

ANNUAL NARRATIVE REPORT
OF
HOME DEMONSTRATION WORK
IN
YAVAPAI COUNTY

March 1, 1942 ----- March 31, 1942
June 1, 1942 ----- August 31, 1942
October 1, 1942 --- November 7, 1942.

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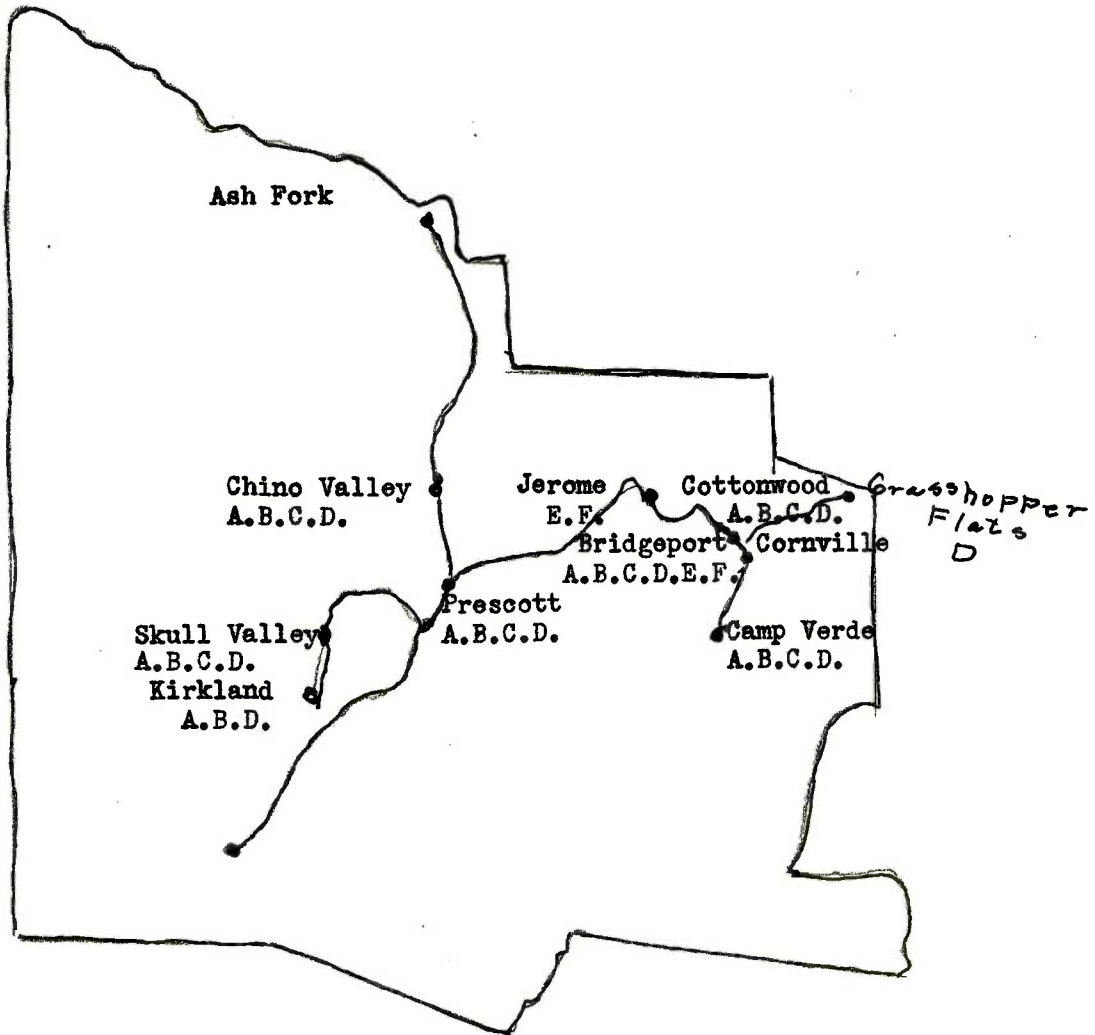
Flossie Wills Barnes
Yavapai County
1942

NARRATIVE REPORT

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YAVAPAI COUNTY MAP SHOWING WHERE HOME DEMONSTRATION WORK
WAS DONE



ADULT WORK

- A. Homemakers Clubs
- B. Nutrition
- C. Clothing
- D. Home Management

JUNIOR WORK

- E. 4-H Meal Planning Clubs
- F. 4-H Clothing Clubs

Flossie Wills Barnes
Yavapai County
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SUMMARY OF HOME DEMONSTRATION ACTIVITIES IN 1942

Days spent by home demonstration agent in adult work	102
Days spent by home demonstration agent in 4-H Club work	20
Days spent in the office	53
Days spent in the field	69
Number of home visits made	96

120 office calls were received.

191 letters were written.

13 circulars were sent to nine hundred ninety-three people.

2 articles were written for the newspaper.

2 radio programs were participated in.

The agent worked with two hundred sixty-six homemakers in nine organized and two unorganized communities.

She held or participated in forty-six meetings attended by seven hundred forty-five people.

Six training meetings were held for adult local leaders. Fifty-nine women attended.

Three hundred ninety-one homes in the county changed practices because of the program.

NUTRITION

Fifteen method demonstrations were given on making bread, (6) cheese, (2) dehydration of foods, (7). One hundred seventy-three attended.

One hundred twenty-four families have been helped with food preparation.

Two hundred eighty families have been helped with food preservation problems.

CLOTHING

Two hundred thirty-one families have been helped with clothing problems.

HOME MANAGEMENT

Sixty-five families were assisted with home management problems.

Forty-five mattresses were made.

One hundred fifty-three comforters were made.

Flossie Wills Barnes
Yavapai County
1942

SUMMARY OF HOME DEMONSTRATION ACTIVITIES IN 1942

(Continued)

4-H CLUB WORK

Five Girls' 4-H Clubs were organized.
Sixty-eight girls were enrolled.
94% completed their year's work.
63% completed two or more Club Projects and were awarded pins
and Achievement Certificates.
Three Achievement Day programs were held.

Mary Martha Sailer of the Bridgeport Club was a state winner in the Victory Achievement Contest and received a twenty-five dollar War Bond. Her projects were Canning, Meal Planning and Home Management.

Four women and twelve girls went to the home of Mary Martha Sailer to see the fruit and vegetables she had canned.

Six girls were given training in judging.

Five girls were given training in demonstration work.

WAR WORK

Fourteen days were spent in cooperation with the County Agent, War Board, Civilian Defense and others in giving information and other assistance in the programs of Fire Prevention, Salvaging Scrap Materials, Saving Fats, and Victory War Gardens.

Flossie Wills Barmes
Yavapai County
1942

WAR WORK

All home demonstration work in the county was planned with the object of furthering the war effort and hastening victory.

VICTORY GARDENS

The home demonstration agent cooperated with the county agricultural agent in the Food Production program urging upon the women the importance of growing a garden and in allowing none of the produce to waste. She went with the county agent to the Verde Valley one day to inspect gardens. Seventeen were inspected.

WAR BOARD

The home demonstration agent cooperated with the U S D A War Board in assisting the County Transportation Committee in filling out applications for Certificates of War Necessity for farmers and ranchers. She gave this help to thirty-five ranchers.

FIRE PREVENTION

The home demonstration cooperated with the Civilian Defense Organization in helping to organize and publicize the fire prevention program which, in Yavapai County, has been handled through their organization.

SALVAGING SCRAP

The home demonstration agent cooperated with the county agricultural agent, the Yavapai Cattle Growers' Association, the W P A, and the Civilian Defense in publicizing and giving information as to collection methods, points of delivery and other pertinent material.

She assisted in the fat collection program by dissemination of information and by including the "Save Your Waste Fats" dodgen to all home-making groups.

RADIO PUBLICITY

The home demonstration agent gave two talks over K Y C A Broadcasting Station at Prescott, one on War Time Canning, the other on Making Bread at Home in War Time.

Flossie Wills Barnes
Yavapai County
1942

OUTLOOK FOR 1943

The people of Yavapai County are very war-conscious. They are eager to help win the war and they want to do it quickly. Ranchers have always been independent, self-reliant people. Measures deemed necessary to take in winning the war have already affected their daily living materially. The day is past when every rancher had a car and a truck and could drive them as far and as fast as he chose, providing he had money to buy gasoline, tires and new automobiles when the old ones wore out. This transportation problem of itself will force families to "live at home" more entirely than in the past and to add more farming practices to ranch living.

FOOD PRODUCTION AND CONSERVATION

Few ranches were without gardens in 1942. More will be grown another year and more help will be needed from the Extension Service in meeting garden growing problems.

The women have always done some canning. More will be done and as canning equipment wears out and cannot be replaced, help with other methods of food preservation will be needed. Dehydration of fruits and vegetables is a practical method of food preservation in this county. More requests for help in making and using dehydrators will be received.

The ranchers have always had more meat for family use than required by standards for good nutrition. They will continue to produce it. The problem will be for them to limit themselves to their share and to learn to use substitutes for it.

There is need for the ranchers to increase production of milk and butter for home use. Already these foods are being rationed. Much help is needed in care of the dairy cow for milk production and in making butter and cheese. Better standards are needed for both butter and cheese.

CLOTHING

As the clothing now on hand wears out, more and more difficulty will be met in replacing it. Need for help in "making over" and in repair of clothing will be more urgent. It is important for the home demonstration agent to give considerable help with clothing problems. The feeling that comes with knowing one's self properly clothed adds materially to one's morale.

COMMUNITY ACTIVITIES

Help with community activities and recreation will be needed. Encouraging reading and singing and playing of games in which the entire

Flossie Wills Barnes
Yavapai County
1942

COMMUNITY ACTIVITIES (Continued)

family may participate must be given. Lists of books to read aloud and of games to play will be helpful and will be appreciated. Where distances to travel are not too great, community picnics, sings and other types of "get-together" meetings should be encouraged.

The community of Skull Valley has been meeting the problem of recreation for the young people successfully by the weekly Old Fashioned Dance at the Community Hall. Other communities might be encouraged to follow the same plan.

4-H CLUB WORK

The expansion of the 4-H Club program is limited as always by the difficulty of securing local leaders.

ANNUAL NARRATIVE REPORT

Agricultural Extension Service
Yavapai County

Flossie Wills Barmes
Home Demonstration Agent
1942

I. Organization

A. Home Economics Extension Organization

Yavapai County is made up of communities which in most instances are many miles apart and frequently separated by high mountain ranges. Home demonstration work is carried through local clubs organized for Federated Club Work and for Community Service. Groups of women representing the communities of Bridgeport, Camp Verde, Chino Valley, Cottonwood, Congress, Grasshopper Flats, Sedona, Kirkland, Prescott and Skull Valley, have had some part in the Extension Program during the year.

Included in the groups is one Relief Society of the Latter Day Saints Church.

Other communities in which some work has been done are Cornville and Miller Valley. These groups have a membership of two hundred and sixty-six women.

The group at Grasshopper Flats is not completely organized, having had only one meeting. It is possible that they may decide to join with the Sedona Homemakers, a nearby group just over the Coconino County line, with which the agent has done some work.

Planning Work

The agent sent out to homemakers three hundred questionnaires, asking them to check the projects in Extension Work which were needed most in their communities to help further the Victory program. Approximately seventy per cent of these were returned and the year's program was based upon the findings in the questionnaires.

Leader Training

The purpose of holding leader training meetings. There is a logical geographical division into two groups, the Verde Valley section and the communities over the mountains in the vicinity of Prescott. This division of the county shortens distances which representatives of clubs must travel to the meetings. Even so, the women of Ash Fork, Congress and Kirkland must travel one hundred, ninety and eighty miles respectively to make the trip. Due to the necessity for saving tires, these clubs have not been able to send leaders to the training meetings.

Flossie Wills Barmes
Yavapai County
1942

A. Home Economics Extension Organization (Continued)

Six leader training meetings were held, with fifty-nine women attending.

The Bridgeport Community Club planned a year's club program.

Planning Conference

Three days were spent in conference with the State Leader, Clothing and Nutrition Specialists, Home Demonstration Agents, and Miss Gladys Gallup, Senior Home Economist from the Department of Agriculture at Washington, D. C. This was an interesting, informative conference.

The theme of the conference was "How to Become More Effective Extension Workers."

The plan of Neighborhood Leadership in Extension Work was explained by Miss Gallup, and the ways in which the home demonstration agent could make use of such help was very thoroughly discussed. The responsibility of the Extension Service for reaching all farm families with information about the various War Programs that are being recommended by the Federal Government from time to time and the need for securing one hundred per cent cooperation in carrying them out were given thoughtful consideration.

B. 4-H Club Organization

Five Girls' 4-H Clubs were organized; four were at Jerome and one was at Bridgeport. Three were Clothing and two were Meal Planning Clubs.

The Willing Workers' 4-H Clothing Club has been organized five years. Six of the seven girls enrolled completed projects in sewing. The seventh girl, Mary Martha Sarler, completed projects in Meal Planning, Canning and Home Furnishing. Another member, Mary Margaret Putnam, completed a Meal Planning Project.

Four 4-H Clubs were organized at Jerome. Two were Meal Planning and two were Clothing Clubs. They had a total enrollment of sixty-one girls, fifty-nine of whom completed their work. Thirty-seven of the girls enrolled in Clothing completed two years of work.

Jerome is a mining community. It is unique in being perched upon the mountain top with streets rising above each other instead of parallel and at right angles. The clubs were organized and led by two teachers in the Junior High School. The teachers asked for club work because it offered such good opportunities for education and recreation for the girls. Sixty-four of the sixty-eight girls enrolled in club work in the county completed their year's work.



**4-H Girls model dresses
at local Achievement Day.**



**4-H Club Boosters
admire their fringed
scarfs.**



**The Muretic Sisters
4-H members showing
the dresses made.**

Flossie Wills Barmes
Yavapai County
1942

B. 4-H Club Organization (Continued)

All of the club members were enrolled as Victory Achievement 4-H Club members and worked to collect salvage materials, prevent fires, take care of their clothing, and prevent waste wherever possible.

Flossie Wills Barnes
Yavapai County
1942

XIII. Nutrition

A. Food Selection

An interesting day was spent at the Apache-Yavapai Indian Reservation near Camp Verde. This is a small group of about seventy-five Indian families. They have a farm agent and two school teachers. They are a very poor group of people. They have been receiving surplus foods from the government which has helped them to eke out their small supply of beans, corn, squash, and melons. The teachers in the school had been having the women come to the school and had helped them with their problems in sewing. Hearing that the home demonstration agent was in the county, the teachers, Miss Hazel Straight and Mrs. Belle Fulks, came to a meeting at Camp Verde to ask if she would give a day to Nutrition Demonstration for the Indian Women.

It was planned to have an all-day meeting. In the forenoon, the agent discussed the Government Yardstick of Nutrition, interpreting it in terms of foods available to the. She made use of the Nutrition Charts of the Bureau of Home Economics, showing effects on rats of diets lacking the essential substances. She then told them she had planned a menu for the day's lunch which she wished them to help prepare. All of the women understood English and a few of the younger ones had attended the Phoenix Indian School and spoke good English. The home demonstration agent did not feel at all sure the women would cooperate in preparing the food, but it seemed best to assume that they would do as they were asked. Emphasis was laid on the need to have very clean hands in handling food. All women were given large cakes of yellow soap and plenty of hot water and a thorough scrubbing of hands took place. Working in pairs, under the direction of the home demonstration agent, they prepared a vegetable soup made of potatoes, onions, carrots, cabbage and milk seasoned with butter and salt; Hopping John, a dish of beans, rice and salt pork; cabbage salad with a dressing made of canned milk and a dessert made of raisins, nuts and honey. With whole wheat bread and butter and milk to drink it was a satisfactory meal.

While seated at the table, the agent asked the women to tell how they prepared each dish. They were willing, but to her surprise they told it in the Indian language. She hopes they told it correctly!

After the meal was over, and the work summarized, the agent inspected the articles of clothing and the quilts which the Indian women had made under the supervision of the teachers.

Tentative plans were made with Miss Straight, the teacher, to



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Apache-Yavapai Indian Reservation - -
Yavapai County. Mary Wicky and Edna Juan
make soup; Hannah Telese makes "Hopping
John" under direction of Home Demonstration
Agent.



Eating the lunch prepared by the Indian Women
under direction of Home Demonstration Agent.
11 Indian Women, numberless children, and
7 white women.



Home Demonstration Agent summarizes the Nutrition Lesson presented to Indian Women on Apache-Yavapai Reservation.



Home Demonstration Agent inspecting the sewing of the Indian women at the Apache-Yavapai Reservation. June 26, 1942.

Flossie Willis Barnes
 Yavapai County
 1942

A. Food Selection (Continued)

organize a homemakers' club for the Indian women. Before the organization could be effected, the teacher was transferred to another reservation in Mohave County. Effort will be made to do more work with the Indian group after the new teacher has been appointed.

B. Food Preparation

Modern Bread Making

The home demonstration agent gave demonstrations of bread making at Camp Verde, Chino, Cottonwood, Kirkland and Skull Valley. Soft wheat, Arizona produced, flour was used. Most of the women of Yavapai County make some bread in the home, but practically none had been using soft wheat flour. They had been buying hard wheat flour which had been shipped in from some of the hard wheat producing states. When their attention was called to the fact that car space that had been used to ship in flour might better be used for transporting more essential war materials, and when they were shown that they could make good bread from soft wheat flour, they became quite enthusiastic about it. Women who had been buying all the bread for the family were encouraged to make bread at home to insure the family's having good bread at all times. It was pointed out that, should an emergency arise as had happened earlier in the year when the bakers at Phoenix went on strike, or should it be necessary to feed war refugees, there might be no bakers' bread for civilian use. Evidence was given to show that it was economical to make bread at the home. Since the women enjoy taking active part in the program at each meeting, they were given the responsibility for making tests to determine what substances there are in bread which cause the yeast plants to grow. They also made comparisons of the difference in amounts and in the character of the gluten in the soft and hard wheat flours.

Sixty-nine women attended the bread making demonstrations. Many women spoke of the value of the bread making lesson. Some of the comments were: "This has been a most profitable day;" "I think this has been the best meeting we have ever had;" and from a woman who was not present: "I hear you had a wonderful demonstration." Yet another woman wrote a letter:

"As I promised, I am writing you about my bread making experiences. I made bread the next day after you were here and had fairly good luck. But I can see now that experience means a great deal, as I made bread again today and I believe it is even better.

"The first batch I made one loaf and about a dozen rolls. Well, the loaf was pretty good, but the rolls were hard as usual. The inside was soft and nice, but the crust was like a rock. So today I



Home Demonstration Agent inspecting
a Victory Garden at Big Park, Arizona
Oak Creek Canyon



Demonstrating dehydration of fruits
and vegetables at Camp Verde, Arizona.

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Yavapai County
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C. Food Preservation (Continued)

were placed in the salt-sugar-water solution for five minutes to retain color and enzymes. The sulphur treatment of fruits to be dehydrated was conceded to be more effective than the use of the solution, but it was not used because of lack of time and the necessity of carrying out the sulphuring process out of doors. All of the vegetables except the onions were blanched in steam. Tests were made to determine the presence of enzymes. Conclusions were reached as to time required for blanching vegetables at different altitudes.

The women were urged to use this method of preserving surplus foods from the Victory Gardens after canning all they have means and equipment to do.

Canning

The home demonstration agent gave fifty different families help with problems in canning fruit, meat and vegetables.

The agent recommended to Mrs. Edna Johnson, in charge of the county hot school lunch program, that all gauges on school-owned pressure cookers be tested and new gauges be bought where needed. She made the same recommendation to three other women.

During the absence of the home demonstration agent from the county, Mr. John McLernon, the county agricultural agent, gave a demonstration of Canning Meat at the Charles Rigden Ranch near Kirkland. Seven people were present. Eight quarts of soup, seven quarts of hamburger, three quarts of roast beef and five quarts of stew were canned.

Eighty pounds of jerky were also made.

Meat canning demonstrations that were planned for October were cancelled because the weather stayed too warm to butcher.

4-H Canning

Mary Martha Sailer, a 4-H Club girl of Bridgeport Willing Workers 4-H Club, canned 1-6 $\frac{1}{2}$ quarts of fruit and vegetables as part of her Victory Achievement Project.

D. Food Conservation

Saving Sugar -- Saving Fats

Working in cooperation with Mrs. A. C. Young, leader of the Skull Valley Community Club, in her ranch kitchen, the home demonstration agent tested some suggestions for ways of using the family's sugar ration advantageously: Rhubarb is good when honey is substituted for

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Yavapai County,
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D. Food Conservation (Continued)

half the sugar in making sauce.

Baked Custard, using $\frac{1}{3}$ cup maple syrup (no sugar) to one quart of milk, was well liked.

Rice Pudding, using $\frac{1}{4}$ cup Karo and $\frac{1}{2}$ cup raisins (no sugar) was not sweet enough. Would have liked it better if $\frac{1}{4}$ cup sugar had been added.

Drop cookies sweetened with honey and cocoanut were well liked.

Mrs. Young "tried out" stale butter by the same method used for other fats. It was free from odor and stale taste. Chicken fried in it was delicious.

The Skull Valley farmers cannot send the waste fats to the meat markets in the recommended way because of transportation difficulties but use it to make soap. Mrs. Young gave a soap making demonstration in the spring and the women made one hundred fifty pounds of good soap.

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XV. Home Economics (Home Management)

A. Construction

Home Furnishings - Rugs

A demonstration of rug making was given to fourteen homemakers at the Grasshopper Flats School House. The agent discussed several different types of rugs, such as crocheted, braided, woven and hooked, the equipment needed for making them and how to prepare the materials used. A wagon wheel type rug and a simple type of woven rectangular rug were begun. The women were taught all the processes of the making and both rugs were left to be completed by three school girls who attended the meeting with the promise that if they did good work on them the wagon wheel rug should be theirs to hang upon the wall of the school room.

Mending Kitchen Gadgets

Donald Hitch, Assistant Soils and Irrigation Specialist of the University of Arizona, gave three demonstrations of the Mending of Kitchen Gadgets for the homemakers of the county. Mr. Hitch taught the women the use of the rip and cross-cut saw, and how to find the center of a board, for sawing. He gave much information about sizes of nails and the kind of nails to choose for different kinds of work. He taught them how to mend electric cords and to solder holes in wash boilers and galvanized buckets, which the women had brought from home. All women at the meetings were taught how to sharpen both knives and scissors.

Since there is little hope of replacing our gadgets while we are at war, it is important to keep them repaired and in as good condition as possible to prolong their usefulness.

Care of Sewing Machines.

Sewing machines are pieces of equipment which cannot be replaced during the war emergency. In order to be more helpful to the women in taking care of their present machines, Miss Lorene Dryden, the Clothing Specialist, assisted by the home demonstration agents from Navajo, Maricopa, Pima and Yavapai Counties, developed a demonstration on the subject in an all-day meeting at Prescott. This demonstration was for leaders of organized groups. Three different makes of sewing machines were cleaned, oiled and regulated. It is anticipated that there may be many requests for Sewing Machine Clinics during 1943.

Flossie Wills Barnes
Yavapai County
1942

SUMMARY OF THE COTTON MATTRESS
AND COMFORTER PROGRAM FOR 1942

1.	Number of centers in which work was conducted	1
2.	Number of communities participating	1
3-a	Number of training meetings held by home demonstration agent	0
b	Number of training meetings held by Specialist	0
c	Number of training meetings held by local leader	1
4.	Number of supervisory visits made by home demonstration agent	0
5.	Number of supervisors or local leaders assisting	
	Men	1
	Women	2
6.	Total number of applications received	22
7.	Total number of mattresses included in applications ...	36
8.	Total number of comforters included in applications ...	68
9.	Total number of families certified	22
10.	Total number of mattresses made	45
11.	Total number of comforters made	153

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XVIII. Community Activities

A. Related Agencies

Related Agencies

The Home Management Supervisor of Yavapai County participated in the Cheese Making Demonstration at Chino Valley. She arranged with her clients to bring milk and equipment to be used in the demonstration.

Mrs. Catherine Simpson, Home Management Supervisor of Yuma County, attended the demonstration of dehydration of fruits and vegetables which was held at Camp Verde.

County Nutrition Committee

The home demonstration agent participated in two meetings called for organizing a County Nutrition Committee. Sixty people attended and two committees were set up, one for the Verde Valley, the other for the Prescott area. Miss Jean Stewart, State Leader of Home Demonstration Work, in her capacity of Chairman of State Nutrition Committee, gave talks at both meetings and assisted the groups in completing their organization.

Later in the year, the home demonstration agent participated in a meeting of the Nutrition Committee at Prescott, at which Mrs. Agnes English Vaughn, of Denver, Regional Nutritional Consultant, discussed the work of Nutrition Committees in other states and offered suggestions for making the work more effective locally.

The home demonstration agent cooperated with the Nutrition Committee by giving information on methods of organizing and conducting Refresher Courses in Nutrition and Red Cross Classes for training Canteen Aides.

B. Conferences

The home demonstration agent attended a two-day conference of home demonstration agents on the University Campus. These were subject matter conferences. On the first day instructions were received on care of the farm flock of poultry. On the second day, the subject was care and feeding of the home dairy cow. Mr. Clyde F. Rowe, Extension Specialist in Poultry and Dairying was the instructor. The result of the conference was more information on these subjects for the home demonstration and an opportunity to give the farm women more help on the subject since they usually take care of the chickens and the family milk supply.



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AT POULTRY SCHOOL--The home demonstration agents doctor a sick chicken.



POULTRY SCHOOL--Home demonstration agents dusting hen to eradicate lice.



AT POULTRY SCHOOL--Home Demonstration Agents
learn to judge eggs.



AT POULTRY SCHOOL--Learning to
candle eggs.

Flossie Wills Barnes
Yavapai County
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B. Conferences (Continued)

The State Leader of Home Demonstration Work spent six days in the county assisting in organization and information on procedures in forwarding the "Save the Waste Fat" and other War Time Conservation Programs. She also assisted the County Nutrition Committee in organization.

Others from the University with whom the agent held conferences were Miss Lorene Dryden, Clothing Specialist and Mr. Emil M. Rovey, Specialist in Boys' and Girls' 4-H Club Work.

Weekly conferences were held with the county agricultural agent in regard to the extension program.

C. Achievement Days

The Willing Workers 4-H Club of Bridgeport held a local Achievement Day Program. The girls sewing was exhibited and judged. The girls modeled the dresses and aprons they had made and the county awards were made as follows:

Clothing Achievement --	Barbara Spalding, Clarkdale
Junior Dress Revue ----	Louise Muretic, Bridgeport
	Beatrice Muretic, Bridgeport
	Mary Margaret Putnam, Cottonwood
	Barbara Spalding, Clarkdale
	Bessie Ruth Stotts, Cottonwood
Food Preparation -----	Mary Margaret Putnam, Cottonwood
Canning -----	Mary Martha Sailer, Clemenceau
Girls' Record -----	Mary Martha Sailer, Clemenceau

Victory Achievement 4-H Club Winner

Mary Martha Sailer of the Willing Workers 4-H Club of Bridgeport was a winner of a twenty-five dollar War Bond in the Victory Achievement Contest.

Mary Martha planned, prepared and served to her family two hundred and seventy meals. She canned alone one hundred six and a half quarts of fruit and vegetables and assisted her mother with all the family canning. She did a complete project in home furnishings -- refinished a dining room table and six chairs; removed the old finish from the kitchen sink, drainboard, and put on new finish; adjusted the hinges and put new lock on the kitchen closet doors; made a wall shelf for her own and for her brother's room and made a magazine rack for the family living room.

In addition to her projects, Mary Martha helped collect salvage



MARY MARTHA SAILER

4-H Club Victory Achievement Winner
of War Bond.

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C. Achievement Days (Continued)

materials, metal and paper. While at school near Watsonville, California, she went with her school mates to the gardens and helped to save the strawberry crop which would otherwise have been lost for lack of pickers. Mary Martha is finishing her fifth year of club work. She has always been faithful and conscientious in her 4-H Club work and deserves the many awards she has received.

D. Tours

Sixteen 4-H Club Girls and their mothers made a tour to the home of Mary Martha Sailer to see her canned fruit and vegetables and the furniture she had refinished.

E. Recreation

The home demonstration agent attended an all-day meeting of the Yavapai Cattle Growers' Association at Camp Verde. The dinner was prepared by the homemakers of the community and served to seventy-five men and women.

F. Publicity

Two newspaper articles were written and two radio talks given. Notices of meetings were sent to all individuals on the county mailing list.

Flossie Wills Barnes
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XIV. Clothing

A. Selection

Materials (Fibers) That are New:
Successor Fibers to Cotton, Silk, and Wool.

An exhibit of fibers and materials made from rayon, soy-bean protein, glass, skim milk, nylon and vinyon was shown by the agent at four meetings during the month where the subject discussed was the clothing of Farm Families in the Victory Program. It was pointed out that shortages of certain cotton, silk and woolen materials for civilian use were already being felt and that materials from these new strange sources might very possibly come into general use to succeed them. Women should know something about them in order to select materials wisely and give them proper care. Fifty-one women and high school girls attended the meetings which were held at Camp Verde, Congress, Chino Valley and Cornville.

B. Construction

How to save time and energy in making a dress was the subject of the demonstration given by the Clothing Specialist at two leader training meetings held in the county. A homemaker who had received previous instruction beforehand brought to the meeting a dress which she had carefully cut out. She had basted all vertical seams carefully and pinned the crosswise seams; basted the sleeves and collar and pinned them in place so that the entire dress was together and ready for a first fitting. After the dress was fitted and while the owner was doing the stitching and pressing of the vertical seams and basting the crosswise seams in preparation for a second fitting, another dress belonging to another homemaker which had already been fitted the first time, was given a second fitting. At the second fitting the hem was turned, the crosswise basted seams were checked so that the stitching of these and the basting of the hem were all that needed to be done before a third and final trying on and pressing completed the dress except for the necessary handwork on it. Three fittings, three trips to the sewing machine and three trips to the iron had reduced to a minimum the time and energy usually consumed in making a dress. At the end of the second demonstration, four dresses had been made.

Thirty-one women attended the meetings. They were enthusiastic over this method of procedure. Six leaders who attended report that they now use this procedure in making all their own clothing and have taught fourteen other women how to save time by using it. They have found that reducing the number of fittings of the children's dresses is a great help as the children find it hard to take the time to have their clothes "tried on" many times.