bulbs | 6 |
| 2. height of lamp | 2 |
| 3. changed kind of bulb | 4 |

FOOD SELECTION AND PREPARATION

Outdoor Cookery

The group was invited to hold this meeting at the home of one of its members at the Trench Mine. Eleven homemakers were present to enjoy this outdoor meeting.

The three main reasons for the project lesson were:

1. To encourage outdoor barbecue cooking.
2. To encourage the family to prepare new dishes including foil cookery out-of-doors.
3. To plan nutritious outdoor meals.

Before actually preparing the food, we had a discussion on necessary safety precautions which should be taken when cooking out-of-doors. It was stressed that it is necessary to have a fly-free picnic area, if we are to maintain desired health standards when eating in the open. We should plan safe foods for picnics. Soft protein foods, especially those handled in preparation are subject to rapid and dangerous spoilage at Arizona's warm temperatures. To end this discussion period some time was devoted to talking about insulated picnic boxes and the availability of liquid ice to keep foods chilled and safe.

The members were divided into four groups organized with a captain, cook and assistants, firemakers and cleaners designated to perform certain duties in each individual group. The items of food to be prepared were divided among the four groups and they were given printed material to indicate exactly what they were expected to do.

In trying to help the women to plan nutritious outdoor meals the following foods were prepared:

1. Broiled beef patties
2. Broiled steak
3. Red flannel stew
4. Vegetable in foil
5. Cowboy biscuits
6. Colw Slaw with carrot and lemon dressing
7. Cocoa
8. Fresh pineapple

(recipes for the above are attached to this report)

The cowboy biscuits were baked to perfection by one of the homemakers who had done a lot of cooking out on the range.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

University of Arizona
College of Agriculture

Agricultural Extension Service
Home Demonstration Work
County Agent Work

OUTDOOR COOKERY

Prepared by

Ruth Linner - Pima County, Home Demonstration Agent
and
Elsie H. Morris - Extension Nutritionist



NF 484
4,55
cc: 425

OUTDOOR COOKERY

Prepared by

Ruth Linner - Pima County, Home Demonstration Agent
and

Elsie H. Morris, Extension Nutritionist

Reason for the meeting:

1. To encourage outdoor barbecue cooking.
2. To encourage the family to prepare new dishes including foil cookery, out of doors.
3. To plan nutritious outdoor meals.
4. To learn more about camp cookery.

Material and Tools

Outdoor fireplace or portable grill	1. Plan to hold your club meeting at a place where outdoor fireplace and portable grills will be available.	
Matches	2. Fireplace or portable grill with direction of the prevailing winds.	Avoid being smoked out.
Kindling	3. Place grate about 6 inches from coals or about 12 inches from roaring fire.	Draft - smoke out of cook's eye.
Newspapers	4. Allow an hour for fire to settle down to glowing coals.	
Hardwood and/or Charcoal Briquettes	5. Never leave the fire unattended.	Prevent forest fires
Shovel	6. Before leaving, put out the fire and soak coals with water.	
Jackknife		

Kinds of Wood

Pine - burns quickly, good tinder Oak, mesquite, olive, locust, ironwood, charcoal - burn slowly.

Wood of a fairly uniform size burns to a uniform bed of coals.

Place meat for broiling when the white ashes are starting to fall from red glowing coals and the whole bed is beginning to turn gray.

Salt

Subdue flames caused by dripping grease by throwing on a handful of salt or sprinkle with water

Foil	Wrap campfire pans in aluminum foil before placing over the fire - eliminates scrubbing, soot covered utensils and prevents too fast cooking,	
Yellow soap	or	
	Soap the outside of all cooking utensils with yellow soap so that soot washes off easily.	
	Do not break glass bottles	
	Do not leave empty cans or garbage	
Paper sacks Scotch Tape	Use paper sacks for garbage at each food preparation center.	Do not breed flies and mosquitoes.
Dutch oven	<u>When Dutch oven or rock hot enough?</u>	
	Wet your finger, touch it gingerly to oven or rock. If it makes a quick pop it is too hot. If it sizzles a little, it is not hot enough. If it makes a quick "pst" begin to cook.	
Screen Covers	Outdoor eating areas can be fly free if prepared before the food is served.	Fly control Flies may be the cause of dysentery, typhoid and (polio)

List of foods and utensils

Foods for outdoor Meals

1. Make a list of everything that will be needed at the same time you plan your picnic menu. As the basket is packed check item by item.
2. Plan simple well-balanced meals.
3. Plan safe foods for picnics. Soft protein foods - especially those handled in preparation are subject to rapid and dangerous spoilage at warm temperatures.

Salad dressings, stuffed eggs, all meats must be kept cold. They cannot stand and wait in picnic baskets or in hot cars.

Arizona temperatures are high. Temperatures of food carried in cars increase rapidly.

Fly control films for community available through the County office.

Instead of filling sandwiches, take along bread and butter, bread or rolls. Keep the fillings in cold containers. Let the guests spread their own.

4. The fly-free picnic. The fly-free community.

Insulated Picnic Box

2 cartons
Newspapers
String
Liquid ice
new gels in
plastic tubes

Place one cardboard carton inside the other.
Stuff newspapers tightly between the boxes.
Tie several layers newspapers over the cover
of the inside box. Freeze can of liquid ice
and place in picnic box to keep food chilled

First Aid Kit For picnics away from home

Snake-bite Kit Take along first aid kit and snake-bite kit.

FOODS FOR OUTDOOR MEALS

Recipes

BARBECUED PLATE RIBS

Servings - 8

2½ - 3 hours

Grocery List

3 lbs. plate ribs (cut in 3" lengths)
Small piece beef suet
2 onions - chopped
1 clove garlic - minced
8 stalks celery - 2" lengths
6 carrots - cut
6 potatoes - cut
¼ teaspoon oregano
¼ teaspoon rosemary
salt and pepper
1 small can tomato paste
½ cup vinegar

Utensils

1 piece cloth
1 large skillet or Dutch
oven
and/or
3 qt. casserole with cover
1 knife
1 cutting board
1 carrot peeper
1 bowl scraper
1 liquid measuring cup
1 serving spoon

1. Wipe meat with clean damp cloth to remove bone sawdust.
2. Render the suet in skillet or Dutch oven - about two tablespoonfuls - over low heat. The use of fat of the animal enhances the flavor of the beef.
3. Brown the ribs slowly on all sides over low heat. Browning develops flavor and color. Slow browning stays on the meat better than quick browning at high temperature. With slow browning there is no spattering nor smoking of the fat. To intensify browning the meat may be dredged with flour. Remove the ribs when browned.
4. Saute or brown for two minutes, the chopped onion, minced garlic and celery until yellow brown.

5. Drain excess fat from kettle.
6. Add tomato paste, vinegar and seasonings. Mix and bring to a boil. The acid of the tomatoes and vinegar aid in tenderizing the meat.
7. Add the ribs and coat each piece with sauce. Cover tightly and cook over low heat until the meat is tender (about 2½ to 3 hours). Add vegetables the last 35 minutes of cooking.

The ribs may be cooked over low heat on top of the range at simmer (not boil) or in a 300°F. oven; or in the pressure sauce pan at 10 pounds pressure for 25 minutes. Add vegetables the last 35 minutes of cooking.

BROILED BEEF PATTIES

Yield: 4 servings

Time: About 20 minutes
Temperature: Broil at 350°F.

Ingredients

1 pound ground beef
 1 teaspoon salt
 1 teaspoon prepared mustard
 1 teaspoon horseradish
 ¼ cup bread crumbs or uncooked oatmeal
 6 slices bacon
 ¼ cup catsup

Utensils

1 broiler
 1 mixing bowl
 1 fork
 6 tooth picks
 1 set measuring spoons
 1 serving plate
 1 can-opener
 heavy foil
 tongs

1. Combine ground beef and other ingredients
2. Shape in 6 patties. Wrap with bacon secured with toothpicks.
3. Place on broiler pan in preheated broiler or on outdoor grill over glowing fire.
4. Broil about 10 minutes or until the surface of the patties is well browned.
5. Turn and broil about 10 minutes more.
6. Serve at once. Catsup may be poured over patties.

To Cook in Aluminum Foil:

1. Place sliced potatoes, carrots, and onions on a square of heavy foil. Add pepper and salt if desired.
2. Place beef patty on vegetables.
3. Using drug store wrap, enclose foods securely.
4. Cook on grill - 15 to 20 minutes for each side or in a bed of glowing coals 10 to 15 minutes on each side. From practice you can judge time for doneness to suit your family.

BROILED STEAK

Time: 15 - 30 minutes

Temperature - Broil or 350° F.

Ingredients

1 hip bone sirloin - $1\frac{1}{4}$ to $1\frac{1}{2}$ inches thick
(choice grade) or
1 shoulder steak - $1\frac{1}{4}$ to $1\frac{1}{2}$ inches thick
(choice grade)
2 tablespoons butter or margarine
Parsley
Lemon juice
Meat tenderizer
Monosodium glutamate

Utensils

Broiler with rack or
Outdoor grill
Fork
Knife
Serving platter
Spatula (wide)
Cloth
Tongs

4 - 6 servings

Broiling Directions:

1. Pre-heat gas broiler for 10 minutes or place on grill about 4 to 5 inches above the glowing coals.
2. Slash outside fat to prevent curling
3. Cook without turning $7\frac{1}{2}$ minutes for inch steak, 15 minutes for 2" steak.
4. Serve with drawn butter sauce.

Sauce

To the steak drippings add 2 tablespoons butter, 1 tablespoon lemon juice and chopped parsley.

Red Flannel Stew

Yield: 5 to 6 servings

Time: 20 minutes

Grocery List

1 large onion
1 can corn beef
1 can pinto beans or frijoles
1 can tomatoes or tomato sauce
 $\frac{1}{2}$ pound cheddar cheese
Chili powder
Tortillas

Utensils

Dutch oven or
Iron skillet
can opener
paring knife
large spoon
grater
pot holders

1. Saute chopped onions.
2. Add beans. Mash some beans.
3. Add meat, chili powder and tomatoes. Heat.
4. Add cubes of cheese. Heat to melt.
5. Serve on heated tortillas.

Vegetables Cooked in Aluminum Foil

Potatoes Baked in Foil

Time: 1 hour

1. Wrap each scrubbed and pricked baking potato in foil. Bury in hot coals. Turn occasionally.
2. Unwrap; cut cross in top and insert butter.

Fresh Corn in Foil

1. Husk garden fresh ear or use frozen corn on cob.
2. Spread soft butter; sprinkle with salt and monosodium glutamate.
3. Wrap in heavy foil. Fold ends of foil under.
4. Grill over or bury in hot coals. 10 minutes for fresh corn; about 15 minutes for frozen corn. Turn ears occasionally.

Cowboy Biscuits

Grocery List

5 pound sack enriched flour
salt
baking powder (double action)
shortening
water

or

biscuit mix
margarine

Utensils

Dutch oven
sack of flour
measuring spoons
mixing spoon
potholders

Yield: 12 biscuits
Time: 15 to 20 minutes
Temp: hot

1. When flour is not premixed use the following proportions:

For each cupful of water use:

- $\frac{1}{4}$ cup shortening
- 1 teaspoon salt
- 3 teaspoons double action baking powder

Mix salt and baking powder. Put into bowl-like hollow in the top of the flour sack, together with shortening. Mix all together with flour.

2. Add water slowly. One cupful of water uses about 2 cupfuls of flour.
3. When the dough can be handled without sticking to the floured hands, form into a sausage-like roll and pinch off biscuits.
4. Grease both sides of biscuit in melted fat in Dutch oven.
(NOTE: Dutch oven is preheated on a bed of coals.)
5. Cover oven and put hot coals on cover.
6. Bake 15 to 20 minutes - until golden brown.

Cole Slaw with Carrot - Lemon Dressing

Ingredients

1 lemon (juice and grated rind)
 $\frac{1}{4}$ cup granulated sugar
carrots (1 cup grated)
1 head green cabbage
 $\frac{1}{4}$ cup water

Utensils

1 grater
1 reamer
1 sharp knife
1 cutting board
1 small saucepan
1 large serving bowl
1 serving spoon
1 small serving bowl
with liner plate

Carrot - Lemon Dressing

1. Combine grated rind and juice of one lemon.
2. Boil sugar and water to form a syrup. Cool.
3. Add syrup to the carrot-lemon mixture. Chill.

Cole Slaw

1. Wash cabbage. Remove outer leaves.
2. Cut cabbage in quarters, using a sharp knife - shred cabbage. Avoid bruising to retain vitamin C. Chill.
3. Toss shredded cabbage with carrot - lemon dressing just before serving.

This salad supplies vitamin C and vitamin A.

Carrot - lemon dressing can also be served on fruit or vegetable salads.

Cocoa

Yield: 12 cups

Grocery List

$\frac{1}{2}$ cup cocoa
 $\frac{1}{2}$ cup sugar or less
10 cups potable water
2 tall cans evaporated milk
salt
vanilla (optional)

Utensils

3 $\frac{1}{2}$ quart kettle
1 cup or No. 10 can with
wire bale
1 large spoon
pot holder

1. Mix the cocoa, sugar, and salt. Add water and boil for 5 minutes.
(NOTE: The cocoa syrup may be made at home and combined with milk at campfire)
2. Add the milk and vanilla if desired. Bring to a boil and serve.
(CAUTION: Cocoa will scorch over too hot a fire. After milk is added, it may boil over as the beverage comes to a boil.)

Cafe au Lait

Yield: 8 cups

Grocery List

Coffee
Evaporated milk
or
Whole Milk
Potable water

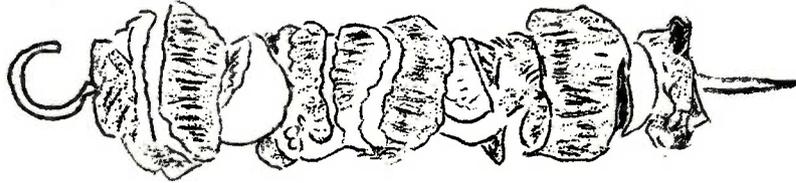
Utensils

Coffee pot
or
Kettle
Sugarbag and string
Can opener

1. Boil $3/4$ cup of ground coffee in cloth bag in 5 cups of water for 6 minutes.
2. Add 1 cup of evaporated milk and let simmer for 2 minutes; or boil coffee in 4 cups water and add 2 cups whole milk.
3. Serve

MEALS WITHOUT UTENSILS

Kabobs



Grocery List

Meat (cut in 1" cubes)
Allow $1/4$ pound meat per person
Onions
*Tomatoes
*Bacon
*Cheese

Utensils

Green sticks - 18" long
or
Metal skewers.
Sharp knife

* Optional

1. Everyone makes his own. Spear on a green stick or on long metal skewers, cubes of meat (beef, veal, liver, luncheon meat) and/or thick slices of onion, thick wedge of tomato, and bacon. Add cubes of cheese, last few minutes of broiling.
2. Roast over the coals of an outdoor fire.
3. Salt, add mustard and dill pickle slices. Eat from stick or slide into a bun.

Roasting Potatoes, Onions, and Corn

Grocery List

Medium size potatoes
Medium size onions

Corn
Fat

Utensils

1 lard pail lined
with chicken wire

1. Rub washed vegetable with fat, place in pail, cover and roast on coals, about 60 minutes. Add corn last 15 minutes of cooking time.

Raw Vegetables

Grocery List

Carrots
Celery
Cucumbers
Tomatoes
Salt

Utensils

Carrot peeler
Paring knife
Pan for washing

Serve as strips, slices and wedges.

NOTE: Vegetables may be washed and chilled at home and carried to out-door meal in a plastic bag wrapped in newspapers or in a insulated paper bag.

French Bread with Garlic

Grocery List

French bread
Clove garlic
Butter or margarine

Utensils

1 paring knife
1 large knife
1 small cup or bowl
foil

1. Cream $\frac{1}{4}$ pound butter and $\frac{1}{4}$ clove garlic, minced, to a paste.
2. Cut bread in slices down through loaf to the bottom crust, but not all the way through.
3. Spread with garlic butter.
4. Wrap in foil - heat slowly.

S'mores

Grocery List

Graham crackers
Marshmallows
Thin milk chocolate bars

Utensils

Green toasting stick

Recipe (One serving)

2 Graham crackers
1 marshmallow

One-half of a thin milk
chocolate bar

1. Put the chocolate between the crackers.
2. Toast marshmallow. Put it between the chocolate and crackers.

OPTIONAL RECIPES

Grocery List

Allow $\frac{1}{2}$ pound spareribs per serving
Salt
Ketchup
Garlic
Cloves
Olive oil
Dash onion salt

Utensils

Dutch oven
or
Iron skillet
Large fork
Spoon
Pot holders

Recipe

1 cup tomato ketchup
3 cloves
 $\frac{1}{2}$ cup olive oil

2 whole cloves garlic
dash of onion salt

1. Rub salt into the ribs by hand.
2. Cook very slowly. Do not allow to burn
3. When ribs are nearly done, baste with sauce
4. Baste again before serving

Apricot Mallows

Grocery List

1 pound dried apricots
1 package marshmallows
Granulated or confectioner's sugar

Utensils

1 cooking kettle
Waxed paper

1. Wash dried apricots. Soak for an hour and cook in a double boiler without extra water; or use tenderized dried apricots.
2. When soft, put a marshmallow between two apricot halves and press the edges together.
3. Roll in confectioner's or granulated sugar.
4. Serve cold.

MISCELLANEOUS

Grocery List

Matches
Yellow soap
Paper napkins
Chore boy
Paper towels
Aluminum foil

Pineapple
Oranges
Charcoal
Briquettes
Drinking Water

Utensils

Newspapers
Hatchet
Boy Scout knife
Shovel
Paring knife

FOOD SELECTION AND PREPARATION (continued)

Outdoor Cookery (continued)

Two charcoal grills and one ground fire were used to prepare the food.

At the close of the meal the women checked the meal they had just eaten for the seven basic foods. Most of the families in this area prepare many meals out in the open.

This was a very rainy summer in this area so that the number of outdoor meals reported are considerable less than would normally have been prepared.

Number of outdoor meals planned and served by members:

May	June	July	August	September
total 52	total 62	total 67	total 42	total 103

Number of members using the following methods of outdoor cookery.

1. Broiling steaks 6
Patties 9
2. Foil Cookery 8
3. Red Flannel Stew 4
4. Cabbage slaw with
carrot & lemon dressing 6

Seven women kept a record of their protein intake for four different days. They cooperated with the agent so that it would give some indication as to the results of our discussions of protein allowances during the past three years.

Reports from five women indicated that they received many more than the necessary 60 grams per day. Two women reported that they received from 45 to 55 grams per day.

FOOD SELECTION AND PREPARATION (continued)

Cole Slaw and its Variations

The agent was requested to present a lesson on "Cole Slaw and Variations" to the Mexican Homemakers. The reason for this request stemmed from the fact that the women were making preparations for a church barbecue and they wanted to serve a good cole slaw.

Since this was the first nutrition lesson for this group of women, we began our meeting with a discussion of the basic seven. Particularly stressed was the vitamin C content found in cabbage. A few of the eleven women present were casually acquainted with the basic seven chart through some meeting held by the County Nurse, Mrs. Carrie Montoya. The majority of the women had not heard of the basic seven.

The women were divided into four groups and each group was assigned a different dressing and variation of ingredients for cole slaw. The agent demonstrated the proper way to shred cabbage to prevent the loss of Vitamin C.

It was stressed that one should use just enough dressing to moisten the cabbage--there should not be a lot of dressing left in the bottom of the bowl. It was further pointed out that cabbage should not be shredded too far in advance to the serving of the meal and should be refrigerated until served. For variety, red cabbage could be combined with the green cabbage. The women particularly liked the carrot-lemon dressing and the combination of celery, apple, pineapple, and cabbage with the sour cream dressing.

11 women attended this meeting.

FOOD SELECTION AND PREPARATION (continued)

Salads and Salad Dressings

Salads and Salad Dressings was the project for the Patagonia Homemakers. Fourteen women from three communities participated. The first portion of the meeting was spent in discussing the types of salads, vegetables, fruit and meat, and when served (1) with main course; (2) salad course; (3) dessert course; (4) refreshments. Raw fruits and vegetables are needed to furnish the body with vitamins and minerals which are essential to good health, for building body resistance against certain deficiency diseases, for bone calcification and for teeth structure. Salads should be wholesome, economical and attractive.

Women frequently get in a "rut" when making salads for their families. This can result in the families losing interest in eating the much needed salad. The homemakers exchanged ideas on different salads they serve in their own homes.

Salad greens were discussed quite extensively as to different types available, preparation and storage and use of greens in salads. The women remarked that they do not have much of a variety to choose from in their local stores. Several women raise some of their own greens.

The group was divided into four sections for actual preparation of salads.

Group I. Made two individual fruit salads and fruit salad bowl, being extremely conscious of making them different and attractive.

Group II. Made various garnishes such as carrot curls, radish roses, curled celery, cucumber and pepper rings.

Group III. Combined different greens and salad dressings to give variety to a fresh green toss salad.

Group IV. Made mayonnaise and french dressing.

This was an afternoon meeting so that there was only about one hour allotted for the lesson. The agent wished to acknowledge and express thanks for the use of the mimeographed bulletin "Salads For Every Day" prepared by Mrs. Isabell Pace, Home Demonstration Agent, Maricopa County. This bulletin was used as the basis for this lesson.

FOOD SELECTION AND PREPARATION (continued)

Packed Lunches

The Mexican Homemaker group asked for help in packing lunches for their children and husbands. Eleven women attended the meeting from two communities.

Once again we began with talking about the basic seven and how some of the daily food requirements could be included in the lunches that were packed and still give variety. For a person who carries a lunch each day, there should be variety in the foods included to make the meal more palatable and enjoyable. We divided the foods into four categories and listed several possibilities for obtaining variety.

1. Sandwiches or protein foods--
meat, eggs, cheese, poultry fillings (other fillings to be discussed later in the report)
2. Raw vegetables--
Stuffed celery, cauliflower, lettuce, watercress, green peppers, cucumbers, radishes, carrots
3. Thermos bottle foods--
Hot goods, soups, chili beans, cocoa and fruit beverages, cold milk, choc. milk.
4. Desserts--
Fresh or stewed fruits, cookies and cakes, custards in cold weather, fruit pies or turnovers, puddings, graham crackers with fillings.

The demonstration part of the meeting was spent in making different kinds of sandwich fillings, using a variety of breads. Time was also spent in showing the women how to wrap sandwiches so that they would remain fresh. A few of the women have freezers so that we mentioned four points to observe--(1) types of fillings that freeze well; (2) how to prevent sandwiches from becoming soggy; (3) length of thawing and storage time; (4) proper packaging.

Many of the women must prepare meatless lunches one day a week so that this was taken into consideration when planning types of fillings. Some of the fillings prepared were: 1. dates, orange juice and nuts; 2. carrots and raisins; 3. eggs, pickle, bacon onion, pimento; 4. peanut butter and bananas; 5. cream cheese, pineapple and nuts; 6. cottage

FOOD SELECTION AND PREPARATION (continued)

Packed Lunches (continued)

cheese, pickles, olives, nuts, pimento; 7. ground ham, cheese, pickle, onion.

All fillings were mixed with mayonnaise. The women admitted that they had been taking the easy way out by sending just cold meats and cheese in the sandwiches. They were most pleased with 1, 5, and 7.

Only four women had been sending food in the thermos bottles; three others had been sending beverages only.

FOOD SELECTION AND PREPARATION (continued)

Economical Entertaining with Ease

This lesson was presented to 14 members by the agent.

Four reasons were given for wanting this project included in the program.

1. Learn how to entertain gracefully but economically.
2. Casseroles and salads for good nutrition.
3. To learn different ways of using vegetables.
4. Want to use more herbs in cooking.

This project was based primarily on food preparation, however, it seemed necessary to incorporate some of the home management principles to have a well balanced lesson.

Buffet Service is used frequently in Arizona because of the limited amount of dining space in our homes; too, we have many drop-in guests; and it seems to be a part of our informal way of life. It was mentioned that there are three types of buffet service: (1) Informal; (2) Semi-formal; (3) Formal. In most of our homes we use either Informal or Semi-formal or a combination of the two.

It was stressed that plans should be made in advance for some place for your guests to put such things as coffee cups and water glasses. Most people prefer the use of end tables, trays, TV tables or card tables so that guests do not have to balance everything on their knees. This is one sign of a thoughtful hostess.

Appropriate menus should be planned to include mostly finger and fork foods. Certainly runny foods have no place at a buffet. Along with having nutritious food, we should be sure to include color, as well as having a variety of textures in the meal. Several menus were included in the recipe sheet given to each homemaker using some of the foods which were prepared at the meeting. (recipe sheet attached) Menus should include foods which can be prepared in advance so that the hostess will be left free to mingle with her guests. Just before the women were divided into four work groups, we talked about some of the principles of green vegetable cookery. All recipes were discussed. It was pointed out that most of the casserole dishes called for vegetables which would give the homemaker different ways of serving vegetables to her family as well as to her guests.

COOPERATIVE EXTENSION WORK
 IN
 AGRICULTURAL AND HOME ECONOMICS
 State of Arizona
 106 North Court Street
 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

ECONOMICAL ENTERTAINING WITH EASE

Prepared by
 Ruth Linner - Home Demonstration Agent

Helps for the Hostess

"Entertain often
 Plan with care
 And have the best
 time of anyone there!"
 ...Eleanor Howe

The old West was noted for its hospitality. The new West is equally interested in entertaining its friends, although the means and methods may have changed.

The purpose of entertaining is the same now as then - to provide relaxation and enjoyment for good friends, without strain for them or for the hostess either, for that matter.

Every hostess has her own goals. Probably her chief goal is to entertain effectively with the least possible equipment, time, energy, and money. She wants to give a party without being tired, flurried, and doubtful of results.

Rigid rules could be set down, but a happy atmosphere is not built on rules. The first commandment to a hostess might well be--"Have a good time at your own party." To do this she needs to develop an attitude of confidence in herself, of ease at her job of "Hostessing" and of willingness to create hospitality regardless of limitations of time, possessions, or surroundings.

A few comments may be worth filing in your notebook. Certain housekeeping tasks, routinely done are not only good practice but take the jitters out of entertaining. A house that is "touched up" by quick methods each day is ready for drop-in visitors. Linen washed with the regular laundry, ironed and stored without wrinkling; silver in tarnish-resistant storage for daily use--these are simple examples.

To decide on a type of entertaining and to repeat that type is an easy solution. Determine this by the space in your house, the amount and kind of table service you have on hand, the size of your family, and the time you can give to hostessing. Simplicity smooths the path; at this time we are only concerned with buffet service.

LEAVE NOTHING TO CHANCE.

Successful hostesses agree that perfect results do not happen by themselves. Certain simple routines apply to any party you give:

1. Have everything so well planned that you are free during most of the party to see that your guests are comfortable, know each other, have interesting things to do, or otherwise enjoy themselves.
2. Keep in mind that guests come to parties hungry for companionship and fun, not for food.
3. Keep the party simple enough so that it will neither overwork a hostess, overtax a pocket book, hurt anyone's feelings, nor make anyone assume a burdensome debt of gratitude.
4. Develop a "pattern" for your parties and repeat it to save planning, beforehand, and time, on the day of the party.
5. Gradually acquire the equipment and accessories that will make your entertaining an easy success.

ETIQUETTE AND MANNERS

Rules of etiquette are certain things that become automatic. The casual blending of form with kindness, consideration and common sense, is the art supreme of the perfect host or hostess.

Good manners are based on kindness - the rest of etiquette is based on the convenience of form and the wish to make life interesting.

The purpose of Gracious Entertaining is threefold:

1. To make the home the center of cordial hospitality with a poised and gracious hostess.
2. To remember that health comes first in planning the menu and hour for service.
3. Include the children when entertaining whenever possible and let them share in the responsibility.

Responsibilities of the guests are 1 - respond to the hostess's requests. 2 - contribute to conversation. 3 - mingle with other people.

When planning or attending a buffet party, keep the following in mind.

1. Plan a theme for the occasion.
2. Issue informal invitations either oral or written.
3. Hostess invites guests to come to the buffet table a few at a time. Avoid a "bread line."

4. Observe table setting. (Does it make a pretty picture)? And does it have a flow pattern - napkins usually indicate end of setting.
5. You may place your plate on the table in order to serve yourself more easily.
6. Other suggestions.
 1. Enjoy yourself.
 2. Remember to thank your hostess for a nice party.
 3. If you receive an invitation, answer it immediately.

MENUS FOR AN INFORMAL BUFFET

Ham Loaf with Horseradish Sauce
 Candied Sweet Potatoes - Zucchini Boats
 Hot Buttered Rolls
 Olives - Celery - Radishes
 Fruit Shortcake
 Coffee

Scalloped Potatoes with Ham (or Sausage)
 Vegetable Salad Bowl
 Buttered whole wheat Rolls - Marmalade
 Fruit Compote - Brownies
 Coffee

Italian Delight
 Caesar Salad
 Garlic French Bread
 Jellied Fruit Salad - Whipped Cream
 Coffee

Eggplant Casserole
 Stuffed Baked potatoes - Buttered Asparagus
 Cinnamon Apple Salad
 Cheese tray with crackers
 Coffee

Tomato "Poinsettias" with Chicken Salad Centers
 Scalloped Cabbage - Potato Chips
 Mixed Pickles
 Crescent Rolls
 Lemon Chiffon Pie
 Coffee

Tender Baked Ham
 Corn Tamale - Buttered Green Beans
 Red and White Cabbage Slaw
 Cream Puffs filled with Ice Cream
 Coffee

Hamburger Pie
 Grapefruit, Pineapple and Avocado Salad
 Hot Buttered Rolls
 Cake Squares
 Coffee

STUFFED BAKED POTATOES

Bake potatoes, cut in halves, lengthwise, scoop out inside and mash thoroughly. Beat well, adding hot milk until the mixture is soft and fluffy (1 teaspoon to 1 tablespoon for each potato). Season to taste with butter, salt and pepper. Add, if you like, grated cheese, minced green pepper sauteed in butter, minced pimiento or ham. Refill shells. Brush with butter or sprinkle with grated cheese. Bake at 450° until lightly browned (5 to 8 minutes).

ZUCCHINI BOATS

Allow 1/2 small zucchini per person. Cook 10 minutes in boiling, salted water. Drain. Cool. Cut in two, lengthwise. Scoop out pulp and chop. Add equal quantity of bread crumbs, moisten with stock, consomme, or gravy and season to taste with salt, pepper, grated cheese, minced parsley, marjoram, or thyme. Stuff zucchini with mixture; sprinkle with buttered crumbs and grated cheese. Bake at 350° until zucchini is tender (about 30 minutes).

MINT-GLAZED CARROTS

8 medium sized carrots
1/2 cup butter
1/2 cup sugar

1 Tablespoon chopped, fresh mint leaves
2 Tablespoons water
Salt and Pepper

One pound serves 3 or 4. Wash. Scrub young carrots with a stiff brush. Scrape old carrots with a wire brush, metal sponge, or with a vegetable parer. Slice carrots lengthwise, 1/4 inch thick. Cut in strips; cook until almost tender (2 to 4 minutes in pressure saucepan or 10 to 25 minutes in boiling, salted water). Drain. Add butter, water, sugar, and mint, and cook slowly until well glazed. Season with butter, salt, and pepper. 2 cups cooked peas may be added after the carrots have been glazed and before seasonings are added.

BROCCOLI

One pound serves 2 to 4. Select stalks with dark, green, tightly closed buds and short, crisp stems. Cover with cold, salted water. Soak 15 to 20 minutes. Drain. Cut off tough part of stalk, and coarse leaves. Peel stalks and slit large ones lengthwise for an inch or two so they will cook evenly. If stalks are too large for individual portions, split to make of attractive size and shape. Cook about 1 1/2 minutes in a pressure saucepan or about 15 minutes in 1/4 to 1/2 cup boiling water in a tightly covered pan. Do not over cook.

BROCCOLI WITH CHEESE

1 onion, minced
6 tablespoons butter
4 tablespoons flour
2 cups milk
1/2 teaspoon salt
1/8 teaspoon pepper

1 egg yolk
1 cup grated Parmesan cheese
2 1/2 lbs. of cooked broccoli
1/2 cup dry bread crumbs

Cook onion in 4 tablespoons butter until tender, stir in flour, add milk gradually and cook slowly until thickened, stirring constantly. Add salt, pepper, egg yolk and cheese. Pour half of sauce into greased baking dish, arrange broccoli on top of sauce, cover with remaining sauce, sprinkle with bread crumbs and dot with remaining butter. Bake in a moderate oven (350°F) about 20 minutes. Serves 6 to 8. For variation add 2 cups of chopped chicken at the same time as the broccoli. Also a 1/4 teaspoon of oregano or rosemary will give an interesting flavor.

EGGPLANT SUPREME

1 medium size eggplant
1/2 cup milk
2 eggs
Salt and pepper to taste

1/2 cup grated cheddar cheese
1/2 cup buttered bread crumbs
1 small onion, chopped fine

Pare eggplant, cut into medium size pieces. Beat eggs slightly and combine with milk. Arrange in greased baking dish, layers, of eggplant, cheese, onion, salt and pepper. Over this, pour the milk and eggs. Cover and bake 1/2 hour or until almost done. Remove cover and add buttered crumbs. Return to oven for 15 to 20 minutes or until brown.

ITALIAN DELIGHT CASSEROLE

1 lb. ground beef
1/4 cup salad oil
1 onion, chopped
1 clove garlic, minced
1 green pepper, chopped
1 8-oz can tomato sauce
1 8-oz can mushroom sauce

Salt and pepper
1/4 teaspoon crumbled dried oregano
1/4 teaspoon crumbled dried thyme
1 tablespoon Worcestershire sauce
3 oz can sliced mushrooms
1 12-oz can whole kernel corn
1 cup grated cheddar cheese

Brown meat in oil until crumbly; remove from pan. Add the onion, garlic, and green pepper to the drippings and saute until vegetables are limp. Stir in the tomato sauce, mushroom sauce, salt and pepper to taste, oregano, thyme, Worcestershire, browned meat, and liquid from the mushrooms, cover and simmer for 10 minutes. Cook spaghetti in a large amount of boiling salted water until tender but not mushy; drain. Mix the cooked spaghetti with the sauce, corn, and mushrooms in a greased casserole. Sprinkle the top with grated cheese. Bake in a moderate oven (350°) for 45 minutes in 3 quart casserole. Serves 8 - 10.

CORN TAMALE

1/2 c. Cornmeal
1 T. Baking powder
1 T. sugar
1/2 t. salt
1/2 c. grated cheese

1 No. 2 can cream style corn
1 c. milk
1 egg beaten slightly
1 small can ripe olives
1 T. butter

Mix well and bake at 350° for one hour.

HAMBURGER PIE

1 lb. ground beef
2 tablespoons fat
1 medium onion, chopped
1 teaspoon salt
1/8 teaspoon pepper
2 1/2 cups cooked green beans

1 can tomato soup
3 1/2 cups hot mashed potatoes
1/2 cup hot milk
1 egg, beaten
1 teaspoon salt
1/8 teaspoon pepper

Brown the meat in the hot fat. Add the onion and cook until it is golden. Season with salt and pepper. Add the green beans and tomato soup. Pour the mixture into a greased 2-quart casserole. Whip the hot mashed potatoes with the milk, beaten egg, and seasonings. Spread the potatoes over the meat mixture. Bake at 350° F for 35 minutes. Garnish with parsley. Serves 6. Multiply recipe for the number to be served.

CAESAR SALAD

1/3 cup salad oil
1/3 cup garlic oil
1/3 cup wine vinegar
1/2 tsp. mustard
1 tsp. Worcestershire sauce
1/2 tsp. salt
1/2 tsp. pepper

Lemon juice to taste
1 one-minute egg
1/4 to 1/2 cup Parmesan or
Roquefort cheese
1 cup crutons
mixed greens, such as
lettuce, endive, romaine

1. Make garlic oil by soaking 2 or 3 garlic cloves cut up in salad oil. Mellow for 1 week, if possible.
2. To make a dressing, take equal parts of garlic oil, salad oil, and wine vinegar.
3. Add mustard, Worcestershire sauce, salt, pepper and lemon juice.
4. Break a one-minute egg into dressing. Shake well. Chill.
5. While dressing is chilling - - - break greens into bowl.
6. Cut bread heel into little squares, dip squares in garlic oil. Brown in oven or skillet at low temperature.
7. Sprinkle cheese liberally on greens.
8. Just before serving, pour dressing over greens and cheese in bowl. Toss lightly. Add crutons and toss lightly. Makes 6 servings.

SPICED PEACHES

1 No. 2 1/2 can peach halves
1 T. vinegar
1 to 2 sticks cinnamon
1 tsp. whole cloves

Combine ingredients in sauce pan; heat to boiling; simmer 5 minutes. Chill. Drain before serving. Stud with whole cloves.

SOUR CREAM MUSHROOM SAUCE

Yes, it's wonderful! Try this sauce with fried chicken too--

1/2 lb. fresh mushrooms, cut in half
1/4 cup minced onion
2 T. butter
1/2 tsp. pepper

2 T. flour
1/2 cup heavy cream
1/2 cup sour cream
1/2 tsp. salt

Brown mushrooms and onion slightly in butter; cover and cook 10 minutes. Stir in flour. Add heavy cream, sour cream and seasonings. Heat slowly, stirring constantly, almost to boiling point. Makes about 1 1/2 cups.

HERB BREAD

Cut loaf of french bread diagonally into thick or thin slices but without cutting all the way through. Spread herb butter between the slices. Wrap in aluminum foil. Heat in 400° oven. Serve very hot.

HERB BUTTER

1/4 cup butter, softened	2 teaspoons lemon juice
1/4 teaspoon garlic salt	1 teaspoon dried thyme or marjoram
1/8 teaspoon pepper	1 teaspoon dried basil
2 teaspoons parsley, chopped fine	

Combine all ingredients but the lemon juice. Add lemon juice slowly while blending.

CREAM PUFFS

1/2 cup butter, margarine, or shortening
1/8 teaspoon salt
1 cup boiling water
1 cup sifted flour
4 eggs, unbeaten

Add shortening and salt to boiling water and stir over medium heat until mixture boils. Lower heat; add flour all at once and stir vigorously until mixture leaves the sides of pan. Remove from heat and let stand 5 minutes. Add 1 egg at a time, beating thoroughly after each addition. Mixture should be very stiff. Arrange by spoonfuls, 2 inches apart, on a buttered cooking sheet. Bake at 375° until there are no beads of moisture on puffs (40 minutes for large puffs). If puffs are not baked long enough they will fall and be soft rather than crisp. Test by taking one out of the oven. If it does not flatten down, puffs are done. Cool. Fill with ice cream, whipped cream, or any cream filling. Makes 12-14 large puffs or 30 small puffs.

PEPPERMINT CANDY SAUCE

1 1/2 cups coarsely chopped peppermint stick candy
1/2 cup water

Place candy and water in small saucepan. Cover. Bring to boil on Hi. Switch to Lo. Continue cooking until candy is melted and mixture thickens slightly (10-15 minutes). Remove from heat. Cool slightly then chill until mixture thickens.

2 T. coarsely chopped peppermint candy

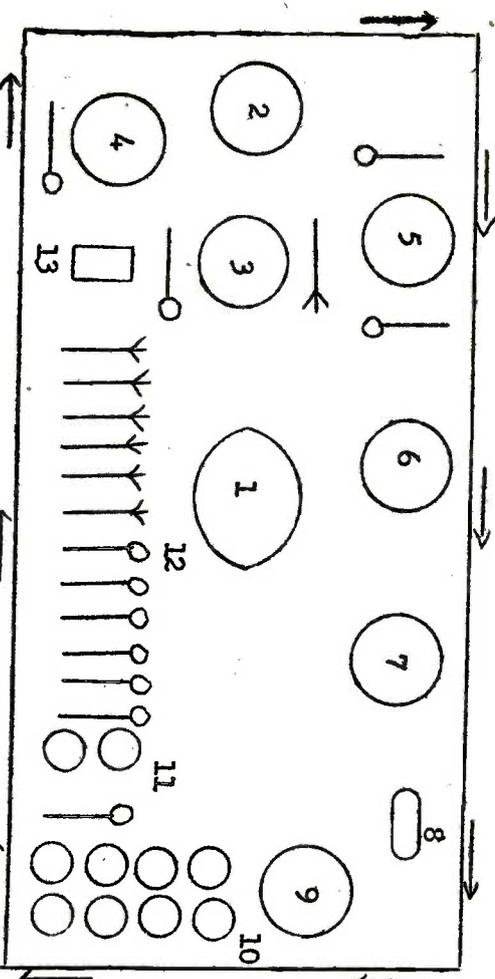
Add candy and serve. Makes 7/8 cup.

HOT SPICED TEA

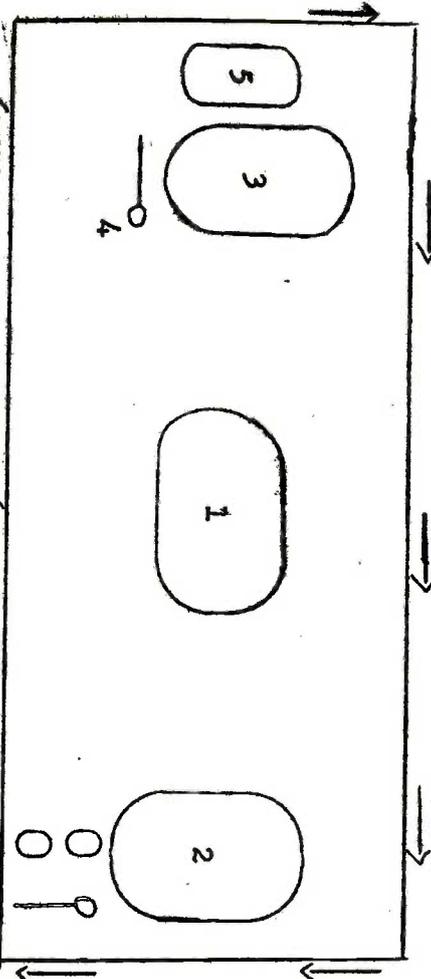
Spicy aroma combines with a tang. Perfect for a buffet supper on a chilly evening.

1. tsp. whole cloves	1 1/2 to 2 1/2 cups sugar
1 tsp. cinnamon	Juice of 3 oranges
1 tsp. nutmeg	Juice of 3 lemons
1/2 cup tea leaves	Peel from one orange
3 qts. water	Peel from one lemon

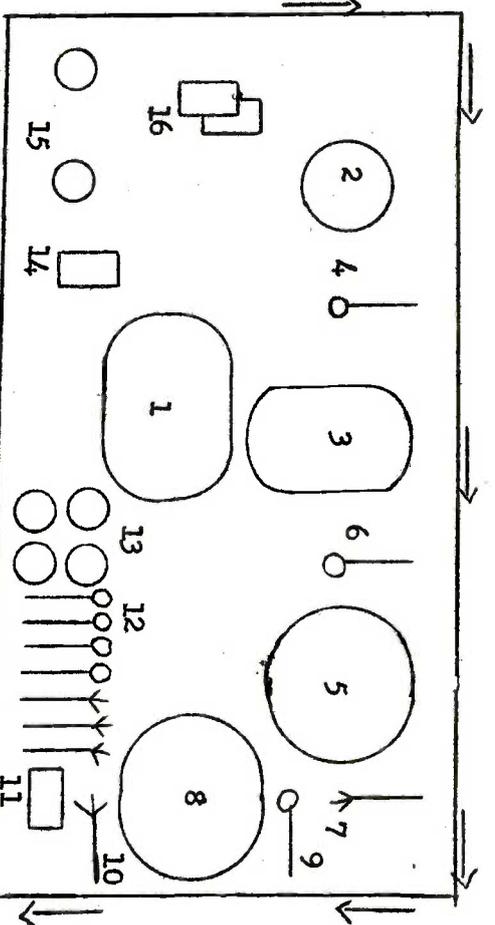
Tie spices and tea loosely in 3 layers of cheese cloth; add to water and sugar; simmer 10 minutes. Remove cheese cloth bag. Add fruit juices and peels (ungrated) to hot mixture. Let stand several hours or overnight. Right before serving, heat and strain. Makes about 20-25 servings.



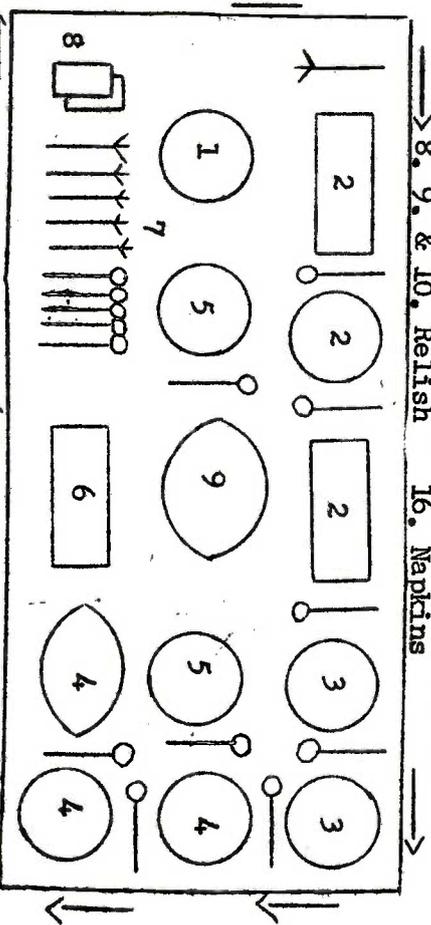
- 1. Centerpiece
- 2. Plates
- 3. Main dish
- 4. Vegetable
- 5. Gravy
- 6. Vegetable
- 7. Rolls
- 8. Relish plate
- 9. Coffee service
- 10. Cups
- 11. Cream and sugar and spoon
- 12. Silver
- 13. Napkins



- 1. Centerpiece
- 2. Coffee service
- 3. Dessert
- 4. Serving silver
- 5. Dessert plates



- 1. Centerpiece
- 2. Plates
- 3. & 4. Hot dish and silver for serving
- 5. & 6. & 7. Salad and silver for serving
- 8. & 9. & 10. Relish
- 11. Buttered rolls or sandwiches
- 12. Silver for service
- 13. Cups
- 14. Beverage
- 15. Sugar and cream
- 16. Napkins



- 1. Dinner plates
- 2. Main dishes
- 3. Vegetables
- 4. Balads
- 5. Assorted relishes
- 6. Sandwiches or rolls
- 7. Silver
- 8. Napkins
- 9. Center-piece

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FOOD SELECTION AND PREPARATION (continued)

Economical Entertaining with Ease (continued)

Foods prepared were as follows:

- | | |
|-------------------------|------------------|
| 1. Zucchini Boats | 5. Hamburger Pie |
| 2. Broccoli with Cheese | 6. Herb Bread |
| 3. Italian Delight | 7. Cream Puffs |
| 4. Corn Tamale | 8. Fruit Compote |

Herbs were used in three dishes prepared. It was emphasized that usually only one dish containing herbs would be served at one meal. Herbs should be used in small amounts to give just a trace of flavor; herbs give a fresh sparkle to the family's favorite dishes when used subtly. While the casseroles and other foods were in the oven, the group reconvened for a discussion of Table Arrangements and Centerpieces and Etiquette and Manners. Attached to the back of the recipe sheet were four diagrams which were discussed, showing accepted placement of service and food for ease of serving and having a flow pattern.

Rules of etiquette should not be too rigid, but should be based on kindness, consideration, and common sense. Etiquette should become automatic so that the hostess may be hospitable and enjoy her entertaining as much as the guest who accepts the rules of etiquette in the same light. One of the rules of etiquette stressed was that the hostess should invite her guests to the buffet table in small groups of three to five. This avoids the "bread line" and allows each guest to take his time in serving himself and to enjoy the beauty of the buffet table.

All too frequently guests forget they, too, have responsibilities. The three we talked about were:

1. Respond to hostess's requests.
2. Contribute to conversation.
3. Mingle with other guests.

Children in the family should be included when entertaining, as youngsters of all ages are capable of having a responsibility whether it be placing the ash trays, answering the door, helping in the kitchen or serving at the table. Good manners taught children helps make good etiquette automatic as an adult.

Following the meal, we discussed how we could plan our entertaining so that we as hostesses, could enjoy it more. As we have learned in previous time management lessons, some sort of a time schedule is

FOOD SELECTION AND PREPARATION (continued)

Economical Entertaining with Ease (continued)

important to help us accomplish the most with the least effort. Planning our household tasks such as washing windows, cleaning house, cleaning silver, care of linens, preparation of food, etc. can make our entertaining much more enjoyable. Plan what can be done weekly or monthly, day or evening, morning and afternoon of party.

Simplicity should be the key note of informal entertaining so that it neither over taxes the hostess or her pocketbook. Always remember-- guests come to parties hungry for companionship and fun, not for food alone.

Our meeting ended with a discussion of the foods prepared and their place in the basic seven chart to give us nutritious, well balanced meals. Copies of the mimeographed material were distributed by those attending to six more homemakers.

FAMILY ECONOMICS AND HOME MANAGEMENT

Brush Up on House Cleaning

The project lesson "Brush up on House Cleaning" was presented to the Patagonia Club with 12 members present.

The subject matter was limited to cleaning hard surfaces, such as hardwood, asphalt and rubber tile, linoleum and cement floors; painted walls, woodwork, percelain kitchen and bathroom fixtures; aluminum and copper pans and counter tops.

The value of each homemaker having some type of cleaning basket to carry her cleaning supplies and tools from room to room to save time and energy was stressed. It was pointed out that each woman should select only those supplies and tools which she needs for her basket. We discussed various cleaning tools, mechanical supplies (such as sponges, brushes, mops, dust cloths) and chemical supplies (such as waxes and cleaners).

A rather lengthy discussion was held on the composition of the various surfaces, particularly in relation to those surfaces that are soluble in some chemical cleaning supplies. An example would be asphalt and rubber tile floors which are softened by oil and greases. Therefore, paste wax and oil base liquid wax should not be used on these types of floors. Many of the powdered and liquid caustics will remove the paint from walls and woodwork, especially if used in excess strenght.

So that the women could actively participate in the lesson, four experiments were done. The members present divided into small groups.

Experiment I. Effect of waxes on rubber and asphalt tile

Small samples of rubber and asphalt tile were available on which the women tested the water base wax, oil base wax and paste wax. In the time available, the oil base and paste wax did not show softening of the tile. Another time sample should be done ahead of the meeting to show results.

FAMILY ECONOMICS AND HOME MANAGEMENT (continued)

Brush Up on House Cleaning (continued)

Experiment II. Testing scouring powders

Four different scouring powders were tested by placing 1/4 teaspoon powder between 2 micro glasses. The glasses were moved with hard pressure and watched for scratches. The results were as anticipated. Very enlightening demonstration for the women.

Experiment III. Making and using a glass cleaner

The recipe for this cleaner is in the recipe sheet attached to this report. The women were particularly interested in what a good job the homemade cleaner did and how inexpensive it was compared to the commercial product.

Experiment IV. Do cleaners "bite" your hands?

Eight caustic cleaners, both powder and liquid were tested for free alkali with litmus paper. The women then placed the cleaners in the order of which would do the heaviest job. This explained to the group why we should choose the right cleaner for the job rather than one cleaner for all jobs.

Various cleaning problems were discussed and the solutions for each given where possible. This phase of the lesson was done by having the women list their problems on a form provided by our office and then put the solution for their problems in a separate column. The problems and solutions could have been handed out in printed form but would not have been so effective. The women learned a great deal by this participation.

Miscellaneous cleaning aids were given for stoves, refrigerators, and shower stalls. The women enjoy telling of their cleaning experiences and passing along information which others might use. The book "How to Clean Everything" by Alma Chestnut Moore, is an excellent source of reliable cleaning information. The recipe sheet which was given the homemakers is attached.

This same lesson was presented to the Mexican group later in the month. The only experiment done was the testing of cleaners. The

FAMILY ECONOMICS AND HOME MANAGEMENT (continued)

Brush Up on House Cleaning (continued)

approach used was more from the angle of how to clean efficiently for other people. Also special emphasis was placed on the homemade cleaners for which recipes were given out. Many of the women who attended were on very limited incomes.

It was extremely satisfying to have these women participate in the discussion and ask questions. The eight ladies present seemed to accept the lesson very well. The three youngest homemakers were especially interested in good methods for cleaning.

Approximately 15 friends and neighbors received information from members.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
TUCSON

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

Agricultural Extension Service

"MAKE IT YOURSELF" CLEANERS

Compiled by Grace Ryan and Ruth Linner

* * * * *

*
* TAKE CARE OF YOUR HANDS *
*
* Hand Lotion *
*
* 3½ cups distilled water, or water that has been boiled *
* for ten minutes *
* 3 oz. Glycerine *
* 3 oz. Bay rum *
* 1/4 oz. Gum of Tragacanth *
* 1/4 oz. Benzoin (optional - for healing) *
*
* Soak the gum of tragacanth over night in distilled water. *
* Strain and beat with a Dover egg beater. Add glycerine and *
* bay rum and mix well with egg beater. Pour in sterilized *
* bottles and cork. *
*
* * * * *

WALLS AND WOODWORK

PAINTED WALLS

These mixtures will not yellow walls that are painted white or ivory.

Mild Solution (for little soiled walls)

2 tablespoons mild soap powder
1 quart warm water
2 tablespoons turpentine

Mix together and stir rapidly. Apply with a sponge. Rinse with clear water.

Medium Strength Solution (for walls with considerable soil)

2 tablespoons mild soap powder
1 quart warm water
1 tablespoon ammonia (household)

Mix and apply as above.

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Strong Solution (for walls with heavy films of grease and dirt)

1 cup soda solution (made by putting 1# sal soda in 1 qt. water)
1 cup ammonia (household)
1 cup vinegar
1 gallon water

Mix and apply as above.

Another good soap solution is made by adding 2 cups soap flakes and 1 tablespoon kerosene to 1 gallon water. Wash with even strokes. Rinse and wipe dry.

WALLPAPER DOUGH

A good wallpaper cleaner may be made with the following recipe:

1 cup flour
1/2 cup water
2 teaspoons vinegar
1 tablespoon salt

Boil until the mixture forms a hard ball. After mixture is cooked, add 2 tablespoons kerosene.

Brush down walls with cloth bag over broom. Begin at top of room to clean. Rub down gently with the dough ball and knead in the dirt as you work. Dust off crumbs with soft clean cloth. Be sure that strokes overlap to avoid streaks.

GLASS

Glass surfaces need no special expensive cleaners. A lintless cloth used with one of the following formulas will do a good job. If you wish to make a "creamy" cleaner, use the kerosene-water mixture and thicken to a creamy consistency by adding 1/4 cup whiting and 1 tablespoon soap jelly to each quart of water. The whiting prevents the soap from streaking.

2 tablespoons kerosene to 4 qts. of warm water.
1/2 cup denatured alcohol to 4 qts. of warm water.
1/4 cup household ammonia to 4 qts. of warm water.

WINDOW SHADES

Use soap foam for cleaning shades. Wipe both sides with a damp cloth and a small amount of lather. Rinse with a damp cloth and softened water.

METALS

Monel

For regular care, wash with hot soapy water. Rinse well, and polish with soft dry cloth. Other household detergents may be used in place of soap.

Nickel

For regular care, wash with hot water and soap or other detergent. Rinse with clear hot water.

To polish, apply a paste of fine abrasive, such as powdered whiting in water, ammonia, or alcohol. Let dry, then polish with a soft dry cloth.

Caution:

Avoid harsh abrasives which may destroy the nickel plating and expose the bare metal.

Plumbing Fixtures

If corroded, apply a mixture of 1 part oxalic acid and 3 parts whiting. Moisten with water to make a creamy paste. Wash with soap and water. Dry well.

PORCELAIN ENAMEL

Bathtub, Sink, Washbowl

Wash in soap and water or use whiting. To remove stains of iron rust use dilute oxalic and wash in soap and water. For other stains use kerosene, wash in soap and water.

BASIC CLEANING FORMULAS

Soap Jelly

1 cup mild soap flakes

4 cups boiling water

Dissolve the flakes and let mixture set until jelled. This is a foundation for many cleaners.

Soap Foam

Beat the jelled soap with an egg beater or mixer until a stiff DRY lather is formed.

Note:

In using either the jelly or foam always rinse the surface carefully with softened water. Use as little water as possible in rinsing, but do the job thoroughly.

Acknowledgments: Louisiana - Cleaning Walls and Windows, H.S. #6
F. B. #1834 - House Cleaning Made Easier
New Hampshire - Slick Tricks in Cleaning, Ext. Cir. #286
Cornell - Household Cleaning, Ext. Bulletin #790

CLOTHING AND TEXTILES

Clothing Construction for a Cotton Dress

Five meetings were held for the Mexican Group over a period of four months. The series of workshops began with a discussion on the selection of fabric. Many samples of fabric were shown to help the women recognize good quality material as well as knowing how to select material for a beginning sewer.

Commercial pattern envelopes were used to emphasize the need to check one's own measurements with those of the pattern. After demonstrating how measurements should be taken, the agent assisted all of the women in taking each other's measurements accurately.

Basic pattern alterations were shown at this first meeting, but assistance was given at the second meeting to all of the women so that they had their patterns altered correctly before cutting the garments. The fabric and correct cutting techniques were demonstrated.

At about the third meeting the women learned how to do stay stitching, mark perforations with dress maker's carbon, stitching with the grain of the fabric and joining seams by matching notches, and use of interfacing.

The patterns selected by the women were sleeveless and most of them were without collars. (none had convertible collars)

At the next meeting they completed the blouses and skirts, learned how to join them together, followed by a demonstration on how to put in a zipper. The agent also demonstrated how to put in a hem by hand.

Two women from French Mine and three from Patagonia had nearly completed dresses when they went home from this meeting. The owner of the slant needle machine and our hostess did an exceptionally nice job in making their dresses. The two from Trench Mine selected Powder Puff Muslin of rather poor quality so that it was difficult to work with.

The last meeting with the Mexican women in Patagonia was devoted to setting in sleeves and putting on a convertible collar. The six women who attended had a sport blouse cut out, stay stitched and ready for the collar. A demonstration was given on interfacing the collar, trimming the seams and slashing to the stay stitching on the neckline. In demonstrating setting in the sleeves two rows of elongated machine stitches were drawn up and the fullness eased into the arm's eye.

CLOTHING AND TEXTILES (continued)

Clothing Construction for a Cotton Dress (continued)

Time did not allow the women to complete their blouses before going home. However, they had each step far enough along so that they could finish at home. As mentioned above, two women of the group were quite nice seamstresses but they just needed guidance on a few points. The one homemaker who had never sewn before was very enthusiastic about the garments completed. Now she truly enjoys sewing. She has three small youngsters.

These women were eager to learn and are most cooperative. The group was rather small, but these women definitely needed assistance to help them raise their standards of construction. They have fewer opportunities to learn better ways of doing things than the average homemaker.

At these five meetings the total attendance was 38 with an average attendance of 5.

CLOTHING AND TEXTILES (continued)

Sewing Machine Clinic

The Patagonia Homemakers cleaned 11 machines at their Sewing Machine Clinic. Seventeen women attended. This was the first time any women from the Trench Mine area, near Harshaw, have participated in the program. Mr. Robert E. Oberly, Assistant County Agent, assisted at this meeting.

There were one White and one Majestic machines, two Singer feather-weight portables, and 7 old time Singers (mostly with long shuttle bobbins).

The morning was devoted to disassembling the parts of the head of the machine according to the instructions given. All parts were thoroughly cleaned, reassembled and well oiled. The balance of the time was taken to adjust the machines so that the stitching would be as good as or better than when the machines came to the meeting. One Singer 34 years old required a minimum amount of adjusting where as the White caused considerable difficulty. One problem common to all of the long shuttle machines was the adjusting of the bobbin holder so that the inside edge of the bobbin would not rub.

Two of the very old machines caused trouble when it came to getting some of the parts loosened as they had not been removed for years, if ever. The Singer portables were not really in need of cleaning, but the women did learn how to clean and adjust the tension.

Only two women had ever had their machines apart to clean, before this clinic.

PUBLICITY

SANTA CRUZ GIRLS SHINE

Quality of Dress Revue and Home Economics Exhibits Excellent at 4-H Fair in Sonoita

SANTA CRUZ COUNTY'S annual 4-H Fair on April 24 at Sonoita drew a crowd of better than 700 people and climaxed a year's hard work by 4-H Club members of the area. In the home economics division alone, 28 girls entered a total of 115 exhibits and topped the whole show with a dress revue of the finest caliber.

Judges Graham P. Wright, State 4-H Club leader, and Mrs. Maryetta Gaskill, Cochise County home demonstration agent, found awarding blue ribbons in home economics a difficult job because all entries showed superior workmanship.

Blue ribbon winners in the one-day event's first-year clothing competition included:

For stuffed toy: Jovel Kane of the Stitch and Giggle Club; Lila Bentley, Sharon Hunter and Romelia Moreno of the Happy Scrappers; Mary Eloisa Jimenez, Bertha Jimenez, Sara Townsend and Sue Van Gorder, Mustangs Club.

Mitt: Jovel Kane; Mary Eloisa and Bertha Jimenez and Sue Van Gorder.

Sewing box equipped: Jovel Kane; Mary Eloisa, Bertha and Margaret Ann Jimenez, Sara Townsend and Sue Van Gorder.

Skirt apron: Lila Bentley and Sharon Hunter; and Jovel Kane.

In second year clothing, only one

blue ribbon was awarded for a garment protector and it went to Doretta Randolph of the Palo Verde 4-H Club.

The two blues for darned hose were taken by Linda Louise and Jean Ann Urschaltz, both of the Palo Verde Club.

Competition between Stitch and Giggle Club members and Palo Verde-ites was a little strong in the skirt and blouse classifications, with members of the latter group taking a slight lead. For skirts, Stitch and Giggles winning blues were Elena Villegas, Norma Bejarano, Frances Alegria and Erlinda Sotelo, while Linda Louise Urschaltz, Nancy Lewis and Doretta Randolph upheld the honor of the Palo Verde-ites. In addition, Palo Verde members Linda Louise Urschaltz, Nancy Lewis, Jean Ann Urschaltz and Doretta Randolph took all of the top ribbons for blouses.

Only two blues were given for third year clothing projects, both going to Maria Leon of the Happy Scrappers for a cotton school dress and a shirt and shorts outfit.

Similarly, in the fourth year clothing division, Esther La Plante of the Palo Verde Club won the only two
(Continued on Opposite Page)

Santa Cruz Girls

(Continued from Page 34)

blues given with a semi-tailored dress and weskit.

Highlighting the day was the dress revue which found Maria Leon and Esther La Plante winning the coveted trips to the annual 4-H Roundup in Tucson, where they will model their outfits in competition with the best from other 4-H fairs. Esther's winning costume was a dressy outfit, while Maria modeled and won with both a cotton dress and a sports outfit.

Juniors in the dress revue modeled skirts and blouses, with top honors being shared by Norma Bejarano and Elena Villegas of Stitch and Giggle, Vickie Grennan of Happy Scrappers, and Nancy Lewis, Jean Urschaltz, Linda Urschaltz and Doretta Randolph of Palo Verde.

Record Books

Both home economics and agriculture clubs participated in the record book contest, but the Palo Verde-ites, a home ec club, took the highest

honors for completeness and neatness of their record books and were awarded a special gavel for their outstanding work. Other record book winners were the Stitch and Giggle, Happy Scrappers, Mustangs and Apache clubs.

In the food preparation division, entries were made only in first year food projects. The single blue ribbon in the poster classification went to Beverly Douglass of the Happy Scrappers.

Sara Townsend and John Schorr, Mustangs, shared first place with Beverly Douglass for the best baking powder biscuits, while Happy Scrapper Margaret Ambrose joined Sara Townsend, Bertha Jimenez and John Schorr, all Mustangs, to form the blue ribbon group for hard cooked eggs.

Last, but not least, were Margaret Ambrose of Happy Scrappers, Sue Van Gorder, Margaret Ann and Bertha Jimenez, and John Schorr, Mustangs, who took top honors for stewed prune entries.

4-H CLUB WORK

There were eight 4-H leaders and four Home Economics Clubs in the county for the 1954-1955 club year. There were no junior leaders. A total of 68 club meetings attended by 529 members were reported to have been held by local leaders.

The clubs were located in four rural communities--Tubac, Calabasas, Patagonia and Elgin. 39 members were enrolled with 29 completing. Total number of projects completed were 26 clothing, 2 Home Furnishings and 8 foods.

A new club has been organized in the upper Santa Cruz valley for 1955-56. Five girls and boys make up the enrollment in this community club under the leadership of a former Extension Livestock Specialist. Two mothers help the five girls with their 1st year clothing and foods projects. One boy had belonged to the Patagonia Club while the others are enrolled in the program for the first time. The club had its organizational meeting during the summer and then began project work in September.

Due to the distances involved, leader training has been accomplished by personal contact with the leaders. If time permitted more leader training would be advantageous.

Entries in the county 4-H Fair were as follows:

Clothing exhibits -	83
Foods	32
Dress Revue	12

An Elimination Contest was held after the fair to select county winners in Demonstrations, Judging, and Dress Revue. 65 4-H members, leaders, parents, and friends attended the full day of activities.

A total of 19 girls participated in the Judging Contest--6 in Foods, 17 in Clothing, and 4 in Home Furnishings.

Eighteen girls and one boy gave a total of seventeen demonstrations; 57 Food Preparation and 12 Clothing. In 1954 only 4 Clothing Demonstrations were given.

Six girls attended Roundup. The one significant award won was a blue ribbon on the junior individual clothing demonstration. Very few of the girls were old enough to attend Roundup this year.

4-H CLUB WORK (continued)

Two girls and one boy attended 4-H Camp.

During the year, five Council Meetings were held with a total attendance of 51. The County Council assumes its responsibilities well and actively promotes the 4-H Club program in the county. The Council is made up of 4-H leaders (both agriculture and home economics) and other interested people in the community.

Approximately 140 4-H members, parents, and friends attended the Achievement Program held at the Youth Center in Nogales. The Council arranged the program which included talks by Roundup Delegates and other club members telling what they had done in their club work this year. Maynard Clark gave a talk and showed slides on his trip to the National 4-H club camp in June.

All 4-H pins and County medals were presented to the club members. The Council gave merchandise awards to club members based on their placings at the County 4-H Fair in April. In past years these awards have been cash awards. It was felt that items such as sewing and cooking equipment would mean more to the club members and would be a lasting award.

The leaders in the county were recognized for the time and work they had devoted to the club program and also for the accomplishments of their members.

The 4-H club program in the county is staunchly supported by parents of the members. This achievement program really pointed out the fact that 4-H club work holds an important place in the lives of these rural families in the county.

At the beginning of each 4-H club year the Santa Cruz 4-H Council sponsors a "Kick-Off Dinner" for all 4-H club members, parents, leaders, and friends. This year approximately 140 people attended the potluck supper and program in Patagonia. All five clubs in the county were represented.

The Council officers gave a brief resume of the 4-H activities in the county during 1955. This was followed by the election of officers. A short movie was shown; the meeting was adjourned. Junior leaders were in charge of dancing and other forms of recreation.

4-H CLUB WORK (continued)

Outlook

The Calabasas club has disbanded due to the lack of interest among its members. This leaves a total of 3 old clubs organized this fall with 1 new club.

The Mustangs are including one Demonstration by a club member at each meeting. The Mustangs and Happy Scrappers meet once a week while Palo Verde and Santa Cruz Muskrats meet once a month with project meetings in between.

The fall enrollments show that there are 30 girls and 6 boys enrolled in 27 food projects, 27 clothing projects, and 1 Home Furnishings project.