

ANNUAL NARRATIVE REPORT

NAVAJO COUNTY  
ARIZONA

DECEMBER 1, 1950

to

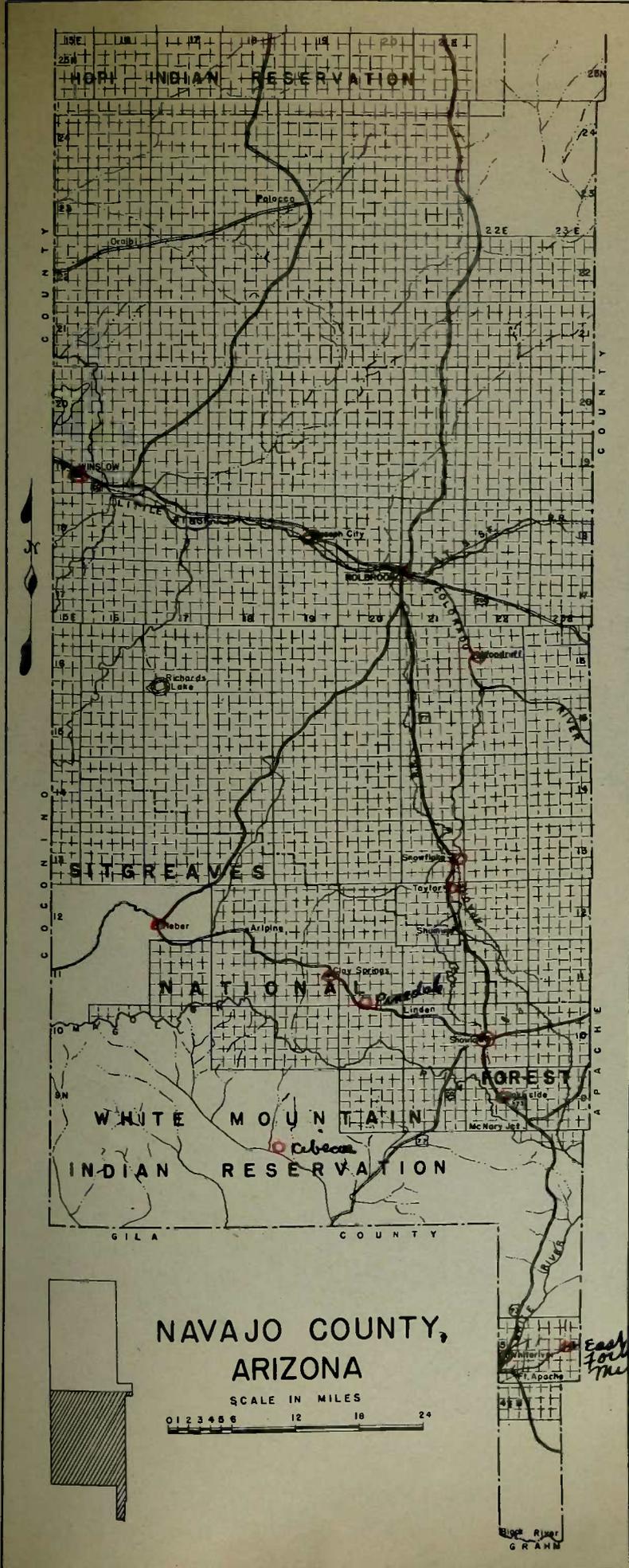
NOVEMBER 30, 1951

By

Lida E. Logan  
Home Demonstration Agent

## I N D E X

<u>Title</u>	<u>Page</u>
Map of Navajo County	1
Description of County	2
County Outlook for 1952	4
Highlights of 1951 Program	5
Highlights of 4-H Club Program	6
Extension Organization-Adult	7
House and Furnishings	10
Upholstering	10
Lighting	11
Color Schemes	13
Nutrition	14
Home Pasteurization	14
Food Selection and Preparation	15
Food Preservation and Storage	16
Health and Safety	17
Home Management	19
Clothing and Textiles	21
Family Relationships	22
Extension Organization-4-H Clubs	23
Clothing and Textiles	25
Food Selection and Preparation	26
Health and Safety	27
Homemaking and Room Improvement	28
Recreation and Junior Leadership	29
Camps	31
Achievement	33
Information	34



Home Demonstration Work.

Mileage from Holbrook to groups taking one or more projects in 1951.

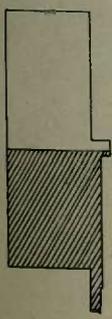
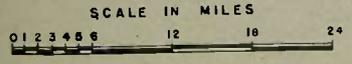
Adult Work

Clay Springs	50
Joseph City	10
Heber	50
Lakeside	59
Pinedale	48
Show Low	49
Snowflake	29
Taylor	32
Whiteriver	87
Winslow	32
Woodruff	12

4-H Club Work

Cibecue	85
Clay Springs	52
East Fork Mission	91
Joseph City	10
Lakeside	59
McNary	68
Show Low	49
Snowflake	29
Whiteriver	87

NAVAJO COUNTY,  
ARIZONA



BLISS RIVER  
GRAHAM

## DESCRIPTION OF THE COUNTY

Navajo County, in the Northeastern part of the State of Arizona, is approximately 300 miles long and 60 miles wide. It ranges in altitude from 5,000 to 7,000 feet. The climate is cold in the winter, but pleasant in spring, summer and fall. The Southern part of the County is developing as a summer camping and fishing area. About 60% of the County is Indian Reservation territory for the Navajo, Apache and Hopi tribes.

Agriculture is the basic industry, with cattle and sheep the chief agricultural products. The sheep are raised chiefly by the Navajo on their Reservation. Cattle are raised on approximately 75-100 ranches off the Reservation, and by the Apache and Hopi Indian tribes. Approximately 300 families are engaged in irrigated and dry-land farming. The extreme Southern part of the County is in the National Forest, and most of the timber is Ponderosa pine.

Sawmills, tourist trade, road work (including railroad) and mining provide employment for the non-Agricultural population. In the typical Navajo County family, one or more members will be employed outside the home and ranch or farm.

Holbrook, the County Seat, and Winslow, are the shopping centers.

Health facilities are improving. The County now has a part-time Public Health Sanitarian. Winslow and Holbrook have School Nurses. There are seven doctors in Winslow, Holbrook and Show Low; two dentists in Winslow and one in Holbrook and one in Snowflake; a hospital in Winslow, one in Holbrook and a Maternity Clinic in Snowflake. This does not include the Indian Service hospitals at Whiteriver, Winslow and Keans Canyon and the doctors on the Indian Reservations.

Immunizations are optional, except in epidemics. Eight milk pasteurization plants are being operated in the County, but in order to comply with the new dairy code, this number will probably be reduced during 1952. The family cow is still the chief source of milk supply. A Bang's and TB testing program was conducted in the

County by the Bureau of Animal Industry during 1951, and cases of Bang's Disease were reported.

There is no County Library. Recreational programs are limited to those carried on by the different church groups.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

COUNTY OUTLOOK FOR 1952.

The range has improved, due to summer rains, and prices for cattle are good, so the families dependent on ranching should live comfortably in 1952. The families depending on farming are in an equally good position, since this was a successful year for agricultural crops.

Most families produce and preserve at least a part of their food supply. Many home freezers were bought in the County this year, and the freezer locker plants in Holbrook, Snowflake, Joseph City and Show Low are used extensively. There is a need for further education in the preparation and use of frozen food. With canning supplementing the freezing work done, the variety of food and the nutrition of the family should be improved.

Most families own a milk cow. There is a need for further education about safe handling of milk, and a need also to encourage the use of milk products, particularly cheese, to increase the protein in the diet of the lower income families.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

HIGHLIGHTS OF THE 1951 PROGRAM.

Seventy-one (71) women from eight communities in Navajo County learned how to restore shrunken wool blankets to their original size and nap by proper laundering methods. During the three months following the demonstration on this subject by Miss Grace Ryan, Extension Specialist in Home Management, these women laundered thirty blankets by this method, and called the Agent or dropped a note to her to tell how pleased they were with the results. They learned about the hardness of their well water, too, and what should be done to make it suitable for successful laundering.

One hundred thirteen (113) men and women in six communities learned how to select, prepare and use frozen food. Many of these people were owners of new home freezers, and two of the communities served had new freezer locker plants within the past two years. The locker plants managers came to the meeting, too. Thirty-nine (39) of these people have already reported changing their freezing practices, as a result of the meetings held by the Agent in July.

Thirteen (13) school children in Snowflake now have a well-lighted desk or reading center, and the lighting of the entire home has been improved since their Mothers learned what constitutes good lighting, and how eye damage is caused by poor lighting. This work was taught by Miss Grace Ryan, Extension Specialist in Home Management. Some of the other 25 Leaders present at the meeting made minor improvements in their lighting.

One hundred twenty-seven (127) parents learned more about the personality development of their children when Dr. Edith Lord, a clinical psychologist, then Supervisor of the Mental Hygiene Division, Arizona State Department of Public Health, held meetings in the County in February, which were sponsored by the Agent.

Other adult Home Demonstration programs in 1951 were a leaders training meeting in upholstering furniture, attended by seven leaders. This project was not completed in 1951. In April, the Agent assisted Dr. J. N. Roney, Extension Entomologist, in meetings in five communities on fly control. In May, Mr. W. R. VanSant, Extension Specialist in Poultry and Dairying, and the Agent conducted demonstrations on "Safe Milk". Eighty-five (85) women in four communities then learned how to plan an adequate breakfast for their families from meetings held by the Agent in June. In January, the Agent held a meeting on textile painting with 50 women in Winslow.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

HIGHLIGHTS OF THE 4-H CLUB PROGRAM

Thirteen (13) Clubs, with an enrollment of 178 girls carrying 206 projects, were enrolled in the 1950-51 Club year, and of this number, 110 girls completed 128 projects.

Two clubs were organized in Snowflake, one each in Show Low, Lakeside, Joseph City, Clay Springs and Whiteriver, and six clubs were organized among the Indians on the Apache Indian Reservation, in and around Whiteriver. Three of these Clubs, those at Show Low, Clay Springs and Lakeside, were in communities where no clubs had been organized for two or more years.

Among the highlights of the club program this year were the trip to the State Round-up, attended by the Agent and nine delegates; and the Northern Arizona 4-H Camp, attended by the Agent and five 4-H'ers. A successful 4-H County Achievement Day was held in which 63 girls participated in a total of 97 judging and demonstration contests.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

## NARRATIVE REPORT

### EXTENSION ORGANIZATION AND PLANNING:

#### ADULT WORK:

One Homemakers Club was organized in October in Lakeside, among members of the Baptist Church there. Officers are Mrs. Mabel Thomas, President, McNary, and Mrs. Dorothy McAllister, Secretary-Treasurer, also from McNary. Final membership has not been reported.

Other organizations cooperating in the Extension program, and which took three or more Home Demonstration projects during 1951, were the L.D.S. Relief Societies from the churches in Lakeside, Show Low, Pinedale, Taylor, Snowflake, Woodruff and Joseph City. Organizations taking one or more, but less than three, Home Demonstration projects in 1951 were the L.D.S. Relief Societies in Clay Springs, Heber and Winslow; the Woman's Clubs in Whiteriver and Holbrook, and the P.-T. A. in Holbrook.

The program for 1951 was planned at a meeting in August, 1950, at which representatives from the cooperating groups met in Holbrook and presented their homemaking problems that could be helped by information from Extension Service. This group is called the Program Planning Committee, since they have not been organized into a Council.

The 1952 Home Demonstration program was planned at a meeting held in Show Low on October 19, and was attended by 12 representatives from Lakeside, Show Low, Clay Springs, Taylor, Snowflake and Joseph City. The program included reports on the Agricultural outlook, given by the Navajo and Apache County Agricultural Agents, a talk on "Looking Ahead with Homemakers" by Miss Jean M. Stewart, State Home Demonstration Leader, and a report on the 1951 program, given by the Agent.

Publicity consisted of a newspaper article the week before, and the week after the meeting; and a circular letter to all cooperating groups (See the following page).

Guests at the meeting were Mrs. Oleta Brinkerhoff, Home Economist, USIS, Window Rock, Arizona, and Miss Mary Kennington, Supervisor of Home Economics, USIS, Washington, D. C.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook  
October 3, 1951

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

Agricultural Extension Service  
County Agent Work  
Home Demonstration Work

Dear Cooperator:

In order that the Extension Service might better serve your needs during the coming year, we have planned a meeting on October 19, at 9:00 A.M. at the LDS Church in Show Low, at which you may tell us what your group would like included in the 1952 Extension program.

Every organized Women's group in Navajo and Apache Counties is invited to send one or more representatives to the meeting. Bring, or send, several of your members. The more ideas we have presented to us, the better program we can develop for you.

Think of the needs of your group and community in all the areas of homemaking: home furnishings, management of your time and money, clothing, food preservation, nutrition and child guidance. You may wish to discuss this with your group, so that they may send a variety of suggestions.

Either your organization President, or someone whom she designates to represent her, will have a vote on what goes on the 1952 program. Everyone present will have a voice in presenting the suggestions.

Please check and return the enclosed card, indicating approximately how many members your group is sending.

Sincerely yours,

*Lida E. Logan*

Lida E. Logan  
Home Demonstration Agent

LEL/t

An important result of the meeting was an agreement to try a new form of meeting, in addition to leader training and method demonstrations by the Agent or Specialist. The term "hostess meeting" was selected for this new form of meeting, at which a limited number of persons in the community would receive training from the Agent, and would then pass the information on to groups of five or more women who would meet in their homes. This "hostess meeting" will serve for many different areas of subject matter, and will provide the Agent with an opportunity to serve communities where no organized women's groups exist.

Mrs. Oleta M. Brinkerhoff, Home Economist, USIS, stationed at Window Rock, and whose area of supervisor includes Navajo County, has been supplied with a file copy of available bulletins; and attended the method demonstration on laundering a blanket.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

House and Furnishings:

Upholstering:

Seven Leaders from Winslow, Joseph City, Lakeside and Whiteriver attended the training meeting on upholstering furniture, held in Holbrook by the Agent on March 1. All of these Leaders, with one exception, made hassocks. This demonstration on making a hassock was later given to ten members of the Lakeside LDS Relief Society by Mrs. Isaphine Gardner. Mrs. Burton Smith, local leader who attended the training meeting from Winslow, demonstrated "How to Tie the Springs in a Chair" to an audience of 250 women attending the LDS Relief Society visiting teachers Conference, held in Snowflake in June. All Leaders reported having helped re-upholster one or more pieces of furniture during the year. Groups represented at the training meeting who did not have the demonstration repeated this year, plan to include it in their program in 1952.

The goal of this work was to make the home a more comfortable and attractive place in which to live. The aims were to teach the women what constitutes good furniture construction, and how to re-upholster their furniture and thus release for other purposes money which might be required for new furniture, or professional re-upholstering of the old furniture.

In achieving these aims, the women were asked to make either an ottoman, which included making the webbing and seating the springs, or of making a small hassock, which included seating the springs on wood. All of the women in Navajo County chose to make a hassock, except one, who wished to repair and cover an occasional chair.

The Agent outlined the steps in upholstering, discussed repairing the frame and refinishing the wood, and demonstrated the steps in the inner construction and outer covering of the chair. The Leaders were supplied with the bulletins, "Furniture Repair" by Miss Grace Ryan, Specialist in Home Management, and "ReUpholstering a Chair at Home" by Myrtle M. Carter, Extension Specialist in Home Furnishing in Oregon.

The four completed hassocks and one padded occasional chair were very satisfactory.

Lighting:

Twenty-five women from Show Low, Shumway, Heber and Snowflake attended the demonstration on "Lighting for the Home", given by Miss Grace Ryan, Specialist in Home Management, in Snowflake on April 19. Miss Ryan's demonstration was followed by a demonstration on adequate wiring, given by J. D. Gardner, Navajo-Apache R.E.A. Coop. Electrical Advisor. This demonstration on lighting was given by a local Leader to an audience of 40 women at an L.D.S. Relief Society meeting in May.

The purpose of this work was to stress the importance that good lighting plays in eye health. The immediate aims were to show what constitutes adequate lighting, and the wiring required to carry the lighting and appliance load, in order to improve the safety of the home and increase the efficiency of lights and electrical appliances.

Publicity for the meeting consisted of an article in the Holbrook Tribune-News, a weekly newspaper, a circular letter to Leaders of cooperating groups (see next page), and a follow-up newspaper article by the Agent.

All Leaders were supplied with material to help repeat the demonstration, and copies of the USDA Bulletin "Making Light Work for You" (which were supplied by the Navajo-Apache R.E.A. Coop association) were given them.

Thirteen women from Snowflake reported having improved the lighting of their homes by using the new type of light bulbs, and by having arranged a good reading center in the house. Others report that they plan to improve their lighting in the future.

The Snowflake LDS Relief Society requested demonstration material for use by their Local Leader on room arrangement and choosing room accessories. This material was supplied by the State Specialist in Home Management and by the County Office. The kit supplied by the State office contained samples of room accessories and pictures appropriate for the farm and ranch home. Five pictures recommended by the "Farm Journal" magazine were ordered as a result of these meetings.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook  
March 12 1951

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

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

Dear Cooperators:

So much eye damage is resulting from poor lighting that it is important to give our attention to this subject. In communities and on farms, where electricity has recently become available, the homemaker needs information about the selection of permanent fixtures and portable lamps.

Miss Grace Ryan, Extension Specialist in Home Management, will be demonstrating the principles of adequate and proper lighting at a meeting in your County soon. Mr. J. D. Gardner, R.E.A. electrical advisor, will be present to demonstrate adequate wiring for lighting.

The Apache County meeting will be held in the L.D.S. church in Eagar on April 18, from 1:00 to 4:30 P. M.

The Navajo County meeting will be held in the L.D.S. church in Snowflake on April 19, from 1:00 to 4:30 P. M.

In order to finish the work by 4:30 and meet other appointments, it is necessary that we begin promptly at 1:00 P.M. in each County.

Please urge members of your group to attend this meeting.

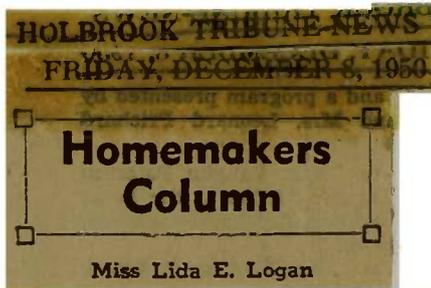
Sincerely yours,

*Lida E. Logan*  
Lida E. Logan  
Home Demonstration Agent

LEL/t

Color Schemes:

As an outgrowth of leader training meetings on "Color in the Home" held in 1950, the Agent received several requests for assistance in this. Color schemes were planned for three homes, and recommendations made for several uses for color in an individual room, selection of draperies, and selection of rugs. Since the leader training work in "Color for the Home" was done late in 1950, the follow-up news article is attached;



**THE ATTRACTIVE HOME**

Why are some homes more attractive than others? Is it because much money has been spent? Seldom does an attrac-

tive home come from money alone. More important is planning for, and the careful selection and arrangement of, the furnishings of the home.

One of the best and least expensive means of making the inside of a house pleasant and attractive is through the use of color.

Colors must be arranged in planned schemes before they are effective. The first step in decorating is to plan your color scheme. This color scheme may be built up from some furnishing in the room, such as a picture, a rug, chair covering or drapery. It is well to have several colors in the object forming the basis for the scheme. These colors may then be picked out and used in the various furnishings, making sure to keep a feeling of harmony and

balance in their use. When the color scheme is selected, it should then be carried throughout the home, so that the eye will move smoothly from one room to another. Monotony is avoided by varying the amounts of the different colors in the scheme from room to room.

Clear yellows, oranges and reds remind us of sunshine, fire and sunsets, so are stimulating and warm. They would be used in rooms which receive little sunshine, or in any room where the effect of warmth and gaiety was desired.

Blues and greens remind us of water, skies and foliage, so would be used in rooms with southern exposures, or where a restful and composed effect is desired.

In any scheme, there should be one outstanding color effect; that is, colors used should be tied together with a neutral or a dominant color. For further information, bulletins on the use of color

may be obtained from the Home Demonstration Agent in Holbrook.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

Nutrition:

Home Pasteurization:

Meetings on "Safe Milk" were conducted by Mr. W. R. Van Sant, Extension Specialist in Poultry and Dairying, and the Home Demonstration Agent, in Pinedale, Show Low, Lakeside and Woodruff, with a total attendance of 113.

The goal of the meetings was to arouse interest in the problem of Brucellosis and other milk-borne diseases, so that they might be eradicated. The immediate aims were to get the family cow tested for Bang's Disease and Tuberculosis, since the family cow is the source of milk in most of the small communities of the County, and to encourage sanitary handling and home pasteurization of milk to control Brucellosis and other milk-borne diseases.

Publicity for the meetings consisted of public announcements at church and community meetings in every community where the meetings were to be held, and follow-up reports in the Holbrook Tribune-News, a weekly newspaper.

The meetings consisted of a talk by Mr. VanSant on the incidence of Bang's Disease in Arizona herds, and its control, followed by two films, one of which dealt with the diagnosis and control of Brucellosis in the herd, and the other with the way in which quality milk, both certified raw and pasteurized, is produced in commercial dairies. The Agent then demonstrated two methods of pasteurizing milk at home---the "flash" method and the "holding" method, using a dairy thermometer. The women seemed pleased with the lack of flavor impairment that occurs in home pasteurization, since most of them held the idea that pasteurized milk is boiled milk.

Five women have reported using home pasteurization at some time this year. This small figure was due, no doubt, to the testing of all the cows in the County by the Bureau of Animal Industry for Bang's Disease and Tuberculosis, and the people feel that they are safe in using raw milk. The chief value in this program was in developing an attitude to accept pasteurized milk when it is available, and to use better sanitary practices in handling milk.

Better Breakfasts:

Eighty-five (85) women in Pinedale, Woodruff, Joseph City and Taylor attended demonstrations by the Agent on planning more nutritious breakfasts.

The purpose of the meetings was to improve the nutrition of the family by their eating an adequate breakfast. The immediate aims were to teach what constitutes an adequate breakfast, and why this is necessary for the human body.

The meetings consisted of discussions on the calories and protein requirements for the day, and why a definite amount of these must be furnished by breakfast. The women then planned a breakfast for one individual member of the family, containing a minimum of 8 gms. of protein and  $\frac{1}{4}$  of the day's requirement of calories. The Agent was surprised at the interest shown by the women in calculating calories and grams of protein.

The group then prepared a breakfast of broiled grapefruit, eggs prepared three ways: (1) Baked in cream; (2) Baked in a tomato shell; and (3) cheese souffle, with whole wheat toast and hot chocolate.

From comments in the group, the Agent gathered that more women learned how to make hot chocolate than any other single thing from the meeting.

Fifteen (15) women reported having improved the amount and quality of breakfasts served in their families.

Publicity for the meeting consisted of a newspaper article carrying the schedule of meetings and a circular letter sent to members of women's groups in communities where meetings were to be held.

#### Food Selection and Preparation:

The Snowflake LDS Relief Society requested and received information on table setting and service--formal, informal and buffet style. At the Agent's suggestion, two 4-H girls gave a demonstration at the meeting on table service. Forty-five (45) persons attended.

#### Food Production:

Requests for lists of the best Arizona varieties of fruits and vegetables for freezing came in so frequently during the spring that the Agent was unable to keep a sufficient supply on hand to satisfy the demand. Almost all the women's groups requested them. Since as much freezing as canning is being done now, it is important that this information should reach the farmers.

Food Preservation and Storage:

Freezing:

One hundred thirteen (113) women and men attended method demonstrations on freezing food held in six communities of Navajo County---Taylor, Woodruff, Snowflake, Show Low, Joseph City and Pinedale.

The purpose of the meetings was to give an understanding of the factors to be considered in freezing food, so that women might use their frozen food lockers and home freezers more efficiently. This was accomplished by a discussion and demonstration of the following:

- (1) Selection of the fruits and vegetables from the standpoint of variety and maturity;
- (2) Selection of packaging materials for the particular food;
- (3) Preparation of the food: blanching and packaging of vegetables; treatment and packaging of fruits.
- (4) Aging of meat; packaging of meat, poultry, fish and eggs;
- (5) Storage life of frozen foods.
- (6) Cooking frozen foods.

Thirty-nine (39) of the people attending changed their freezing practices as a result of the meetings. Many of those attending do not, at the present time, own a home freezer or have access to a frozen food locker.

Publicity for the meetings consisted of a newspaper article and circular letters sent to the mailing lists of the above named communities.

For the first time this year frozen food was included in the exhibits at the County Fair.

Apache Reservation Fair:

The Agent judged Home Economics exhibits and minor arts and crafts at the Whiteriver Apache Indian Reservation Fair on September 7. Exhibits of canned foods had increased slightly over last year, but were limited, considering the abundance of fruit produced in the Tribal orchards. The open kettle method of processing seems to be used entirely by the adults.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

Health and Safety:

Health:

Dr. J. N. Roney, Extension Entomologist, conducted meetings on fly control in Clay Springs, Pinedale, Snowflake, Woodruff and Show Low, attended by 180 people. Since no County Agricultural Agent was assigned here at that time, the Home Demonstration Agent arranged for and attended the meetings. Dr. Roney's recommendations on fly control were given to four other communities--Holbrook, Winslow, Lakeside and Joseph City.

The purpose of this work was to improve the health of the residents and tourists through better sanitation around the home and community, and through control of flies by either an organized community program or by individual control measures.

The meeting consisted of a movie on the life cycle of the fly, a discussion by Dr. Roney of control measures, plus other entertaining and educational short films.

The meetings were announced in the Holbrook Tribune-News (see item below) and by public announcements.

Holbrook Tribune -

Friday, March 30, 1950

## Fly Control Is Subject Of Meet Set For Towns

Dr. J. N. Roney, Extension Entomologist, will attend meetings in many of the communities in Navajo County to discuss the control of house flies and other insects.

Dr. Roney stresses the fact that Arizona communities and farms need not be pestered with flies. The house fly is not only annoying, but is the spreader of many diseases.

The Fly Control meetings schedules are as follows:

Tuesday, April 3--1.00 P. M.

Clay Springs, school house. 3:30 P. M. Pinedale, LDS Church. 7:30 P. M. Snowflake, school house.

Wednesday, April 4--2:30 P. M. Joseph City, school house. 7:30 P. M. Woodruff, school house.

Thursday, April 5--2:30 P. M. Lakeside, school house. 7:30 P. M. Show Low, school house.

The public is invited to attend all these meetings. A movie will be shown, followed by a discussion on control measures.

If your community has an active control program in progress, and wishes further technical information about sprays, please contact the County Extension office in Holbrook, at the Fair Grounds, Phone 34, for an appointment with Dr. Roney.

Safety:

The late Mr. A. B. Ballantyne, Extension Rural Sociologist, conducted three meetings in Navajo County on Safety. The public was invited to attend with the 4-H Clubs in Snowflake and Joseph City; and the same work was given to a group of adults in Joseph City. A total of 190 people attended.

Mr. Ballantyne showed films on safety. Publicity consisted of public announcements.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

Home Management:

Care of Wool Blankets:

Seventy-one (71) women from eight communities attended meetings in Snowflake, Show Low, Joseph City and Holbrook, at which Miss Grace Ryan, Specialist in Home Management, demonstrated how to launder and restore wool blankets that had been shrunken by improper laundering methods. The Agent later gave this demonstration in Taylor, with ten women attending. Mrs. Oleta Brinkerhoff and Miss Elaine McCrary, both Home Economists in the Indian Service, also attended the meeting in Snowflake.

The goal of the meeting was to help the women get longer use from their blankets, since they are expensive, and also because all-wool blankets are not available on the local markets now. The aims of the meeting were to give an understanding of the role played by detergents, water hardness, and water temperatures in laundering wool blankets. These aims were achieved by:

- (1) Testing for hardness the water samples that the women brought from their individual wells and town water supply, and discussing the results in terms of softeners and detergents to be added for laundering wool.
- (2) Testing various detergents for presence of wetting agents.
- (3) Testing various soaps for alkalinity.
- (4) Testing two types of water softener for ability to dissolve soap curd or to hold it in suspension.
- (5) A discussion of water hardness, softeners, and built and unbuilt synthetic detergents and soaps.
- (6) Laundering a shrunken all wool blanket, and restoring it, at least partially, to former size and length of nap.

This was one of the most successful meetings of the year. The women were surprised and pleased at the degree to which the shrunken blankets were restored. In going about the County, the Agent has heard more praise and discussion of this than of any other particular meeting. Water samples from 19 wells and town water supplies were tested for hardness. Twenty(20) women have reported laundering from one to three blankets by this method. And

others state that they plan to use the method. A few women have reported laundering wool garments in this manner. A recent bride was delighted that she had laundered her husband's Argyle socks, knitted by his Mother, by this method without any shrinkage occurring.

Publicity for the meeting consisted of a newspaper announcement before the meeting. A follow-up article by the Agent (see article below) and a circular letter to Leaders of cooperating groups completed the publicity.

**HOLBROOK TRIBUNE-NEWS**

**FRIDAY, JULY 27, 1951**

**Homemakers  
Column**

Lida E. Logan

**Use of Detergents in  
Home Laundering**

At a recent series of meetings in Navajo County, conducted by Miss Grace Ryan, Extension Specialist in Home Management, and the Home Demonstration Agent, the qualities which might be expected to be found in soaps and synthetic detergents were studied. A detergent is defined as anything that cleans. This study was limited to the two most commonly used kinds—soaps and synthetics.

Tests conducted at the meetings indicated these conclusions: that clothes cannot be cleaned in hard water and a soap alone. The calcium and magnesium compounds in the water reacts with the soap to form scum or curds, which cannot be completely rinsed out.

Water from 19 different wells and town water systems in the county were tested for hardness, and they varied from very soft to extra hard. The Home Demonstration Agent will be glad to test for hardness any water samples brought to the Extension office.

A water softner must be added to the water and soap or synthetic detergent before good cleaning can be done in hard water. The many brands of softners on the market are really of two kinds—one which destroys the hardness, and another which merely holds the calcium and magnesium compounds in suspension. Both kinds will help clean the clothes. The amount of softner needed varies with the hardness of the water. The Home Demonstration Agent will recommend this

amount when a test on the hardness of a particular water supply is done.

The detergent most familiar to everyone is soap. In retail stores, homemakers find two types of soap: **unbuilt**, that is, almost pure soap with nothing added to aid in cleaning; and **built** soap, where chemicals have been added to help do a more effective job of cleaning. Use unbuilt soaps for light duty laundering, and built for heavy duty work.

The synthetic detergents also fall into the built and unbuilt types, and would accordingly be used for light or heavy work. The synthetics combine less than does soap with the calcium and magnesium compounds to form a scum.

Many of the built detergents contain a wetting agent which improves the cleaning action. Many of the synthetic detergents also contain a small amount of water softener, but this obviously is not in sufficient amounts for the hard water of this county.

The built detergents recommended for the automatic washing machines, but which work equally well in the non-automatic types, are usually low-sudding, but very effective in their cleaning action.

Another factor which should be considered in selecting detergents is its "biting quality"; that is, the amount of free alkali present. If the detergent "bites" the hands, it will damage the fiber, and thus shorten the life of the clothes.

A new bulletin "Soaps and Synthetic Detergents for Home Laundering of Cottons" will be available at the County Extension office soon. In the meantime, bring home water supply samples in to the Extension office for testing.

Clothing and Textiles:

Textile Painting:

A method demonstration on stencil painting of fabrics was held at the Winslow LDS Relief Society meeting on January 16, with 50 women attending. The purpose of the meeting was to encourage worthwhile interests and to improve the textile painting practices of the women. Many of them had done free-hand painting on cloth, but had had no experience with stencils. The demonstration consisted of:

- (1) An outline of the different techniques used in applying color and design to fabrics;
- (2) Preparation of fabrics for the dyes;
- (3) Mixing the dyes;
- (4) Cutting a stencil;
- (5) Stenciling design on fabric;
- (6) Cleaning and equipment care.

Eight women reported having stenciled from 1 to 10 items during the year.

Clothing Construction:

Several requests were received for help with clothing construction problems; The Agent sent bulletins covering the help needed, and made approximately five home visits to help on these problems.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

Family Relationships:

Edith Lord, Ph D. former Supervisor of Mental Hygiene Division of the Arizona State Department of Public Health, spoke at public meetings attended by 127 people in Holbrook and Snowflake, and at a meeting for the professional people, primarily teachers, of Snowflake. All arrangements for the meetings were made by the Agent.

Publicity for the meetings consisted of announcements at churches and civic meetings, and hand notices which the school children throughout the County, with the exception of Winslow, carried home the day before the meeting. Dr. Lord had previously spoken in Winslow.

The goal of this work was to increase the happiness of the individual and of family group members, and to increase his effectiveness as a citizen. The immediate aim was to bring before parents, and people who work with children, the knowledge that there is a great deal of factual evidence on the emotional needs of children, which must be met in order to promote healthy emotional and social development.

Dr. Lord outlined and spoke about the known specific emotional needs of children. She then showed an excellent film "Preface to a Life", which emphasized the child's need to be a separate, self-directing individual, rather than one conforming to a pattern set by either of his parents. This was followed by a discussion.

All communities that were represented have asked for further work in this field.

Dr. Lord, a clinical psychologist, gave private consultations to two children and a parent. These consultations were arranged by the Agent.

As a result of these meetings the Snowflake Stake LDS Relief Society visiting teachers took the personality development of children as their subject for study during the quarter including July, August and September. The Agent assisted the group in getting Mr. William Macomber, a member of the State Mental Hygiene Staff, as a speaker at their Conference meeting on June 12, at which approximately 250 women were present.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

EXTENSION ORGANIZATION AND PLANNING:

4-H CLUB WORK:

Thirteen 4-H Clubs carrying Home Economics projects were organized in the County during the 1950-51 Club year. Six (6) of these Clubs were composed of Indians on the Ft. Apache Indian Reservation at Whiteriver, under the supervision of Miss Florence McKnight, Home Economist, USIS.

The Indian Clubs were at Cibecue (2 clubs), McNary, Whiteriver, Canyon Day and East Fork Mission. All were project clubs, carrying projects in 1st and 2d year clothing.

The Whiteriver "Pine Needles" Club is led by Mrs. Winifred Foster, and its members are the children of the Indian Agency employes. Mrs. Foster is a fine leader. A club-house was loaned to the group by the Indian Agency. It is one of the strongest and most active clubs in the County.

The membership of what was formerly the Snowflake "Wonder" community club had increased until it was decided to divide it into Food Preparation and Clothing project clubs for the 1950-51 Club year. Mrs. Marge Hunt and Mrs. Clara Nikolaus were leaders.

The Lakeside club, a new group, did not complete.

The Joseph City community club had girls carrying clothing projects. This group is under the leadership of Mrs. Mary Pickett, who is a fine leader.

The Clay Springs community club enrolled girls in both foods and clothing projects. This was a new club, led by Mrs. Laurena Brewer, an excellent Leader.

Show Low was a new Club. Mrs. Adele Whipple, the leader, was very popular among the girls and interest was high all the year.

The Agent attends all club organization meetings, except in cases where the leader is quite experienced.

The Snowflake clubs combined the candle-lighting initiation and the installation of officers to make an impressive ceremony on December 2, 1950. This ceremony was repeated to begin the 1951-52 club year. (See newspaper item next page)

HOLBROOK TRIBUNE-NEWS

FRIDAY, DECEMBER 8, 1950

## SNOWFLAKE 4-H CLUB NEWS

Snowflake 4-H leaders, Mrs. John Hunt and Mrs. Henry Nikolaus, accompanied by four members of the organization—Sonya Hunt, Joycelyn Hatch, Corma Smith and Sylvia Nikolaus were honored guests of Holbrook Rotary Club at a lovely luncheon served Friday at the Motaurant. Kenneth McKee, state 4-H leader,

explained the work of the organization and Miss Lida Logan, county home demonstration agent, presented the 4-H girls from Snowflake special awards for outstanding work during the year.

A candle lighting and initiation ceremony was held in Snowflake Friday night by the 4-H clubs of Snowflake with 38 members participating. Another part of the program was a moving picture on 4-H work shown by the state leader Kenneth McKee. Miss Lida Logan and James Armer of Holbrook assisted with program arrangements. A large group of parents of the members attended.

Clothing and Textiles:

One hundred fifty-six (156) girls enrolled in clothing projects, and 98 of this number completed.

The Whiteriver "Pine Needles" Club carried 2d and 3d year projects, with Booster members carrying 1st year work. Eleven (11) of the 14 members completed projects.

The Snowflake Clothing Club completed 17 of the 28 enrolled members in projects ranging from 1st through 5th year clothing. A Junior Leader, Sylvia Nikolaus, assisted her Mother in leading the club.

The Show Low Club completed 12 of the 18 enrolled members, carrying 1st and 3d year clothing projects. A Junior Leader, Venla Whipple, assisted with this club.

The Joseph City Community club had 12 members carrying 1st, 2d and 3d year clothing projects, and completed 8 of these. The Junior Leader did not complete.

The Clay Springs "Rise and Shine" Community Club had 18 members enrolled in 1st, 2d and 3d year clothing projects, and completed 9 of these.

The Lakeside Club enrolled 13 members in clothing projects, but did not complete.

Six 4-H Clothing project clubs were organized among the Indians on the Ft. Apache Reservation in Whiteriver. These Clubs were under the supervision of Miss Florence McKnight, Home Economist, USIS, with the Agent assisting in leader training, record keeping, and supplying the printed teaching material.

The Cibecue "Shorlies" enrolled 11 and completed 9 in 1st year clothing projects.

The "C.B.Q's" enrolled 12 and completed 9 in 1st and 2d year clothing projects.

The Canyon Day "Robins" enrolled 13 and completed 11 in 1st year clothing projects.

The Whiteriver "Blue Birds" enrolled 5 and completed 2 in 1st year clothing projects.

The McNary Indians enrolled 5 and completed 3 in 1st and 2d year clothing projects.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

Food Selection and Preparation:

Three clubs carrying Food Preparation projects were organized.

The Snowflake "Saladettes", led by Mrs. Marge Hunt, completed 16 of the 17 girls enrolled in 1st through 5th year foods projects, and one Junior Leader, Loretta Peterson. This club did work of very good quality.

The Clay Springs "Rise and Shine" Community Club 8 out of 17 members enrolled in 1st through 3d year foods projects.

The Lakeside Club did not complete the 8 members enrolled in foods projects. Several of the members did their project work, but did not complete their record books, since the Leader was ill much of the year, and did not seem to understand the importance of records.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

Health:

The Snowflake Club used the Wetzel Grids this year to chart the height and weight of the members.

The 4-H members received physical and dental examinations in school yearly, as they did this year, and so did not take this as a club activity.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

Homemaking and Room Improvement:

Four members enrolled in Room Improvement projects, and three of these members completed. Sylvia Nikolaus, of Snowflake, patched the plaster and painted the walls, refinished the floor, built a bookcase head for her bed, and made window curtains, a bedspread and skirt for her dressing table, as her room project.

Janath Flake, Snowflake, as her project, helped put in supports for the floor, asphalt tile floor covering and composition board walls; built and painted part of the furniture for her room, and painted the rest of it. She made curtains and selected a bedspread.

Sandra Hatch, also of Snowflake, painted the walls and made curtains for her room, and selected a bedspread.

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951

Recreation:

The Clay Springs "Rise and Shine" Community Club was selected by the Agent as the Blue Ribbon club in recreation this year and will receive the cash award from the U. S. Rubber Company to be used for recreational equipment. Their program included campfire suppers, banquets for their parents, square dancing for the community, and games at project meetings. (See news clipping)

All other clubs reported they had included recreation at their project meetings, and having had overnight camping trips and parties.

**HOLBROOK TRIBUNE-NEWS**

**FRIDAY, NOVEMBER 9, 1961**



Navajo County 4-H Clubs will receive a twenty-five dollar cash award to spend for recreational equipment. This is the first time in the history of club work in this county that this award has been received.

Donor of the award is the United States Rubber Company. It is given when the recreation program of one or more clubs in the county is sufficiently outstanding to merit the award. The Clay Springs "Rise and Shine" 4-H Community Club conducted such a program this year. Among their recreational activities were square dances for the community; two banquets sponsored and served by the club members for their parents; picnics and wiener roasts. Recreation was a part of almost all club meetings.

In addition to the cash award, the club will receive a handsome certificate from the U. S. Rubber Company, and individual members will be given merit cards. The qualifying members are Orva Brewer, Irene Hancock, Donna Jackson, Ilene Jackson, Reba

Jackson, Mildred Kizzar, Thorl Peterson, Birdie Lou Plumb, Janetta Smith, Albert Crandall, Carliss Crandell, Neal Brewer, LeRoy Lewis, and LeMoyné Perkins.

Booster members who helped win this award were Grant Jackson, Merlin Perkins, Valena Brewer, Laverne Hancock, Janet Peterson, Georgia Lee Reidhead and Fredda Smith. Club Leaders who made this award possible were Mrs. Laurnena Brewer, Mrs. Sammy Kizzar, Mrs. Marie Peterson and Mrs. Frances Jackson. The money will be spent for recreational equipment which will be available to all 4-H'ers in Navajo County.

Six 4-H Club girls in Navajo County will receive gold-filled medals for outstanding work in Home Economics projects. Recipients of the county medals competed in the state contests for expense-paid trips to Chicago. They were required to be at least 14 years of age and have completed at least 3 years of club work. Navajo County winners of the medals were: Carma Smith, who, throughout her 5 years of food preparation projects has done an outstanding job, has won 2 trips to State 4-H Club Round-up and has been a blue ribbon winner in judging contests there; and who will, for the second time, receive the Food Preparation award, donated by the Kelvinator Corporation. Sandra Hatch, who has completed 4 years of clothing projects and one Room Improvement project, receives a medal for Home Improvement project, receives a medal for Home Improvement from Sears Roebuck Foundation. Sylvia Ann Nikolaus, completing 5 years of clothing projects, 2 years of foods, and 1 year

of Room Improvement and Junior Leadership, receives the Girls' Record award from Montgomery Ward Company. Sylvia has won 3 trips to Round-up, receiving recognition in judging, demonstrations and dress revue. Joycelyn Hatch, completing 5 years of clothing projects, twice a Round-up delegate and blue ribbon award winner in County and State 4-H competitions, receives the award in Clothing Achievement from the Spool Cotton Company. All of these girls are from Snowflake clubs.

Medals are to be awarded by Simplicity Pattern Company to the 5 Dress Revue winners. These girls are Margaret Longenbaugh and Betty Bartels, both of White-river; Sandra and Joycelyn Hatch, Sylvia Nikolaus and Carma Smith, from Snowflake. These girls will enter state contests next June.

### Junior Leadership:

Four girls enrolled in Junior Leadership projects and three completed.

Sylvia Nikolaus, Snowflake, and Venla Whipple, Show Low, both assisted their Mothers, who were the adult leaders, in teaching 1st year clothing work.

HOLBROOK TRIBUNE NEWS  
FRIDAY, MARCH 30, 1951

### **BPW Club Hears L. Logan Explain 4-H Work Monday**

Speaking for the vocation and education committee of Holbrook Business and Professional Women's Club, Miss Lida E. Logan, county home demonstration agent told of 3-H national and county program at a meeting of the club held at the Motaurant Monday night.

Miss Logan has as her guests Loretta Petersen and Sylvia Nikolaus, both of Show Low, who are in their 5th year of 4-H work, both are junior leaders, and considered the most advanced workers in the county. The girls sang the 4-H theme song, accompanied by Fred Laskowsky on the Organ.

A 4-H film, "The Road Turns Right", was an interesting feature of the program presented by Miss Logan.

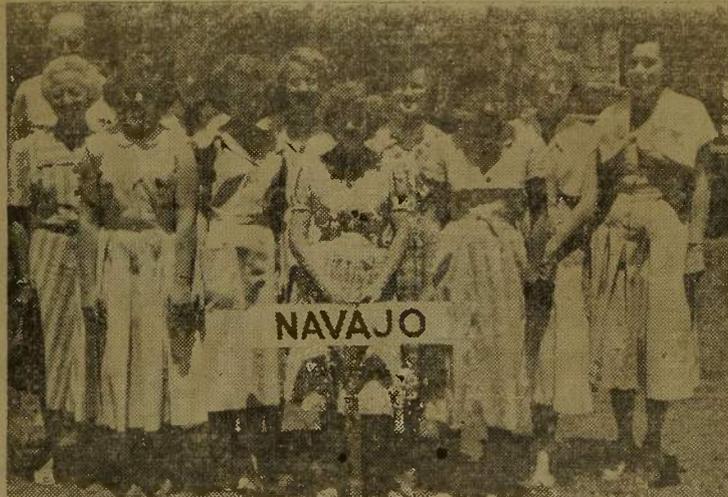
It was announced that the newly organized club at St. Johns has extended an invitation to Holbrook members to attend a charter party there this Friday night, and several of the local women plan to attend.

Camps:

Nine (9) delegates, one adult Leader, and the Agent attended the State 4-H Round-up in Tucson in June (see clippings)

HOLBROOK TRIBUNE-NEWS  
FRIDAY, JUNE 29, 1951

**NAVAJO COUNTY 4-H GIRLS WIN  
ENVIABLE SHOWING, ROUND-UP**



Pictured above is the Navajo County delegation to the annual 4-H Roundup held recently in Tucson. They are, left to right front row: Mrs. Winifred Foster, leader, and Betty Bartels, Whiteriver; Sonya Hunt, Melba Gardner and Carol Henderson, Snowflake. Back row: County Farm Agent W. E. Gregory, Holbrook; Margaret Longenbaugh, Whiteriver; Carma Smith, Joycelyn Hatch, and Sylvia Nikolaus, Snowflake, and Home Demonstration Agent Lida E. Logan, Holbrook.



**BETTY BARTELS**

Miss Betty Bartels, Whiteriver 4-H Club member, won a blue ribbon in the "school dress" contest at the Arizona 4-H Club Round-Up at Tucson June 4 to 8, while Miss Sylvia Nikolaus, Snowflake Scissorettes 4-H Club, won a blue ribbon in the "best dress" revue.

High point individual in the 4-H Foods contest was Carol Henderson of the Saladette 4-H Club in Snowflake, winning from a field of approximately 60 girls.

Showings at the Roundup by the three Navajo County clubs has been declared to be outstanding, with the two Snowflake clubs winning three blue ribbons, three red, and one white ribbon. In addition to Miss Nikolaus, blue ribbons were won by Joycelyn Hatch on a pattern alteration demonstration, and on the junior



**SYLVIA NIKOLAUS**

foods judging team composed of Carma Smith, Sonya Hunt, and Carol Henderson.

Red ribbons were won by Miss Nikolaus—bound buttonhole; junior foods judging team, composed of the three blue ribbons winners; and the junior clothing team composed of Miss Hunt and Miss Henderson of Snowflake and Miss Logenbaugh of Whiteriver.

White ribbon was won by Miss Smith and Miss Hunt for a demonstration in planning a day's menu.

Achievement:

A County Achievement Day was held on September 22d in Holbrook to select the delegates for Round-up in 1952.  
(See clipping)



## County 4-H Clubs Hold Annual Meet Here On Sept. 22

Some 250 4-H youngsters are eligible to enter the annual Navajo County Contest for Agricultural and Home Economics 4-H clubs. Big event will be held Sept. 22 in the Navajo County Fair building beginning at 9 a. m.

Morning will be devoted to judging and the event is open only to club members and leaders. Judges will be Miss Ruth Dotson, home making teacher from Sanders High School and Mrs. Ellen Kighlinger, Ass't State 4-H leader, Tucson.

First event of the afternoon is the dress revue. Dresses, suits, aprons and gowns from the first to fifth year groups will be modeled by the young seamstresses. Prizes in the two top divisions will be awarded from the Holbrook Tribune-News.

Demonstrations will follow the dress revue. Foley Mfg. Company will donate the prizes to the food winners. Other projects to be judged include room improvement, home ground beautification and gardening.

County contest gives 4-H members an opportunity to meet the other members in the county and to see the work each club is doing. Winners in the county contest, if otherwise qualified, may attend the State 4-H Club Round-up in Tucson next June. From the state meet are awarded scholarships and all-expense trips to Chicago and the National Club Congress.

Public is cordially invited to attend the afternoon sessions and see the work displayed by the young homemakers.

Information:

Newspapers:

The Holbrook Tribune-News, a weekly newspaper, has been very cooperative in publishing announcements of adult Home Demonstration meetings, and a weekly Homemakers column. The Editor, Mr. V. Paul Richards, is enthusiastic about 4-H Club work and publishes all 4-H Club news given him. Mr. Richards provided prizes for the 4-H County Contest.

Circular Letters:

Circular letters are sent to all Leaders to arrange for meetings with their groups. In many cases, where the Agent felt the publicity was needed, circular letters were sent to the membership lists of all groups participating in the project.

Circular and Bulletin Distribution:

Mimeographed information and bulletins are distributed at meetings where the subject matter they contain has been discussed, and are mailed in response to requests. When new publications are received, the Agent prepares a newspaper article describing it

Visual Aids:

Motion pictures were used in the programs on "Fly Control", "Safe Milk" and in two 4-H Club programs.

Slides on 4-H Club activities were used at four 4-H Club programs.

Charts were used at the meetings on "Better Breakfasts", "Safe Milk" and "Freezing."

Lida E. Logan  
Home Demonstration Agent  
Navajo County, 1951