ANNUAL NARRATIVE REPORT

APACHE COUNTY
ARIZONA

DECEMBER 1, 1954

to

October 20, 1955

By

Anne B. Shute
Home Demonstration Agent
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Map</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Situation</td>
<td>2</td>
</tr>
<tr>
<td>Outlook for 1956</td>
<td>3</td>
</tr>
<tr>
<td>Extension Organization and Planning</td>
<td>4</td>
</tr>
<tr>
<td>Homemaker Clubs</td>
<td>6</td>
</tr>
<tr>
<td>LDS Relief Societies</td>
<td>8</td>
</tr>
<tr>
<td>Indian Service</td>
<td>8</td>
</tr>
<tr>
<td>Program Planning</td>
<td>9</td>
</tr>
<tr>
<td>Officer Training Meeting</td>
<td>11</td>
</tr>
<tr>
<td>Food Selection and Preparation</td>
<td>12</td>
</tr>
<tr>
<td>Plentiful Foods Letter</td>
<td>13</td>
</tr>
<tr>
<td>Easy Entertaining Project</td>
<td></td>
</tr>
<tr>
<td>Clothing and Textiles</td>
<td>15</td>
</tr>
<tr>
<td>Style Selection Project</td>
<td></td>
</tr>
<tr>
<td>Home Management</td>
<td>16</td>
</tr>
<tr>
<td>Utensils for Surface Cookery Project</td>
<td></td>
</tr>
<tr>
<td>Community Life</td>
<td>18</td>
</tr>
<tr>
<td>Household Pest Control Project</td>
<td></td>
</tr>
<tr>
<td>Family Relationships</td>
<td>19</td>
</tr>
<tr>
<td>Emotional Development of Children Project</td>
<td></td>
</tr>
<tr>
<td>4-H Project Work Summary</td>
<td>20</td>
</tr>
</tbody>
</table>
## Mileage from Holbrook

<table>
<thead>
<tr>
<th>Location</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine</td>
<td>121</td>
</tr>
<tr>
<td>Chambers</td>
<td>51</td>
</tr>
<tr>
<td>Chinle</td>
<td>142</td>
</tr>
<tr>
<td>Concho</td>
<td>48</td>
</tr>
<tr>
<td>Eagar</td>
<td>95</td>
</tr>
<tr>
<td>Nutrioso</td>
<td>111</td>
</tr>
<tr>
<td>McNary</td>
<td>63</td>
</tr>
<tr>
<td>Sanders</td>
<td>55</td>
</tr>
<tr>
<td>Springerville</td>
<td>93</td>
</tr>
<tr>
<td>St. Johns</td>
<td>62</td>
</tr>
<tr>
<td>Vernon</td>
<td>58</td>
</tr>
<tr>
<td>Window Rock</td>
<td>126</td>
</tr>
</tbody>
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*Via Gallup
• Via Showlow

# H-H Work

〇 Homemakers Clubs
Apache County is located in the northeastern corner of Arizona. It is about 225 miles long from north to south and 50 miles wide. The elevation ranges from 5,000 to 11,000 feet.

The Navajo Indian Reservation covers the northern half of the county, while the Ft. Apache Reservation covers the southern quarter. The remaining country is chiefly rangeland with small areas around St. Johns, Springerville, Eagar and Concho, irrigated farming. There is some dry land farming near Alpine, Nutrioso and Vernon.

St. Johns, the County Seat, and Springerville are shopping centers for the small scattered communities. The people who live around Chambers and Sanders, do their shopping at Gallup and Holbrook. McNary people shop in Navajo County at Showlow and Holbrook. Three towns, St. Johns, Eagar and Springerville are incorporated.

Cattle and sheep are the chief agricultural products. Where water is available and the climate suitable, families raise and preserve their own fruits and vegetables.

Income in the White Mountain area, which includes Springerville, Eagar, Greer, Nutrioso and Alpine, is partially derived from tourists who patronize the area in the summer and fall, to hunt and fish. Sanders, Chambers and Lupton in the central section of the County, along Highway 66, depend on tourist trade, roadwork, mining and railroading for their income.

There are elementary schools in all schools in all communities, and high schools at Eagar, St. Johns, McNary and Sanders. The elementary schools at St. Johns, Sanders and Eagar have school lunch programs.

There is a small Public Library at Eagar. St. Johns P.T.A. became interested in a library project a few years ago. They now have part of the new City Building, and have installed shelves and collected a lot of books. They hope to open the Library about Christmas time.

There are small hospitals at St. Johns and Round Valley (Springerville-Eagar). The Southwest Lumber Company maintains a hospital for employees at McNary. On the Navajo Reservation there are hospitals at Ganado and Ft. Defiance. There is no Public Health Nurse.

The L.D.S. Church plays an important part in the success (or lack of it) of the Extension Program in this county. There are six Wards in the St. Johns Stake - 2 at St. Johns, 2 at Eagar, and one at Alpine and Nutrioso. There is a branch at Chambers. McNary is a branch of the Snowflake Stake. The fact that each Ward takes approximately 100 people to fill the offices, has an important bearing on the availability of leadership for the Extension Program.
COUNTY OUTLOOK FOR 1956

General Outlook

The general economic outlook for the County, reflects the expanding conditions all over the county. However, there was a lack of rainfall in the Spring, so much so that it was listed as a drought area and given government subsidies. In July and August, however, there was a good deal of rain all over the rangeland. Grass was better than before. This would seem to be the normal state of affairs in the County.

Homemaker Clubs

The Homemaker Club at McNary is the only club in the county on firm footing. They have elected officers and held frequent meetings, many of them completely on their own, using local leaders.

A club at Round Valley which was established last year without formal organization, has never been organized. Mrs. Lorna Edgar has been very interested in the program and has assisted the Agent in several meetings, but each time the group changes and there has been no cohesive unit. At Sanders there seems to be a lack of unity in the Sanders-Chambers unit. There is no one group organised that is interested in carrying the Extension program. It might be possible to organize a group of young women, if many home visits were made.

Indian Service

Miss Oleta Merry, Area Supervisor of Home Economics work on the Navajo Reservation at Window Rock, has left the Indian Service and no one has taken her place. Miss Ima Jean Harris has been appointed Home Economist at Chinle. Miss Harris has worked with two women's groups at Chinle And Many Farms, and Hopes to organize more in the coming year. She organized a 4-H Club in Foods and Clothing project work at Chinle this past year.

Food Project Work

Foods project work seems to be the most popular of any the Agent has worked with. There is always a good representation of the Homemaker and LDS people at the food project leader training meetings. The women are interested in good nutrition for their families at low cost. They also want new ideas for menus.

In the county where many families raise their own vegetables and fruit, and preserve them, there is a need for education in canning and freezing foods.

Clothing Project Work

The interest in clothing construction work is fairly high in this County, but it is doubtful whether the women would respond to protracted meetings on construction work. There are so many calls on their time, that the Agent feels that short snappy meetings would be more popular than all inclusive construction meetings.
HOME Management

LDS leaders in Eagar and St. Johns responded to the Leader Training Meeting on Utensils for Surface Cookery, arranged by the Agent. Their response to the Program Planning Meeting, indicates that they will cooperate more closely with the Agent in the coming year on Leader Training Programs.

Community Project

This year the McNary Homemakers enrolled in a Red Cross First Aid Course as their community project. This was the only club in the county to carry any type of community work.
Homemaker Clubs

Homemaker Clubs provide a way of reaching large numbers of rural women who desire to keep up with the newest information and best methods in homemaking and community life.

Purpose

The goals of Homemaker Clubs are: (1) Development and improvement of the rural women, her home, and her community. (2) To study and put into practice the best information on various phases of homemaking. (3) To cooperate with the Extension Division of the University of Arizona in making such information available; and, (4) To promote desirable home and community life.

Method

Because the majority of the women in the rural communities of this County are members of the Latter-Day Saints Church, it is difficult to organize Home Demonstration Clubs. Most of the leaders are already working in the Church.

The only active Homemaker Club is in McNary, which is not a Mormon community. The Homemaker Club there is a successful group which meets once a month, and carries many programs on its own. This year at McNary, women have worked on bread baking and textile painting.

In the Round Valley area, there was some interest in a club at Eagar. Although the Agent has worked very closely with the group, she has been unable to establish a formal organization. It would be a better idea to work with the Springerville women to organize a club, than the Eagar women. A suggestion for a contact would be Mrs. Al. Voight. Mrs. Voight is very busy with other organizational work, but she would be an interested member, and she would be able to give the Agent other ideas on whom to contact.

The club at Sanders did not reorganize this year, and did not take part in any of the Extension programs.

There was also a possibility of organizing a Homemaking Club in St. Johns. Mrs. Laverl Hall has been interested in this project, and she would be able to contact several other women who might organize into a group.

Projects carried this year were: Easy Entertaining, Style Selection, and Household Pest Control.

Evaluation

1. The McNary women need more help from the Agent with their program. They have done very well with their own. Perhaps they could use more professional demonstrations in their area. Although the Homemaker Club is an ideal method of disseminating information, more work should be done through the Relief Society, as the Agent believes the Relief Society would cooperate and sponsor other programs.
Other than their own program, if they were encouraged to do so.

2. The Agent should widen her contacts among LDS and non-LDS PEOPLE, for there has been interest in both Springerville and St. Johns in homemaking clubs. There is a possibility of organizing a homemaking club among the young people at Sanders.
L.D.S. Relief Societies

The majority of the women in Apache County belong to the LDS Church, and are enrolled in the Relief Society. These groups meet once a week, from September to May, and they continue through the summer. There is one meeting each month devoted to a homemaking lesson. This program is planned by the Church authorities and all Church groups study the same topic. It has always been the policy of the Extension service to work as closely as possible with the Relief Society leaders. These leaders are invited to come to our Program Planning Day in order to request training in the topics they have to teach. They are urged to seek the assistance of the Agent in this office by requesting demonstrations, bulletins and file material for the lessons.

There are seven Wards in the St. Johns Stake. There is a total enrollment of approximately 360 women.

Mrs. Mabel Shumway is President of the Stake Relief Society. Mrs. Shumway lives in St. Johns and has Work Counsellor and Work Leader who are responsible for the homemaking lessons. The Counsellor is Mrs. Carroll Shumway, and the Work Leader is Mrs. Arvol Lee. They are responsible for holding meetings approximately every three months to review the lessons that each Ward teacher will give, and to help them with background material. These women have not worked too closely with the agent, but close contact has been had with the two Wards in Eagar, and in Sanders and St. Johns.

Those most interested in working with the Agent have been, Mrs. Larna Eagar and Mrs. Lucille Greenwood from the Eagar Ward; Mrs Waitye Hall and Mrs. Martha Jo Crosby of the Second Ward; Mrs. Georgianna Spurlock and Mrs. Alice Young of the Sanders Branch; Mrs. Eva Cowley, Mrs. Carrie Davis and Mrs. A. E. Thurber of the St. Johns Ward; Mrs. Melva Whiting, Mrs. Clara Sherwood, Mrs. Grace Rothlisberger of the St. Johns Second Ward.

All of the Relief Society leaders are on the Agent's list to receive the Plentiful Foods Bulletin, and notices of County training meetings and planning meetings.

This year Mrs. Cowley and Mrs. Whiting, met with the Agent and State Leader in planning the lesson on Pots and Pans, and also attended Program Planning Day. The Agent believes that there will be much closer cooperation between the Relief Society and this office in the next year.

The United States Indian Service Homemakers Clubs

Last fall Mrs. Ima Jean Harris was appointed Home Economist at Chinle. Miss Harris organized two homemakers clubs at Many Farms and Chinle. She often requests bulletin assistance from the Agent, but she has not brought leaders to any of the county meetings. She does not feel that her women are ready to accept the program carried in this section of the county.
Program Planning

10 Women Assisted With Program Planning

A program Planning Day is held in order that a group of leaders from all parts of a county and members of the home demonstration staff may meet together to plan cooperatively the home demonstration program.

Purpose

1. A cooperative and democratic selection of a program.
2. To plan a balanced program which meets the needs of the Homemaker Club members of both Navajo and Apache counties.
3. To promote understanding of how the Extension Service can help meet the needs of all rural people.

Method

Advance Planning

Program Planning for the 1956 program began in July with a circular letter to all Homemaker Club members and LDS Relief Society officers. This letter surveyed the projects carried in this area during the last few years, asked leading questions designed to make women think out their problems, and suggested that they make their ideas known to the project leaders so that the program will represent a majority.

Club presidents were then responsible for holding local program planning meetings.

Program Planning Day

Apache County Program Planning Day was held Tuesday, September 27, at the Courthouse at St. Johns. A letter announcing the event was sent out on September 15 to the LDS Leaders and to the Homemakers at Eagar. Six women representing the two wards of St. Johns, were present for the discussion. Miss Jean Stewart, State Home Demonstration Leader, assisted the Agent by discussing different services the Agent can offer the people in the County, and specifically how the Agent can assist the LDS Leaders with their program. High interest subjects the women chose were Soups and Vegetables.

Those present at the meeting were: Mrs. Farr Whiting, Mrs. Gordon Cowley, Mrs. Harold Davis, Mrs. Lawrence Sherwood, Mrs. Andrew Rothlisberger, and Mrs. A. E. Thurber.

In the afternoon, Miss Stewart and the Agent visited people in Eagar to acquaint them with the program suggestions for the coming year, and also to make contacts for the Clothing Meeting planned for October. Those visited were: Mrs. Waity Hall, President of the Eagar 2nd. Ward; Mrs. Agness Lund, First Councillor, and Mrs. Merle Lund, Work Leader; also Mrs. Leila Eagar, President of the Eagar Ward, who stated she was planning to resign and the Ward would reorganize in the near future.
Through Mrs. Waity Hall we arranged to hold a clothing meeting October 17th.

Evaluation

Although the number of contacts were few, the Agent feels that they were valuable in establishing contact between the County office and LDS Leaders.

Only the LDS lessons were discussed and the St. Johns women asked for help with Soups and Vegetable Cookery. Those requests will be integrated with those of Navajo County to formulate the 1956 Program.
Today's Home Builds Tomorrow's World

Dear Homemaker:

What homemaking problems do you want help with? Your homemaker club program for 1956 should be based on your needs.

Tell us what you want at your club program planning meeting in August and at County Program Planning Day, September 26.

The enclosed information should help you to think through your problems. Jot down any ideas that occur to you and bring them to your club meeting.

Sincerely,

Anne B. Shute
Home Demonstration Agent
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What Are Your Clothing Problems?

Buymanship:
1. Do you know what and where to look for good construction in ready-to-wear?
2. What specific garments present problems when you buy? Is selection of accessories a problem to you?
3. Do you seem to never have the right clothes for the right place? Do you plan your wardrobe?

Construction:
1. What's your major difficulty when making your own clothing?
2. What is your problem in sewing for others in your family?
3. Are you interested in saving time when sewing?
4. What type of clothing would you like to be able to make?

Health and Comfort:
1. Do your feet hurt? Do you have difficulty in finding shoes for self and children?
2. Are house dresses comfortable that you make? Do they give you comfort as you work?
3. Can you purchase comfortable foundation garments?

4. Good grooming can be had for little money and helps to make you well-dressed. Do you have best grooming habits?

Equipment:
1. Do you have equipment and a place to sew?
2. Do you make best use of your machine? That is, do you know how to use many simple attachments?
3. Do you know how to press different kinds of fabrics?
4. Would you like to make a simple sewing cabinet for small sewing equipment?

Do You Have Other Problems?
1. 
2. 
3. 
4. 
What Do You Want to Know About Food Preparation and Nutrition?

1. How about your food habits? Are you among the best fed mothers? Are the food habits of adolescent girls in your county good?

2. What kind of breakfast does your family have? Could it be better?

3. Is your home milk supply pasteurized?

4. Is overweight a problem in your community?

5. Are you interested in learning the nutritive value of foods? How many calories, how much protein, how much calcium, vitamin C and B vitamins are needed every day for health?

6. Do all homemakers in your community buy only enriched flour and bread products or products made with 100% whole wheat?

7. Do you have problems baking cakes and bread at high altitudes?

8. Are you buying meats by grade? Do you prepare the less tender cuts and lower grades of meat so that your family enjoys eating them?

9. Is it time for a pressure canner clinic? How long since pressure gauges were checked?

Jot down other ideas here.

1.

2.

3.

4.
What Do You Want to Know in the Home Management or Home Furnishings Field?

Home Management:

The Family's Money

1. Is there "enough" money for family use? What is "enough"?

2. What place do you hold in the money plans of your family? Does a homemaker have a responsibility in planning money use?

3. Where do other family members fit in this plan?

4. What shall the family buy to meet the needs of every member?

The Family's Time and Energy:

1. Pooled family time and energy make family work easier. Easier work gives opportunity for recreation, hobbies, etc.

2. Does your family have a plan for tapping this pool? Does every member use his special skills around home?

Home Improvement:

What does your home need to make it -
- More interesting?
- More attractive?
- More convenient and comfortable?
- Safer?
- A healthful spot for every member?

Could you accomplish all this by -
- Spending money?
- Simply "changing things around" in the home?
- Everybody sharing work?

Homemaker Training:

- What skills do you need to learn?
- What skills do you need to "brush up" on?
COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Apache County Co-operating
Agricultural Extension Service
Home Demonstration Work
County Agent Work

July 29, 1955

Dear LDS Leader:

1956 Program Planning Day will be held September 26.

As Home Demonstration Agent for Apache County, I am here to help you with your Relief Society Homemaking lessons. There are several different ways I can assist you: by supplying bulletins and other printed materials; by presenting lessons at your meetings; and by arranging leader training meetings.

This spring many of you took advantage of my leader training meeting of Utensils for Surface Cookery. Did it help you in presenting the lesson at your Relief Society meeting? We can have similar lessons this next spring if you want them.

I am enclosing a list of Relief Society lessons for the 1955-56 year. You counsellors and work day leaders may want to talk over which of these problems you want special help with. Then come to Program Planning Day September 26 and request the project.

I'll be looking forward to seeing you then.

Sincerely,

Anne B. Shute
Home Demonstration Agent

54 o
ABS:jt
Enc.
EXTENSION ORGANIZATION AND PLANNING

Officer and Project Leader Training Meeting

An Officer Leader Training Meeting is held each year in February to strengthen the club program by training leadership. The Extension program is explained as well as the duties of club officers and leaders.

Purposes

2. Analysis of general problems of club management.
3. To review parliamentary procedure and practice it.

The third annual Officer Training meeting for the Homemaker Club leaders was held at the home of Mrs. Vivian Stratton on Thursday, February 24. There were eight women present representing Holbrook, Snowflake, and McNary Clubs. None of the Indian Service Groups were represented. This year the program was planned especially for the club officers. After observing the Homemaker Club meetings for the past two years, the Agent felt the officers were unsure of Parliamentary procedures that make club meetings run quickly and smoothly. The object of the training was to review parliamentary procedure and especially to practice it.

In the morning the State Leader and Agent discussed the Homemaker Club programs concentrating on the business meeting and the rules of Parliamentary procedure. After lunch, the women drew slips of paper listing club responsibilities. Each one practiced the procedure for opening a club meeting, nominating, making motions, and voting. At the end of the meeting, there was a noticeable improvement in the ability of the individuals to use parliamentary procedures. Several of the women mentioned feeling more at ease now with the club business meeting procedures.

Evaluation

1. The Agent attended a few club meetings during the year, notably a meeting of the Holbrook Homemakers in February and again in July and a meeting of the Snowflake Homemakers in March. The presidents seemed somewhat more at ease in their roles, but a great deal more practice is needed before they become adept at handling a snappy club meeting.

2. The agent recommends that additional training meetings be held on this subject.

Those attending the Homemaker Club meeting were: Holbrook- Mrs. Dorthea Ericson and Mrs. Henrietta Paulus; Snowflake- Mrs. Goldie Foster, Mrs. Viva Hatch, and Mrs. Vivian Stratton; McNary- Mrs. Bula Mae Sample, Mrs. Minnie Johnson, and Mrs. Zolie Morrow.

Program Planning
FOOD SELECTION AND PREPARATION

Plentiful Foods Letter

A list of Plentiful Foods is sent out each month to the mailing list.

Purposes

1. To assist homemakers in planning menus.
2. To suggest money-saving food bargains.
3. To offer bulletins which instruct in buying and preparing plentiful foods.

Method

The U.S.D.A. list of plentiful foods is sent out at the beginning of each month to the mailing list of Homemaker Club members, LDS Relief Society Officers and other cooperators. Approximately 261 women are reached in Apache County by this letter.

This information for the letter comes from the U.S.D.A. via the Extension Information office. It is written as a news article and very few changes are made other than to add a cartoon and change the format to letter style. Sometimes this same information is printed in the agent's column, but the local newspaper cannot be depended upon to print the information when it is current.

Evaluation

Little comment is heard about the Plentiful Foods Letter from the women because they take it more or less for granted. It is popular, however, and the State Leader reported that Mrs. Arthur Lee, an Apache County woman who had moved to Gila County, wished to be continued on the mailing list in order to receive this letter. A copy of this letter is included with the report.

High Altitude Cake Bulletin

In June, the new bulletin, "High Altitude Cakes" prepared by Lucinda Hughes, Yavapai-Coconino Home Demonstration Agent, was sent out to the mailing list. The agent felt this would be a valuable bulletin for every homemaker in the County to own, since all of Apache County is above 5,000 feet in altitude. New homemakers especially have problems with cake baking while more experienced cooks know how to adjust sea level recipes. Approximately 261 women in Apache County received a copy of this bulletin during June.
Dear Homemaker:

There's plenty of good eating in store for Arizona families during May. And, outdoor barbecues can be cleaned and put into use.

Beef and young chickens head the list of plentifuls this month. This means lots of tasty hamburgers, grilled steaks, barbecued chicken, or fried chicken for picnics.

Other foods plentifuls for the month include fresh and processed oranges and grapefruit, small-sized prunes, and raisins. And you can expect to find a good supply of potatoes, milk and other dairy products, rice, lard, pork, vegetable fats and oils, frozen fish fillets, halibut, and canned tuna in most markets.

Sincerely,

Anne B. Shute
Home Demonstration Agent

May 1, 1955
FOOD SELECTION A’D PREPARATION

Four Leaders Attend Training Meeting at Eagar

One of the more popular projects carried during the year, was the lesson on Easy Entertaining, featuring buffet meals.

Purpose

1. Teach skills and organization for preparation of entertainment.
2. Teach that entertainment can be a pleasure for the hostess.
3. To review table manners.
4. Serve food attractively, conveniently, and economically.
5. Give sons and daughters social training.

Method

In addition to the notice contained in the monthly letter sent out at the first of March, leader training notices were mailed to Homemaker Club foods leaders and LDS Relief Society presidents, on March 12. A copy of this letter is contained in this report.

The women were encouraged to do some advance thinking about the meeting since they were requested to bring with them a place setting, table decorations, and some magazine clippings.

Four leaders from both Eagar Wards attended the meeting. They were, Mrs. Walter Wiltbank, Mrs. Loree Thompson, Mrs. Lorna Eagar, and Mrs. Alice Kartchner. 4-H Leaders from St. Johns, Eagar, and Sanders indicated desire to attend the meeting, but they were not there.

Four leaders from McNary and Miss Harris from Chinle, attended the meeting held at Lakeside the next day.

The meeting was opened with a discussion “Reasons for Using Buffet Service as a Method of Entertaining More Easily.” (1) Homes in Arizona are small; buffet service is an easy way to serve many people, (2) buffet service leaves hostess free to be with guests.

Since the homemakers had arranged their place settings, the nutritionist lead a discussion on correct table settings and color and texture combinations. The women felt that they learned a great deal from this simple discussion. Most of the women are very anxious to learn correct procedures.

Next types of buffet service were discussed and the menus of the day were analyzed for ease of serving and eating. Then committees were appointed to set the table and prepare the meal. The women tried to practice what they had learned about table manners as they served themselves at the buffet table and while eating. In the afternoon, committees from each community planned how they would give back the demonstration and what menu they would use. These reports were given to the group as a show. Then pictures of buffet service were analyzed. The women found that most magazines are arranged for photographic purposes rather than for easy buffet service. They learned that they must practice what they know is correct and not rely completely on magazines.
FOOD SELECTION AND PREPARATION

The leaders planned and served a buffet luncheon to their respective Relief Societies. The Agent has heard several people report that they had a nice time at this meeting. The leaders have often said how they enjoyed teaching the lesson.
CLOTHING AND TEXTILES

10 Homemakers Attend Style Selection Meeting

Do's and Don't's, Or How Do You Figure, was the title of the clothing project meeting held in March at Round Valley. The Home Demonstration Agent presented the lesson for 10 Round Valley Homemakers. Mrs. Lorna Bagar, Chairman of the Homemakers Club in that area, had contacted the women and made arrangements for the meeting place at the LDS Church. The Agent had previously assisted Miss Helen L. Church, Clothing Specialist in presenting this lesson to the Holbrook Homemakers. With this experience, the lesson was brought to Round Valley.

By using illustrations of rectangles the Agent demonstrated what changes horizontal, vertical, diagonal and curved lines could make in identical rectangles. For instance, in general, vertical lines appeared to lengthen the rectangle, while horizontal lines usually widened the rectangle.

The women were advised to analyze the garments they make or buy as rectangles and consider what changes the lines of the garment, and what difference trimmings might make.

The Agent then helped the women analyze their own figure type by asking three women of the same height to stand up before the group. By placing a tape around their shoulders, waists and hip lines, the audience was able to analyze them for saist length, shoulder length, etc.

By using silhouettes of 12 general figure types, the Agent and women discussed and analyzed magazine clippings, which illustrated becoming styles for each type.

A mimeographed bulletin, prepared by Miss Church, was passed out to the women.
Utensils for Surface Cookery Leader Training

LDS Leader Training Meetings on Utensils for Surface Cookery were planned for the month of April.

Purpose

The major purposes of the meeting was to establish a pattern for cooperation between the agent and the LDS Relief Society Leaders. This training meeting demonstrated the one type of assistance the agent could give the LDS Leaders with their meetings.

Method

In January the agent and the State Leader met with Mrs. Farr Whiting and Mrs. Gordon Cowley in St. Johns to discuss cooperation between the Home Demonstration Agent and the Relief Societies. Having the agent’s schedule in mind it was decided to plan a Leader Training Meeting on Utensils for Surface Cookery. The agent felt she did not want to give an agent demonstration to the Relief Society but rather use their own leaders and show them how we could help them be better teachers.

On March 4, the agent had a special conference with Miss Grace Ryan, Home Management Specialist at the University. The purpose of the conference was to give the agent training in selection of utensils. The specialist assisted the agent in preparation of a leaders’ guide for the lessons to be given in April. She also provided the agent with an expensive of sample pots and pans.

During March the agent discussed and arranged for meetings in Eagar and St. Johns with LDS Leaders in those two communities as well as Alpine and Nutrioso. Notices were sent out from the Navajo County office to all the leaders in each Ward in the St. Johns Stake.

The first leader training meeting was held in the LDS Church in Eagar on the 11th of May. There were 4 leaders from both Wards of the Eagar Church in attendance. The next day 6 leaders were in attendance from the two St. Johns Wards.

The agent introduced the topic with some work simplification charts. These principles were: Sit Down to Work, Use Both Hands, Combine Tasks, and Use the Best Tools. “Use the Best Tools” was the theme for the meeting. Next, materials used in making pots and pans was discussed from the heat conductivity aspect. Five women held the ends of some metal strips while a cord was heated at the opposite end. Those who were forced to drop the metal strip first, realized that strips of metal conducted the best heat.

Next there was a discussion of the classification of pans, aluminum, stainless steel, iron, tin, glass, enamel and pottery. The leaders were given a check sheet where they could check the disadvantages of each type and thus rate their usefulness.
Next there was a discussion of the construction features and the women were given another check sheet with which to rate the pans they had brought to the meeting. Demonstration outlines and three information sheets were passed out to the leaders.

Evaluation

The St. Johns Leaders reported that they held a joint meeting of both Wards on the 11th of May with 15 present. Mrs. Lorene Thompson of the Eagar Ward reported she had 24 in attendance for her relayed meeting on May 10th. The other Eagar Ward had not reported.
COMMUNITY LIFE

Household Best Control Meeting Held

A meeting on Household control was held in Eagar in April.

Purpose

1. The newest methods on controlling household pests.
2. For the Extension Service to learn which of the recommended practices were the most successful

Method

Five women attended a homemaker Club meeting on the Control of Household Pests at Eagar on April 7. Dr. J. N. Roney, Extension Entomologist, gave the demonstration. He used his bulletin on Household pests as a guide for his discussion of the various types of insects and their control. The women were free to ask questions as the discussion progressed. Dr. Roney also demonstrated the use of insecticides in the kitchen.

The agent had also contacted Mrs. Melvin Creer of St. Johns who was interested in being hostess to a group in her community. Mrs. Creer contacted as many people as she was able and also placed a poster announcing the meeting in the Post Office. Unfortunately, there was not community interest in the meeting, but the specialist conferred with Mrs. Creer on her household problems.

Special letters were sent out to Homemaker Club officers and leaders giving page of the problems covered 1952 to 1955, and then surveys of the three fields covered by the specialist, Home Management and Home Furnishings, and Clothing and Textiles, and Foods and Nutrition. These were guides to discussion at Club meetings.

Another letter was sent out to all homemakers with questions in each field, which might help them think out their problems, so that the program planned might be based on Community needs.
FAMILY RELATIONSHIPS

Emotional Development of Children

Two meetings were held in the county with Homemaker, Relief Society, and PTA groups on the Emotional Development of Children, during the month of January.

Purpose

1. To assist mothers in understanding their children.
2. To understand that feelings control behavior.
3. To learn what personality traits children develop along with physical growth

Method

Because the homemaker program in order to be well balanced should contain work on family relationships, Miss Jean Stewart, State Home Demonstration Leader, presented discussion meetings at the January meetings of the Homemaker Clubs in Chambers and Eagar. Mrs. Lorna Eagar telephone the agent to request that the Homemaker meeting be held in conjunction with PTA. And there were 40 parents at the meeting held in Eagar. At Chambers seven women were present at the meeting.

During the meeting Miss Stewart outlined the characteristic physical development of children at various ages and suggested ways in which parents could assist children in developing the emotions characteristic of the various readiness periods. As she talked the homemakers filled in the outline with ideas and from all the meetings the agent compiled an outline and sent it along with the bibliography on available literature on child development to the entire homemaker club enrollment.

Evaluation

The interest shown by the women in the discussion was very gratifying they presented many fine ideas on developing emotions in children. Many of the women borrowed reading material from the State Leader and others requested that the Federal Security bulletins on Child Development be sent them from this office.
"UNDERSTANDING CHILDREN"

Dear Homemaker:

Here is the summary of your ideas from our January meetings on "Understanding Children".

The emotions of trust, independence, initiative, industry, etc. can be developed anytime during our lives. There is, however, a "readiness" period when they are developed easily and naturally. Notice that I have outlined on the bottom half of the page the things you can do to help your child develop the emotion characteristic of his age group.

How you can use this outline:

1. In your own home - discussion with your husband.
2. Over the fence - conference with neighbors.
3. Other groups - church and social.
4. Help parents and youth workers to understand youth problems.
5. Further study and reading of printed materials from the enclosed bibliography.

Sincerely,

Anne B. Shute
Home Demonstration Agent

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**SUMMARY OF MEETINGS ON UNDERSTANDING CHILDREN**

- Navajo and Apache Counties, January 1955
- Parental Sense
- Trust
- Initiative
- Identity
- Parental Sense

**What You Can Do To Foster Emotions**
UNDERSTANDING CHILDREN

Reference bulletins you can send for:

**Life Adjustment Booklets**

Science Research Associates  
57 W. Grand Avenue, Chicago 10, Illinois  
Single copies $0.20 cents - Three for $1

Better Living Series - parents, leaders

- Emotional Problems of Growing Up
- Explaining Children's Interests
- Let's Listen to Youth
- Guiding Children's Social Growth
- Self-understanding a first step to understanding children
- What are your problems

Life Adjustment Series - for youth

- Understanding Yourself
- Getting Along with Brothers and Sisters
- How To Live With Parents
- Money and You
- Getting Along With Others
- Growing Up Socially
- Dating Days
- Looking Ahead To Marriage
- Understanding Sex

**Public Affairs Pamphlets**

Public Affairs Committee, Inc.  
22 E. 38th Street, New York 16, New York

- So You Think It's Love
- Making the Grade as Dad

**Pocket Book - on newstands - 35 cents**

- Infant and Child Care by Benjamin Spock

**Federal Publications (Available Free at County Extension Office)**

- Federal Security Agency
- Social Security Administration
- Children's Bureau
- Washington 25, D. C.

- Guiding the Adolescent
- Your Child from 1 to 6
- Your Child from 6 to 12
- Prenatal Care
- Infant Care
SUMMARY OF 4-H PROJECT WORK IN HOME ECONOMICS

The 4-H program suffers considerably in this area due to the fact that clubs are organized in the spring and continue only through the summer months. There is a great deal of difficulty found in trying to keep the girls interested and in keeping up regular attendance at meetings during the summer because many children are away on vacations. Also, often the program is not arranged so that the project work is finished in August and in September when school starts the children are no longer interested.

A great deal is to be gained from organizing Home Economics clubs in the fall.

This year in cooperation with the County Agent community clubs were organized in Springerville, Eagar, Alpine, and Sanders. In most cases very suitable leadership was found. In Alpine Mrs. Jewel McPherson became ill and had to give up the club. She was unable to find a leader to replace her.

In Sanders Mrs. Alice Farnsworth who had agreed to lead the foods section of the club was too busy with work to do much with the club although she had had considerable experience as a leader.

In Springerville excellent leadership was found but the Agent felt the fault of low completions in the foods group lay more with the fact that they were working in the summer.

In Eagar the leaders need more training. Mrs. Lerna Eager is a very capable leader but she is extremely busy with church work. Mrs. Laura Mae McInnes is inexperienced as a leader.

At Chinle a Navajo Indian Club was organized by Miss Ima Jean Harris, Extension Agent. All of the boys and girls in her club who enrolled in foods and clothing projects completed their work. The Agent had very little contact with Miss Harris concerning this group and did not attend the Achievement Program she held.

Leaders in Apache County have received little training except for the few leaders who have continued for several years. This year a clothing meeting was planned in early May in St. Johns. Mrs. Juanita Overson of St. Johns was the only leader who attended. Four leaders attended the foods meeting held in Eagar. They were leaders from Springerville, Eagar and Alpine.

The Agent feels that two leader training meetings can well be held in this county in order to reach all the leaders.

A special meeting was held in June for the Home Furnishing Leaders Mrs. Nelda Farr and Mrs. Mildred McDonald. This was a short meeting held at the Courthouse in the morning. Mrs. McDonald seemed to find the information very helpful. Mrs. Farr was substituting for the girl who
started with the club, but Mrs. Farr herself has since moved. Mothers of some of the girls are helping them to complete.

The change of the 4-H Club Roundup from June to August has helped the program in the county very much. The Agent was able to schedule a meeting in Navajo County to which girls from Sanders were able to attend. Also, the judging at the Contest Day was of better quality than previously because the girls had already made most of the projects they judged. Most of the first year girls lacked only their aprons.

The Agent strongly recommends that most of the club organization take place in the fall and the concentration of projects continue through the winter months until the end of school. The summer months could be devoted to final completions of projects, record books, health, safety, etc. A great deal of time in the summer is given to 4-H Camp and Roundup and the Agent does not have the opportunity to attend club meetings then.