

SANTA CRUZ COUNTY, ARIZONA

ANNUAL REPORT

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HOME AGENT

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ASST. HOME AGENT

December 1, 1956  
to  
November 30, 1957

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1957

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## ORGANIZATION AND PLANNING

### Situation

At the beginning of the term of this Home Agent there was one active Homemaker Club in Santa Cruz County, the Valle Verde Homemaker Club.

At that time the Patagonia Homemaker Club had disbanded. Five home visits were made to 3 members over a period of two months in an effort to reactivate the group. The group was reactivated and participated in the county program.

Throughout the year, the program was presented in the club meetings by the Home Agent or the Asst. Home Agents.

It is anticipated that a third Homemakers' Club will be organized in Santa Cruz County. If this is effected, leader training meetings will be held in Santa Cruz County, possibly in Nogales, as this is a central location in the county. The distance involved in members attending leader training meetings in Tucson has been the prime difficulty in establishing the program on a leader basis.

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ORGANIZATION AND PLANNING (Continued)

Program Planning

Following the Program Planning Meeting in Pima County in 1956, the Home Agent presented the program to the two Santa Cruz Homemaker Clubs. The groups were both in favor of adopting the same program for their groups. This then was the program presented in the club year 1957.

This same procedure will be followed in 1958. If there is a wide variance of needs as expressed by the Santa Cruz County Homemakers, attempts will be made to supplement the program as it differs.

ORGANIZATION AND PLANNING (Continued)

Installation Luncheon

The January Installation Luncheon for the election and installation of the Pima and Santa Cruz Homemakers' Council was attended by five members of the Valle Verde Homemakers.

Achievement Day

A crafts exhibit was made up and displayed at the Pima and Santa Cruz Counties Homemakers' Achievement Day by the Valle Verde Homemakers.

Santa Cruz County Fair

The Santa Cruz County Fair was held October 19 at Sonoita. The Asst. Home Agent, Pansy A. Wiedower, and the Home Agent assisted in the organization and judging process of the Home Arts and 4-H Division. Through an oversight, a Superintendent had not been appointed for this division. The leaders in charge of taking entries were assisted to make up a register for the judging record.

Since the Fair had not been held in some years, this type of record was not foreseen.

The judges were Mrs. Ann Wesley, Cochise County Home Agent and Mrs. Jack Busenbark, a 4-H leader of Cochise County.

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## FURNISHINGS AND EQUIPMENT

### Color Harmony in the Home

The project lesson "Color Harmony in the Home" was presented in the Patagonia Homemakers' Club to eleven members by the Asst. Home Agent, Jane Etta Edwards and in the Valle Verde Homemakers' Club to 9 members by the Home Agent.

In presenting the lesson an introduction was given in color language, making use of the color wheel. Derivation of colors was given and the development of color harmony and color schemes.

Following the discussion of related and contrasting color schemes, the members were asked to work in teams of two's, select a room, then a starting point for a color scheme (picture, carpet, drapery, etc.) and build a color scheme.

For the "shopping period" 300 swatches of material were provided for the selection of the color schemes. The materials included appropriate fabrics for carpets, draperies, chair and sofas, and accessories.

The members were asked to ignore texture and to choose for color.

After the shopping period of selection, the teams displayed and explained their color schemes. This was an effective lesson.

FURNISHINGS AND EQUIPMENT (Continued)

Pictures in the Home

The project lesson, "Pictures in the Home," was presented in the Valle Verde Homemakers' Club by the Home Agent to 7 members and in the Patagonia Homemakers' Club by two leaders to nine members.

The leaders utilized the outline compiled by Miss Grace Ryan, Home Management Specialist, which listed for each phase of the lesson:

- 1) the supplies needed
- 2) the things to do--the organization of the subject
- 3) a discussion outline--the presentation of the lesson

The outline proved to be an excellent tool.

In addition, the leaders were provided with a kit. The Kit contained illustrative pictures to demonstrate the selection of pictures; scale furniture and small pictures to illustrate hanging of pictures; lengths of frames to illustrate types of frames; matting paper for demonstration of mat cutting; strips of framing for demonstration of coloring of frames and points for demonstration.

Fifteen members and guests were present at the meeting.

The project lesson was presented to the Valle Verde Homemakers by the Home Agent. The materials mentioned above were utilized by the Home Agent in the presentation at this meeting. Seven members attended the meeting.

The units discussed and demonstrated were:

1. Selection of Pictures
2. Hanging of Pictures
3. Picture Frames
4. Selection of mats

FURNISHINGS AND EQUIPMENT (Continued)

Accomplishment Reports

From 16 individual Homemakers' Accomplishment Reports the following results were tabulated:

Color Harmony in the Home

The number of Homemakers reporting assistance from the lesson in Color Harmony in the Home were 11.

The number reporting assistance in rearranging or adding to their present color schemes were 11.

The number of rooms in the home affected were 20; these were:

bedroom	9
living room	7
kitchen	3
dining room	1

The number of accessories made or remodeled were 28.

Pictures for the Home

The number who were assisted in the selection of pictures, hanging of pictures, making or selecting of mats and frames were 7.

The number reporting rearranging or changing the placing of pictures in the home were 10.

Specific reports were:

Rehung pictures	2
Lowered pictures	2
Made mats	3
Changed group arrangements	1

Other accomplishments reported were:

Draperies made	7 pairs
Kitchen curtains	1 pair
Chairs slip covered	5

## FOODS AND NUTRITION

### Salads and Salad Dressings

The project lesson, "Salads and Salad Dressings," was presented in the Valle Verde Homemakers' Club to nine members by the Asst. Home Agent, Jane Etta Edwards, and in the Patagonia Homemakers' Club to 12 members by the Home Agent.

The purpose of the lesson as developed in the lesson was:

- A. To teach food value of salads for the family
- B. To check the food habits of the family and how to improve them
- C. To check the qualities of the 5 basic types of salads
- D. To teach how to make nutritious, economical salad dressings
- E. To teach the place of the salad in the family meals

Presentation of the Material - Demonstrations

- A. The making of cheese salad and its place in the family meal as a dessert salad or refreshment were discussed.
- B. Mayonnaise was demonstrated at the meeting. This was not done in the leader training meetings in Pima County, however, as a result of the questions asked, it was decided this process should be demonstrated in the subsequent meetings in Santa Cruz County. The questions during the demonstration, as to failures in mayonnaise making, justified the demonstration. None of the group made mayonnaise regularly. The many failures had discouraged the members. It was discovered the primary cause was incomplete blending of ingredients and addition of oil too fast.
- C. French Dressing was demonstrated at the meeting to demonstrate the simplicity of its preparation. It was pointed out to the group that the dressing may be made for 1/3 the cost of buying it prepared.
- D. The All-in-One, Main dish salad was prepared at the meeting. The use of main dish salads in family meals was discussed. The possible substitutions of the main ingredient of the salad were pointed out. These were crab meat, tuna, and left overs from chicken, beef or turkey.
- E. The making of Tossed salad was demonstrated. Although this is an often served salad, the variety in preparation and ingredients is overlooked.

In summary the Agents reviewed the lesson sheets in the bulletins "Salads" and "Salad Dressings." The points in the introduction of each bulletin had been covered during the process of demonstration. These were:

- I. Salads
  - A. The selection of family salads
  - B. The basic "Cs" of salad greens

FOODS AND NUTRITION (Continued)

Salads and Salad Dressings (Continued)

- C. Things to remember in salad making
- D. Types of salads
  - 1. Main dish salads
  - 2. Dessert salads
  - 3. Salads for Refreshment Plates
  - 4. Salad Plate
  - 5. Salads as an accompaniment
  
- II. A menu for a day was given
  
- III. A recipe of the week was given
  
- IV. Salad Dressings
  - A. Basic Dressings and ingredients.
  - B. When to add dressings.
  - C. How to care for dressings.

FOODS AND NUTRITION (Continued)

Freezing - Special Interest Meeting

Quick Notice Meals from the Freezer

A lesson was taken to the Valle Verde Homemakers by the Home Agent from the Special Interest lesson in "Quick Notice Meals from the Freezer" held in Pima County by Miss June Gibbs, Nutrition Specialist.

There were fifteen members and guests present. In this group more than half have their own freezers.

The material selected from the Special Interest Meeting to be demonstrated by the Home Agent was:

1. Demonstration of preparing for freezing - use of the drugstore wrap.
2. Demonstration of preparing poultry for freezing using the polyethelene bag and submerging the bag in water to remove air.
3. Preparation of shoulder round roast for freezing by dividing into 3 family portions before freezing and wrapping. Wrap and freeze separately for 3 family meals.
4. Demonstration of freezing beef patties by shaping and placing on cookie sheet, freezing and then dropping into polyethelene bags.
5. Demonstration of preparation of banana cream pie and use of ascorbic acid to prevent darkening of fruit.

The bulletin prepared by Miss Gibbs, Nutrition Specialist, "Quick Notice Meals From the Freezer" gave two full meals which could be served from the freezer on short notice. These were discussed.

Storage time, which is included in the bulletin, was also discussed.

FOODS AND NUTRITION (Continued)

Accomplishment Reports

From 16 individual Homemakers' Accomplishment Reports, the following results were tabulated.

The number of Homemakers reporting they followed the Basic 7 chart in meal preparation was 10.

The number of outdoor meals prepared 347.

The number of salads prepared were 1,879.

The number of salad dressings prepared were 316.

The salads and salad dressings reported prepared most by the Homemakers were:

	Number of Homemakers
French Dressing	9
Cooked salad dressing	1
Mayonnaise	8
Tossed Salad	5
All-in-One Salad	2

One Homemaker reported making mayonnaise 50 times following the lesson.

Method adopted from the lesson in freezing:

Preparation of meat for freezing	1
Wrapping of meat	1
Methods of wrapping	6
Storage time	1

Foods prepared for freezing:

Meat	1,330 lbs.
Fruits	80 lbs.
Vegetables	10 lbs.
Prepared foods	308 pks.

Foods canned:	Meat	2 qts.
	Fruit	39 qts.
	Vegetables	30 qts.
	Jelly	74 jars
	Preserves	111 jars

### FAMILY ECONOMICS

A program on Family Economics was given to the Patagonia Woman's Club.

Dr. George Campbell, Economics Specialist, University of Arizona, gave the part of the program dealing with appliances in the home. Dr. Campbell discussed aspects of repairing or replacing of household appliances. These appliances were broken down into minor and major appliances.

In respect to minor appliances he remarked it is usually more economical to replace with new appliances rather than attempt major repairs. In buying minor appliances attention should be given to the esthetic design, the manufacturers ability and policy on making good the guarantee, and the reliability of the dealer.

On major appliances, assuming that one is considering replacement, careful consideration should be given to repairing the appliance already in the home, replacing the appliance with a used appliance, or replacing it with a new appliance. Many times it is economical to repair rather than replace. But if it is necessary to replace, many times it is economical to buy a used appliance rather than a new one.

In buying a new major appliance, the housewife should ask herself how much she is paying for prestige value and how much she is paying for utility. It was stressed that purchase of major appliances are bought at the expense of other things that could be bought. Therefore, decisions to buy major appliance should be made after careful consultation will all members of the family.

In repairing appliances, in purchasing replacements, careful attention should be given to the ability and integrity of the repairman and the dealer.

## HEALTH

### Posture and Exercises

Even though Posture and Exercises was requested as a Countywide project lesson, the Home Agent was concerned as to how this lesson would be received. Effort was made in preparation of the lesson by the Home Agent so that all members could profit regardless of ability or age. Good reports were received in both counties. Members requested extra copies of the lesson for friends and neighbors; one letter from Houston, Texas, was received asking for the information.

The Home Agent presented the lesson in both clubs in Santa Cruz County. Twenty-three members attended the meetings. Both groups participated in the lesson and there was good response from all members.

The lesson was divided into three phases:

- 1) Posture - how to align the body and maintain good posture
- 2) General exercises for everyone
- 3) Exercises for specific purposes or areas

Good posture was demonstrated to the groups by the Home Agent illustrating the effects of good and bad posture. A member assisted by being the model to illustrate the effects of the feet placed incorrectly in standing or walking; the carriage of the knees; the position of the pelvis line-up and the effect on the hips and abdomen; control of the abdominal muscles; the carriage of the shoulders--to never "Throw the shoulders back;" and the position of the arms and hands.

The members worked together in teams to assist each other in checking each person's posture. Most of the girls were amazed at the effect of their natural stance that prevented their having a lovely carriage.

The general and specific exercises were demonstrated and again, the members participated by assisting each other in teams. The difficulty which most had illustrated clearly their lack of agility.

It was stressed the members should select from the exercises included, according to the purpose they would like the exercises to serve; also, to start slowly and build up the amount. Emphasis was placed on the fact that exercises need not be strenuous to keep good muscle tone.

HEALTH (Continued)

Mental Health

The project in Mental Health, "How the Homemaker Can Help Herself," was a follow-up of the preceding year's work. Previously, the Homemakers had received a lesson which assisted them in better understanding their families. They specifically asked this lesson be on: The Homemaker Herself.

The Mental Health project lesson was conducted in the Patagonia Homemakers' Club by the Home Agent. There were eleven members present. The outline of the leader training meeting conducted by Dr. Harriet K. Beck, Director of Mental Health, State Health Department of Arizona, was used at this meeting.

The basis of the discussion stemmed from an outline dealing with friendship. Through questions, it was developed what a friend is, the meaning of friendship, and how a person is herself a friend. In relation to helping herself the Home Agent emphasized, as Dr. Beck had:

1. Take one day at a time.
2. Think back to what worried her this time last year, and the futility of the worry.
3. Remember there is a difference between anxiety and worry.

It was also brought out that we are many times nicer and use our finery for people we hardly know rather than for our families or close friends.

The members were enthusiastic about the lesson and each participated in the discussions.

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## SAFETY

### Safety Conscious in the Home

The project lesson in safety was "Safety Conscious in the Home." In the preparation of the lesson, Miss Jean Stewart, State Leader, greatly assisted the Home Agent by lending her a program previously presented in "Safety in the Home" and a file of safety information.

The project lesson was presented in the Valle Verde Homemakers' Club by the Asst. Home Agent, Pansy A. Wiedower. Attendance at the meeting was 11.

In order to make the demonstration more effective it was conducted with "live" safety hazards. To accomplish this, the Asst. Home Agent went throughout the home before the meeting and "planted" hazards in all rooms.

The Asst. Home Agent then asked the Homemakers to go through the home and make a list of the hazards and tell why they were hazards and how they could be prevented.

Hazards that were "planted" are as follows:

- Pot handle extending over side of stove
- Small electrical appliance near kitchen sink
- Radio near bathtub
- Bottle on side of tub
- Medicine bottle in reach of children
- Extension cord across floor
- Drawer open in kitchen that could be bumped into
- Cupboard door open
- Sharp knives mixed with other utensils in drawer
- Slippery scatter rug by door
- Scissors on table
- Objects on floor

Hazards were recorded and reported on by team of two club members. Although these hazards were planted, they were by no means far-fetched; they could easily be found in their own homes. There was quite a discussion on how they could go about solving the hazards within their own homes.

A discussion was also held on the prevention of farm and machinery accidents.

The Agent demonstrated safe use of cooking utensils in the removing of pot lids during cooking, turning of frying meat, not towards you, care of electrical cords and safe sealing of medicine bottles.

HEALTH AND SAFETY

Accomplishment Reports

From 16 individual Homemakers' Accomplishment Reports, the following results were tabulated.

Number reporting having a first aid kit in the home 11.

Posture and Exercises

The practices reported that were followed as a result of the lesson were:

Better posture	2
Proper sitting	3
Proper walking	2
Taking exercises regularly	2

One member reported as a result of the lesson losing 6" in her waist and a total loss of 20 pounds.

Safety in the Home

The report of the safety practices that were adopted and the correction of hazards were:

Safer storage of knives	3
Checked and repaired wires	3
Picked up toys	3
Safe storage of medicine	2

Mental Health

Specific results of the Mental Health project "How the Homemaker can Help Herself" as to the most important help in the lesson were:

Keep cheerful	1
Being more patient	1
Relaxing more	1
Trying to understand people more	2
Not to be too hasty in judging others	1
Take each day as it comes	1

CLOTHING

Better Dresses

At the writing of this report the Asst. Home Agent, Pansy A. Wiedower, is in the process of conducting a Better Dresses Workshop in Santa Cruz County.

Of the series of four lessons, two have thus far been completed. The organization of the meetings is the same as the Clothing Specialist used in Pima County leader training meetings.

The members of the workshop were furnished a reference manual, containing the outline of the meetings and all publications and circulars referred to during the meetings. The reference manual is included in this report.

In addition to regular members, non-members were invited to attend the workshop meetings. Of the nine participating, seven are members and two non-members.

The work accomplished in the first two meetings was:

First Meeting

1. Demonstration of measuring for pattern
  - a. take measurements for pattern
  - b. determine pattern size to buy
2. Pattern Selection, line and design
3. Discussion of fabric selection
  - a. labels
  - b. shrinkage of fabric
  - c. sizing
4. Taking measurements of dresses brought by members that fit as member's would like their dresses to fit.
5. Demonstration of comparing measurements of dress to measurements of pattern and arriving at amount of alteration needed.
6. Demonstration of basic Pattern Alterations.

Home Work for first meeting:

1. Shrink fabric if necessary.
2. Complete measurements - Check dress measurement to your pattern.
3. Alter pattern where measurements differ from dress measurements.
4. Lay out pieces and pin on fabric - fold and bring to meeting.

CLOTHING (Continued)

Better Dresses (Continued)

Second Meeting

1. Check lay-out of members'
2. Women cut out dresses
3. Demonstration of
  - a. Machine basting
  - b. Stay stitching
  - c. Selection of and putting in interfacings
  - d. Bound buttonholes
  - e. Darts

The results thus far in the workshop meetings are very good. Each member is cooperating.

The completion of the workshop and other workshops planned in the Patagonia and Elgin area will be reported in next year's Annual Report.

In addition to the meetings being conducted by the Asst. Home Agent, the Asst. Home Agent has given two presentations in club meetings from the Better Dresses program.

These two meetings were conducted in the Homemakers' regular club meetings.

The Asst. Home Agent demonstrated:

1. Measuring for Pattern size, using the chart for Standard body measurements with the revised pattern groupings.
2. Demonstration of ease allowed by 5 major pattern companies, using the basic blouse pattern of each company.
3. Discussion of pattern selection.

Since the Home Agent was unable to meet with the Patagonia Homemakers for the March meeting because of In Service Training, two leaders, Mrs. Haverty and Mrs. Belveal, offered to give a clothing lesson.

The meeting covered putting in a zipper, sewing on buttons, adjusting tension on machine, and tying threads by machine. Eleven members attended the meeting.

The following is material included in the leader's reference manual on Better Dresses.

CLOTHING (Continued)

Better Dresses (Continued)

1. Know Your Pattern Size
2. Pattern Alteration for Better Dress Workshop
3. Worksheet for Pattern Alteration
4. Pattern Alteration, U.S.D.A. No 1965
5. Easy Sewing Skills, U. of A.
6. Stay Stitching Made Easy, U. of A.
7. Making Bound Buttonholes
8. Fitting Dresses, U.S.D.A. No 1964
9. Better Dress Workshop - Fitting and Finishing
10. You Can Make This Sewing Cabinet
11. Check Your Better Dress - check sheet

CLOTHING (Continued)

Accomplishment Reports

From 16 individual Homemakers Accomplishment Reports, the following results were tabulated.

Clothing Construction	
Little girls' dresses	29
Little boys' trousers	3
Little boys' shirts	8
Other children's garments	
Pajamas	6 pr.
Sunsuits	4
Skirts	4
Blouses	3
Slips	2
Cotton dresses	26
Better dresses	3
All other garments	
Men's pajamas	2
Men's shirts	2
Western shirts	10

Specific help received from the clothing project lessons was reported.

Little boys' trousers	1
Putting on bias	1
Putting in hems	1
Putting in zippers	4
Bound buttonholes	2
Pattern alteration	1

Number of Homemakers reporting cleaning sewing machine 10.

Homemakers taught techniques and practices to 29 friends and neighbors. The following practices were taught:

	Number to whom taught
Putting in zippers	15
Putting in sleeves	2
Making bound buttonholes	2
Making belts	4
Machine hemming	6
Putting on collars	4
Adjustment of tension	3

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RECREATION AND COMMUNITY SERVICE

This phase of the program is left up to the individual clubs.

Both clubs, Valle Verde and Patagonia, have at least one party during the year. The December program is devoted entirely to recreation and community service.

Countywide Picnic

Both clubs participated in a Countywide picnic. Thirty-five members and husbands attended the picnic.

STATISTICAL SUMMARY OF ASST. HOME AGENTS

	Total	Jane Etta Edwards	Anita Hand	Pansy A. Wiedower
Farm and Home visits	9	7		2
Office calls	1	1		
Bulletins	158		8	150
Training Meetings held for local leaders:				
4-H Club Work				
no.	1			1
att.	8			8
All other meetings agent held or participated in:				
Adult Work				
no.	9	3		6
att.	73	20		53
4-H Club Work				
no.	34	15		19
att.	1020	498		522
Meetings held or conducted by local leaders:				
4-H Club Work				
no.	16	12		4
att.	111	72		39
Calendar months of employment	2			
Total days worked	42	20		22
Days devoted to--				
Adult	11	3		8
4-H Club Work	31	17		14
Days devoted to--				
Extension Organization and Planning	6	3		3
In-Service Training of agents	2	2		
House & Surroundings, Furnishings & Equipment	1	1		
Home Management	4	2		2
Clothing	13	4		9
Foods and Nutrition	14	8		6
Safety	2			2