

ANNUAL NARRATIVE REPORT

OF

MILDRED O. EATON  
HOME DEMONSTRATION AGENT

From December 1, 1954 to December 1, 1955

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SUMMARY  
Home Economics Extension Work  
December 1, 1954 to November 30, 1955

EXTENSION ORGANIZATION AND PLANNING

Months Home Demonstration Agent was in service . . . . .	12
Days spent in Graham County . . . . .	187
In the field . . . . .	51
In the office . . . . .	136
On adult work . . . . .	$122\frac{1}{2}$
On 4-H club work . . . . .	$64\frac{1}{2}$
Home visits made in Graham County . . . . .	69
Different homes visited . . . . .	30
Office Calls . . . . .	318
Telephone Calls . . . . .	450
Bulletins Distributed . . . . .	2133
News articles published . . . . .	58
Newspaper columns written . . . . .	48
Radio programs given . . . . .	22
Number of Homemaker Clubs . . . . .	3
Number of different homemakers enrolled . . . . .	50
Number of other groups and organizations assisted . . . . .	5
Number of Leaders assisting with adult work . . . . .	98
Number of Leaders assisting with 4-H club work . . . . .	8
Number of training meetings held for adults . . . . .	7
Number of ladies attending these meetings . . . . .	57
Number of times the County Council met . . . . .	2
Number of members belonging to the County Council . . . . .	50
Number of officers for the County Council (4) but those serving . . . . .	3
Number times the officers met for planning . . . . .	3

The County Council, during their fall meeting, selected the lessons and activities that they wanted for the coming year. Three homemakers, one from each of the three homemakers clubs, met with representatives from the Greenlee County Council and representatives of the group planning to organize in Safford, to co-ordinate the suggestions into one program for 1956.

County Council Officers were elected and installed during the fall council meeting. A nominating committee, one from each club, made suggestions for these officers.

One Officer-Leader Training Meeting was held jointly with Greenlee County. Six officers from two clubs and two leaders from one club attended the training meeting.

Reference materials were ordered and lent to L.D.S. Relief Society Ward Leaders in three wards, two communities, as assistance with their lessons.

#### CLOTHING

The lesson - Individualizing Style was given for forty-eight homemakers in the three clubs by the Home Demonstration Agent.

The lesson - "Decorative Trims and Finishes" was given for twenty-two homemakers by three leaders. Training meeting for leaders was conducted by the clothing specialist from the University.

Three Sewing Machine Workshops were conducted in three all-day meetings for twenty-six homemakers by the Home Demonstration Agent.

Six leaders gave assistance to nineteen homemakers through six meetings of three classes, and twenty-three other homemakers with specific construction problems. Five of these leaders gave assistance to thirty-four members in their five 4-H clubs. Eleven garments were completed by the eleven leaders and twelve garments by the homemakers whom they helped.

#### FOODS AND NUTRITION

The lesson - Menus for the Entire Family was given by six leaders for twenty-nine members of the three clubs. The foods specialist from the University conducted the training of the leaders.

The lesson - Shopping to Save was given by five leaders for thirty-three members of three clubs. The training meeting was conducted by the Home Demonstration Agent.

Information of value to homemakers was discussed over the radio and through the newspaper column.

#### HOME MANAGEMENT

Eleven homemakers attended the all-day Money Management Meeting conducted by the specialist from the University.

Two clubs had meetings with their husbands as guests and the County Attorney as speaker on family security and investment problems.

Assistance was given by the Home Demonstration Agent to ward leaders from three L.D.S. Relief Societies in securing material and information for use in their lessons.

The lesson - Ironing Methods and Equipment was given to twenty-eight homemakers in the three clubs by the Home Demonstration Agent.

Twelve pressure canner gauges were tested by the Home Demonstration Agent for homemakers.

## HOME FURNISHING

The special lesson - Refinishing of Furniture - was given to ten leaders from the three clubs during a two-day workshop by the home management specialist and the Home Demonstration Agent. Four of these leaders gave some information gained to members of their homemakers clubs at one of their meetings.

Assistance was given homemakers with their furnishings problems through the radio programs, newspaper column, and by personal contact and over the telephone.

## HEALTH AND SAFETY

The lesson - First Aid in the Home - was given by four leaders for twenty-six homemakers in the three club meetings.

## RECREATION

Christmas parties and summer family picnics were held by each club.

The spring meeting of the County Council was held as a picnic up Aravaipa Canyon, followed by business meeting and special talks.

## COMMUNITY

The Home Demonstration Agent and County Agent shared a weekly radio program at 10:30 am each Saturday morning, except during the football season.

The Home Demonstration Agent wrote a newspaper column which was published in the weekly County Guardian newspaper. Up-to-date, timely information of value to homemakers was given.

Special articles on adult activities were written by the Home Demonstration Agent and by the county report for the County Council.

## 4-H CLUB WORK

Forty-five of the seventy-four girls enrolled in seven 4-H clubs completed their project work. The girls enrolled in one club didn't complete their project work.

Ten ladies assisted as club leader during the year. Two of the ladies had to drop out before the end of the club year - one moved away, the other because of ill health. Two older members served as junior leaders for their club.

A demonstration training meeting was conducted by the Home Demonstration Agent for five leaders and forty-one members from seven clubs in five communities. Three older club members assisted by giving one team and one individual demonstration.

The County Agent, Office Secretary, and Home Demonstration Agent conducted a 4-H Officers Training Meeting for officers of the agriculture and home economics 4-H clubs.

Visits were made to club meetings and to the homes of the club leaders by the Home Demonstration Agent and assistance given with the project and organization work.

A county demonstration contest was held for all club members doing home economics project work. Girls to represent the county at the state round-up were chosen. Fifteen girls gave three team and nine individual demonstrations.

A County Judging Contest was held by the Home Demonstration Agent. Specialist training was given by the state Home Demonstration Agent - at - large.

The 4-H club leaders and junior leaders for agriculture and home economics 4-H club work were organized into a County 4-H Leaders Council.

#### Clothing

Twenty-five of the thirty-four girls enrolled in clothing projects completed their project work. Twenty-two girls in two clubs were enrolled in Unit I, ten in one club in Unit II, no one in Unit III, and two girls in Unit IV. One of the fourth year girls dropped out after her marriage.

Special help was given club leaders and members as the need arose.

One team and seven individual demonstrations were given at the county contest. No one demonstrated during 4-H round-up. The fourth year clothing girl modeled her dress during round-up.

#### Foods

Fourteen of the twenty-nine girls enrolled in foods projects completed their club work. Twenty-seven girls in three clubs were enrolled in Unit I, and two girls in two clubs in Unit II.

Assistance was given club members and leaders by the Home Demonstration Agent through club and home visits.

No one represented the county in food activities at the state 4-H round-up.

#### Room Improvement

All eight girls enrolled in room improvement I project work completed their work.

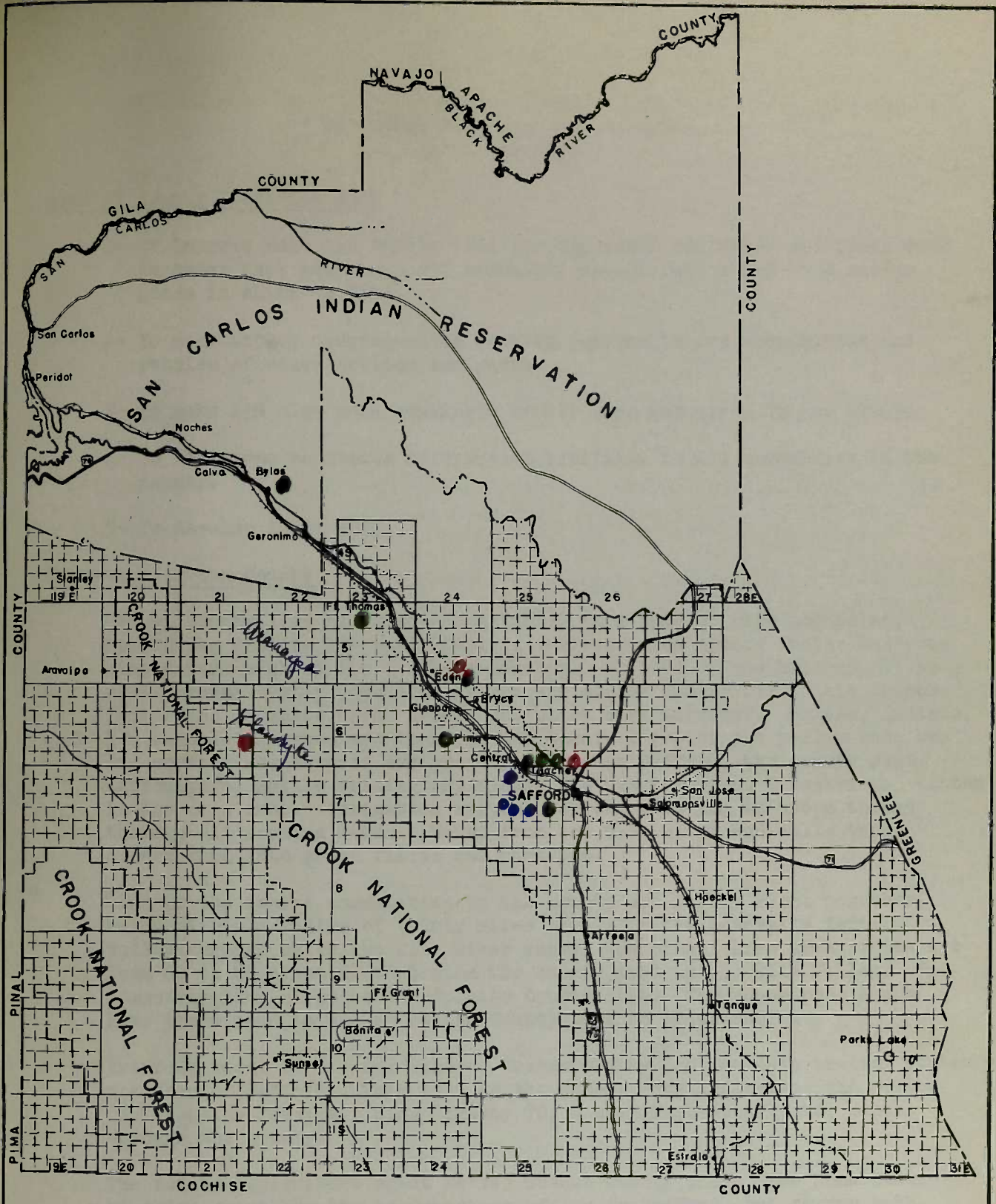
Five girls participated in the state 4-H round-up activities by giving one team and one individual demonstration and by judging in the junior contest.

Special tours and meetings were held by the Home Demonstration Agent to give assistance to club leaders and members in the two clubs.

Community

One club had a window display during National 4-H Week.

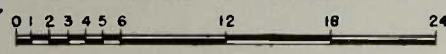




- Location of
- Homemaker Clubs
  - H. E. 4-H Clubs
  - L.D.S. Relief Societies Assisted by the H.D.A.

# GRAHAM COUNTY, ARIZONA

SCALE IN MILES





Graham County  
Extension Work in Home Economics  
Narrative Report

Aims of County Extension Work

- 1- To improve home and family life through adult education and youth work in order that each home and community in our nation may be a better place in which to live.
- 2- To make better understanding between persons in our communities and peoples of other nations and races.
- 3- To make 4-H Club work available to all boys and girls in the county.
- 4- To make home economics information available to all homemakers in the county.
- 5- To develop leadership.

Situation in the County

Graham County lies in southeast Arizona, in a land of high mountains, stretching deserts and small fertile valleys. The Apache Indian Reservation covers much of its northern country. Settled by the Mormons, it is still predominantly populated by members of the Latter Day Saints Church. Four races -- white, red, brown, and black work together. Whites, Indians, Mexicans and Negroes are found in any town. A few of the yellow race own and operate restaurants and grocery stores in Safford, the county seat. Agriculture, cattle raising and mining are the important industries. Cotton is the main crop. Irrigation systems for the watering of crops thread through all farming lands. Water from the Gila River and wells turns desert land into green fields and pastures.

Nine of the twelve communities in the county are fairly close together, being within a radius of thirty miles -- all in the naturally fertile valley through which the Gila River runs. The other three communities are from 60 to 80 miles distant from the county seat in the Gila Valley. One community lies close to the Cochise County line. The ranch people who live there tend to use a Cochise County town as their outlet.

Entirely rural in its atmosphere, Graham County has one main trading center - the town of Safford. This town is the county seat and houses the office of Extension Service. U.S. Highway 70, a main east-west route, passes through the county.

The county agriculture agent serves Graham County only. The Home Demonstration Agent has her headquarters office in Safford, but serves both Graham and Greenlee Counties.

## Extension Organization and Planning

The homemakers in three communities were organized into clubs for the purpose of carrying on home economics extension work. One club was made up of homemakers in the ranching area, 50 to 65 miles from the county seat of Safford. These clubs met regularly each month. The Home Demonstration Agent met with each of these clubs three times during the past year - once to help organize their program activities, and twice to give the subject-matter lesson.

Other clubs, particularly the Relief Societies of the Latter Day Saints Church have made use of extension information through the services of the Home Demonstration Agent, bulletins, and memographed materials. The Lesson Leaders from three of these societies regularly obtained informational materials from the home demonstration agent. The three societies in Safford had one joint all-day workshop under the supervision of the Home Demonstration Agent.

The extension homemakers club meetings are open to every homemaker. The services of the Home Demonstration Agent and the extension publications are available to each homemaker who desires this information and help.

Each club was organized with their own officers - president, vice-president, secretary, treasurer, reporter, and one or two subject matter leaders for each lesson. The officers had the responsibility of directing the activities and business of the club and in co-operating in the county council and its activities. The subject matter leaders had the responsibilities of attending the leader training meeting, preparation of the lesson and giving it for members of their club.

The secretary of each club sent a copy of the minutes and information about each club meeting to the extension office.

## County Council

The Homemaker's County Council was organized for the purpose of planning and carrying on joint activities and program.

Each homemaker belonged and was privileged to attend the County Council meeting as well as the club in her local community. The Council had four officers elected annually from the membership. It met twice during this past year - in April for business and their annual picnic, and in September for the election of officers and program planning.

The officers of the County Council met two times during the year to plan for council meetings, and participation in activities.

Officers who served during the past year were:

President . . . . .	Mrs Charlotte Weathersby - Aravaipa Club
Secretary-Treasurer . . .	Mrs Maybelle Carpenter --- Eden Club
Reporter. . . . .	Mrs Gertrude Pointer ----- Thatcher Club

Mrs Donna Curtis of the Thatcher Club, elected president resigned. Mrs Charlotte Weathersby, elected vice-president served as president until she was officially elected to complete the year as president.

Twenty-one ladies and sixteen children from the three homemakers clubs, the State Leader, the County Agent, the Home Demonstration Agent and two guests attended the April Council Meeting up Aravaipa Canyon.

A copy of the April Council Meeting is enclosed:



GRAHAM COUNTY HOMEMAKERS' COUNCIL

ARAVAIPA CANYON

April 29, 1955

P R O G R A M

- |                    |  |
|--------------------|--|
| 11:00 A.M. - 12:00 | Recreation   |
| 12:00 - 1:00       | Picnic Lunch   |
| 1:00 - 1:30 P.M.   | Business meeting and reports by each club chairman   |
| 1:30 - 1:45 P.M.   | Talk, Miss Jean M. Stewart, State Home Demonstration Leader of Home Demonstration Work                           |
| 1:45 - 1:50        | Stretcher - led by Mrs. Marilyn West, Thatcher   |
| 1:50 - 2:35        | Talk "Spanish Moss" by Mrs. Inez Haring, Honorary Assistant Curator of Mosses for the New York Botanical Gardens |
| 2:30 - 2:35        | Stretcher - Mrs. West  |
| 2:35 - 2:45        | Talk on "National 4-H Congress", John L. Sears County Agricultural Agent   |
| 2:45 - 2:50        | Announcements - Mildred O. Eaton, Home Demonstration Agent   |
| 2:30 - 3:00 P.M.   | Group Singing  |

A nominating committee composed of one member from each of the three homemakers clubs met with the Home Demonstration Agent and selected the ladies to be nominated as officers of the County Council for the coming year.

The following were elected and installed as Council Officers for 1956:

President . . . . . Mrs Jerrie Scott, Thatcher Club  
Vice-president. . . . Mrs Jane Weathersby, Aravaipa Club  
Secretary-treasurer . Mrs Vinnie Marshall, Eden Club  
Reporter. . . . . Mrs Vera Sanders, Thatcher Club

Thirteen ladies from the three homemakers clubs, three ladies from the Safford group planning to organize. The State Leader and Home Demonstration Agent attended the September Council Meeting and Program Planning Meeting in the Thatcher L.D.S. Relief Society Room. Five different communities were represented - Thatcher, Safford, Eden, Pima, and Klondyke. Ward Leaders from the different L.D.S. Relief Societies were invited, but none came. Those present were members of the homemakers clubs. Registration and refreshments were handled by the Council Reporter and Secretary.

The following is a copy of the program for the afternoon:

\*\*\*\*\*

Graham County

DATE - Thursday, September 15

TIME - 1:30 P. M. - 4:30 P. M.

PLACE: Relief Society Hall, Thatcher L. D. S. Church

PROGRAM PLANS:

- 1:00 P. M. - Registration - Gertrude Pointer
- 1:30 P. M. - Group Singing - Lead by Jane Weathersby
- 1:35 P. M. - Invocation
- 1:38 P. M. - Business Meeting - Charlotte Weathersby, President
- 1:55 P. M. - Discussion - County Fair by Home Economics Superintendents
- 2:00 P. M. - Trends and Outlook - Miss Jean Stewart, State Leader
- 2:10 P. M. - County Needs and Goals - H. D. A.
- 2:20 P. M. - Discussion Groups
- 2:40 P. M. - Refreshment Break
- 2:50 P. M. - Report by Discussion Groups
- 3:00 P. M. - General Discussion - Complete Program Plans
- 4:00 P. M. - Installation of County Officers

## Program Planning

The 1955 program suggestions were made during the September 1954 County Council Meeting. Representatives of the Council met with representatives of the Greenlee County, the State Leader and Home Demonstration Agent, to co-ordinate the suggestions into one program for the two counties.

The 1956 program suggestions were made during the September 1955 County Council Meeting. One representative from each homemaker's club in the two counties met together with the Home Demonstration Agent to formulate the program in one for the two counties.

The Home Demonstration Agent kept a record of the suggestions made and guided the council and two-county committee in making final decisions. This information was organized and recorded on Program Planning forms and organized into month by month activities and lessons by the Home Demonstration Agent. Copies were sent to the state office. These program plans were later revised to lighten the lesson load so the agent would have time to give more contacts and give assistance to homemakers, particularly in non-homemaker organized areas.

The Home Demonstration Agent organized the program of work, giving objectives, needs, what and how the objectives were to be accomplished and when the work was to be done. Copies were sent to the state office.

The Home Demonstration Agent assisted in organizing and preparing the homemakers program booklets.

The following is a copy of the one used during 1955:



GRAHAM - GREENLEE COUNTY

HOMEMAKERS' PROGRAM

1955



Name of Club Member \_\_\_\_\_  
Address of Member \_\_\_\_\_  
Name of Club \_\_\_\_\_  
Day of Meeting \_\_\_\_\_ Time \_\_\_\_\_



HOMEMAKERS CLUBS

in

GREENLEE AND GRAHAM COUNTIES

Cooperating with

UNITED STATES DEPARTMENT OF AGRICULTURE

and the

UNIVERSITY OF ARIZONA EXTENSION SERVICE



GREENLEE - GRAHAM EXTENSION HOMEMAKERS CLUBS

are affiliated with

NATIONAL HOME DEMONSTRATION COUNCIL



NATIONAL OFFICERS

Secretary of Agriculture . . . . . Ezra T. Benson  
Director of Extension . . . . . C. M. Ferguson

STATE STAFF

Director of Extension . . . . . Charles U. Pickrell  
Assistant Director . . . . . Howard R. Baker  
State Leader of Home Demonstration Work . . . . .  
Jean M. Stewart  
Specialists ---  
Clothing . . . . . Helen L. Church  
Foods & Nutrition . . . . . Mrs Elsie Morris  
Home Managment and Furnishings . . . . . Grace Ryan  
4-H Club ---  
State Leader . . . . . Graham P. Wright  
Assistant State Leader . . . . . Mrs Ellen Kightlinger

COUNTY STAFFS

Home Demonstration Agent . . . . . Mildred O. Eaton  
(Graham-Greenlee Counties)  
Graham County --  
County Agricultural Agent . . . . . John L. Sears  
Office Secretary . . . . . Mrs Lorris Galusha  
Address - Safford, Arizona . . . . . Phone 150  
Greenlee County --  
County Agricultural Agent . . . . . Roy B. Jeter  
Office Secretary . . . . . Mrs Flossie Santee  
Address - Duncan, Arizona . . . . . Phone 13

COUNTY OFFICERS AND COUNCIL MEMBERS

Greenlee County:

President . . . . Mrs Jean Jones, Morenci (Jesse)  
Vice President. . Mrs Irene Estes, Clifton ( )  
Secretary . . . . Mrs Ruby Sanders, Duncan (James)  
Treasurer . . . . Mrs Toni O'Hanlon, Plantsite, (  
Reporter . . . . Mrs Yolanda Alvorado, Clifton, (  
Recreation Leader-

Representatives to County Council:

Clifton Club . Mrs Carthelle Ross, president

Morenci Club . Mrs Margaret Bemel, president

Plantsite Club- Mrs Margie Boren, president

York Club . . . Mrs Mattie Foote, president

Graham County:

President . . . . Mrs Charlotte Weathesby, Klondyke  
Vice President .  
Secretary-Treasurer- Mrs Maybelle Carpenter, Eden  
Reporter . . . . Mrs Gertrude Pointer, Thatcher  
Recreation Leader-

Representatives on County Council:

Aravaipa Club . Mrs J. D. Williams, president

Eden Club . . . Mrs Lois Kempton, president (Lamar)

Thatcher Club . Mrs Bonnie West, president

CLUB OFFICERS, LEADERS & COMMITTEES

President \_\_\_\_\_

Vice President \_\_\_\_\_

Secretary \_\_\_\_\_

Treasurer \_\_\_\_\_

Leaders

Foods \_\_\_\_\_

Clothing \_\_\_\_\_

Home Managment \_\_\_\_\_

Home Furnishings \_\_\_\_\_

Health \_\_\_\_\_

Committees:

Name

Address

<u>Committees:</u>	<u>Name</u>	<u>Address</u>



J A N U A R Y

"You can't change the past, but you can  
ruin a perfectly good present by worry-  
ing about the future." — Copied

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_

Hostess \_\_\_\_\_

Roll Call: A Christmas Gift that I especially liked.

Subject: Fill out year books, send one copy to office

Special Meetings:

— Officer and Leader Training Meeting - in Morenci

F E B R U A R Y

"Four things a man must learn to do  
If he would keep his record true:  
To think, without confusion, clearly  
To love his fellow-man, sincerely;  
To act from honest motives, purely;  
To trust in God and Heaven, securely."

— Henry Van Dyke

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_

Hostess \_\_\_\_\_

Roll Call: A safety Hint for the Home

Subject: To be chosen by the club

Special Meetings:



# March

"Children need models more than they need critics."  
— Joseph Joubert

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_

Hostess \_\_\_\_\_

Roll Call: The Year I came to Arizona

Subject: "Individualizing Style" by Home Demonstration Agent

Special Meetings:

29 - 30 — Leader Training Meeting for "Menus for the Entire Family" by Mrs Elsie Morris, foods specialist, University of Arizona

\* — Special Interest Training Meeting — "Home Accounts" by Miss Grace Ryan, home management specialist, University of Arizona

5 - 12 — National 4-H Club Week

*Copied*

"Cast all your cares on God; that anchor holds."  
— Copied

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_

Hostess \_\_\_\_\_

Roll Call: Plant Exchange

Subject: "Menus for the Entire Family" by \_\_\_\_\_

Special Meetings:

— County Council Meeting

28 - 29 — Leader Training Meeting — "Shopping to Save" by the home demonstration agent.

— Country Life Conference

M A Y

"Everyone can keep house better than her mother  
until she trieth." --- Old Proverb.

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_

Hostess \_\_\_\_\_

Roll Call: Shopping Hint or Suggestion

Subject: "Shopping to Save" by \_\_\_\_\_

Special Meetings:

- Special Interest - "Care and Adjustment of Sewing Machine" by home demonstration agent. Date in your area to be announced.
- Leader Training Meeting -- "First Aid in the Home" by a registered nurse and the HDA
- National Home Demonstration Week.

J U N E

"We learn wisdom from failure much more than  
from success." -- Smiles

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_

Hostess \_\_\_\_\_

Roll Call: "A Safety Hint for the Home"

Subject: "First Aid in the Home" by \_\_\_\_\_

Special Meetings:

- State 4-H Round-up

J U L Y

"Never lose an old friend  
No matter what the cause.  
We wouldn't ever do it  
If we did not look for flaws.  
The ~~one~~ thing worth while having  
Is the friend who stands the test  
And who has one friend such as this  
Knows friendship at its best."

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_  
Place of Meeting \_\_\_\_\_

Roll Call: "Food Suggestions for a Family Picnic"  
Subject: Homemaker Club Picnics

Special Meetings:

A U G U S T

"The one person who is really entitled to  
take a vacation because the climate  
disagrees with him is the weatherman."  
--Anonymous

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_  
Place of Meeting \_\_\_\_\_  
Hostesses \_\_\_\_\_

Roll Call: Something I would like to have in next  
year's program.  
Subject: Program Planning - members give choices

Special Meetings:

- Leader Training Meeting -- "Laundry Methods  
and Equipment" -- by the home demonstration  
agent.
- 4-H Club Camp
- 4-H Club Leaders Conference

S E P T E M B E R

"The greatest waste we can make is that of time"

--- Voltaire

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_

Hostess \_\_\_\_\_

Roll Call : What I did this year to further 4-H program

Subject: "Laundry Methods and Equipment" by \_\_\_\_\_

Special Meetings:

- County Council Meeting --- Program Planning ---
- Two-County Committee Meeting
- Leader Training Meeting --- "Decorative Stitches and Trims" by Miss Helen Church, clothing specialist, University of Arizona.
- 4-H club achievement program

O C T O B E R

"The men who try to do something and fail are infinitely better than those who try to do nothing and succeed." --- Lloyd Jones

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_

Hostess \_\_\_\_\_

Roll Call: A New Household Gadget I've gotten Recently

Subject: "Decorative Stitches and Trims" by \_\_\_\_\_

Special Meetings:

- Special Interest --- "Renovation of Furniture" by the home demonstration agent.
- County Fair

N O V E M B E R

"Courtesy is the eye which overlooks your friends  
broken gateway — but sees the rose which  
blossoms in his garden." — Lyman Abbott

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_  
Hostess \_\_\_\_\_

Roll Call: Recipe exchange — some favorite recipe

Subject: Some phase of the Furniture Renovation  
lesson by \_\_\_\_\_

Special Meetings:

- State Fair
- County 4-H Recognition and Fun Night

*December*

"Let us have faith that right makes  
might; and in that faith let us to  
the end dare to do our duty as we  
understand it."

— A. Lincoln

Date of Meeting \_\_\_\_\_ Time \_\_\_\_\_

Hostess \_\_\_\_\_

Roll Call:

Subject: Club Christmas Parties

Special Meetings:

- 4-H Clothing School by Miss Helen Church,  
clothing specialist, University of Ariz.

### ARIZONA HOMEMAKER'S CREED

- To live as humbly as I can
- To take what comes of good or evil and grow by my experience into a better and more understanding person.
- To cling to the Faith which I possess and live each day a little better than the day before.
- To see other through their eyes and not through my own.
- To be blind to the faults and see only the fine in every life.
- To so live that I have no need of secret places to hide that which I would not have my friends know.
- To live the same when I am alone as I do before the world.
- To be exactly what my very best friend thinks I am.
- To honor the teachings of my parents and when I am called to leave the sphere of action, to live in the memory of someone as a true friend.

— Mrs Lila Newell

### A CLUB MEMBER'S PRAYER

Help us, O Lord, that we, as women may realize our service to our homes and communities in a three-fold way,  
As true and loyal wives in every path of married lives;  
As kind and loving mothers who will guard, carefully the morals, health, and efficiency of the little lives Thou has entrusted in our care.  
And as faithful and thoughtful sisters both at home and elsewhere; ever ready to extend a helping hand in the interests of humanity's needs in every walk of life and in any and every community.



## HOMEMAKER'S AIM

### TO HAVE EVERY HOME---

Economically sound  
Mechanically convenient  
Morally wholesome  
Mentally stimulating  
Artistically satisfying  
Physically healthful  
Socially responsible  
Spiritually inspiring  
Founded upon mutual affection and respect,  
by Juliet Lita Bane, retired  
Head of Home Economics Dep't  
University of Illinois

### C R E E D

Keep us, Oh God, from pettiness; let us be large  
in thought, in word, in deed.  
Let us be done with fault finding and leave off  
self-seeking.  
May we put away all pretense and meet each other  
face to face, without pity and without prejudice.  
May we never be hasty in judgment and always  
generous.  
Teach us to put into action our better impulses  
straightforward and unafraid.  
Let us take time for all things; make us grow  
calm, serene and gentle,  
Grant that we may realize it is the little  
things that create differences, that in the  
big things of life we are as one.  
And may we strive to touch and to know the great  
common Woman's heart of us all; and O God  
let us not forget to be kind.

---- Mary Stewart

**STANDARD OF ACHIEVEMENT**  
(Requirements for Certificates of)

A certificate of achievement will be granted by the Agricultural Extension Service of the University of Arizona to all clubs on application, fulfilling at least 10 of the following conditions, the first 7 of which must be met:

- 1- One meeting a month during the club year with a majority of the active members present
- 2- Each member passing on to at least one non-member some definite information.
- 3- Appointed representatives attending at least 3/4 of all county meetings (such as, the group training, county council, achievement days)
- 4- Project leaders relaying the demonstrations set up in the club program to the group and sending the leader's report to the county office.
- 5- Letting others know what your club is doing by holding or taking part in a county or club achievement day, tour, or exhibit.
- 6- The secretary keeping satisfactory minutes and making necessary reports of membership, officers, project leaders and meetings to the county office as requested.
- 7- Business meeting according to order of business in the secretary's book for homemaker clubs.

Select any 3 or more of the following:

- 8- Interesting parents in 4-H club work and offering your assistance in any activity suggested by the 4-H club leaders or agent
- 9- Have a health chairman who helps all families in the community to know sources of assistance and to secure publications on caring for or understanding personal and community health problems.

- 10- Have a reporter who gets at least 2 stories of the club into the newspaper.
- 11- Have a recreation leader, or separate game and song leaders who provide at least one form of recreation for each club meeting and assist with recreation at community good times sponsored by the club.
- 12- Have one book review or reading a play at a club meeting
- 13- All meetings starting and ending on time.

**SCHEDULE for HOMEMAKER'S MEETINGS**

Aravaipa . . . . .	3rd Wednesday , 2 pm
Clifton . . . . .	4th Tuesday, ,7:30 pm
Eden . . . . .	3rd Friday,
Morènci . . . . .	3rd Thursday, 1 pm
Plantsite . . . . .	1st & 3rd Tuesday, 1pm
Thatcher . . . . .	2nd Friday, 3 pm
York . . . . .	2nd and 4th Thursday,2pm

<b>JANUARY</b>								1
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<b>MARCH</b>								1
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<b>DECEMBER</b>							1	2	3	
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The Home Demonstration Agent met with each homemaker club during their January meeting and assisted them in organizing and planning their leaders and activities for 1955. She gave information, as needed, about lesson content.

The Home Demonstration Agent gave assistance to club officers and leaders in organizing their meetings and lessons throughout the year when they called at her office or requested this help in their homes.

Registration sheets were sent out to homemakers so they could register for special lessons and activities.

Information sheets were sent out to homemakers for use they had made of the program lessons and activities.

### Training Meetings

A training meeting for Officers and Subject Matter Leaders from each club was held jointly with Greenlee, February 3rd by Miss Jean Stewart, State Leader, assisted by the Home Demonstration Agent.

The meeting was opened by the Greenlee County President after which the vice-president led the group in singing, and the home demonstration agent stated the purpose of the meeting. The State Leader then discussed extension organization, giving information that was of value to the ladies. The ladies were divided into "chatter groups" to discuss various problems - what could be done to gain members, to have a better attendance, and to improve their club meetings. Under the leadership of the Home Demonstration Agent each group reported their suggestions, and added other things that could be done.

After lunch the ladies were led in group singing by the secretary of the Thatcher Club before being divided into two groups -- one for presidents and vice-presidents was led by the State Leader, and the one for secretaries and treasurers were led by the Home Demonstration Agent. During this hour, instruction and help was given these officers with better understanding their jobs, their responsibilities, and use of parliamentary procedures. Supplies were distributed.

During the last hour, assistance was given the subject matter leaders in understanding their responsibilities and ways to proceed in receiving a lesson, preparing it, and giving it to their club members.

### Conferences

The Home Demonstration Agent attended the December State Extension Conference in December, and gave a 12 minute talk on "What is the Extension Service?"

The Home Demonstration Agent attended the 4-H Conference in March and the meeting of Home Demonstration Agent's in June.

The Home Demonstration Agent conferred with the State Leader and specialists about program plans whenever she was at the University for extension meetings.

The Home Demonstration Agent conferred with the County Agent about all phases of extension work as the need appeared.

The Home Demonstration Agent conferred with the club officers and county officers about their duties and responsibilities and gave assistance as needed.

#### Others who Assisted with the Program

Miss Jean Stewart, State Leader of Home Demonstration Work assisted by:

- 1- Confering and planning with the Home Demonstration Agent about program, organization, and training meetings.
- 2- Conducting the Officer and Leader Training Meeting.
- 3- Providing Mrs Inez Haring as speaker for the Spring County Council Meeting.
- 4- Discussing National Home Demonstration Week and presenting certificates of achievement to the clubs at their county council meeting.
- 5- Assisting the Home Demonstration Agent in getting the pressure gauge testor repaired and understanding how to operate it and make pressure changes for altitude.

Mrs Elsie Morris, foods and nutrition specialist, University of Arizona, assisted by:

- 1- Confering and planning with the Home Demonstration Agent for the foods and nutrition lessons to be given in the county.
- 2- Conducting the leader training meeting for the lesson - "Menus for the Entire Family."
- 3- Assisting the Home Demonstration Agent with our radio program.

Miss Grace Ryan, home managment - home furnishings specialist, University of Arizona, assisted with the program by:

- 1- Conducting the special meeting on money managment for eleven homemakers.
- 2- Conducting on of the two days training meeting on refinishing of furniture.
- 3- Planning with the Home Demonstration Agent for the refinishing of furniture lessons so that the Home Demonstration Agent could conduct the first one by herself.
- 4- Planning with the Home Demonstration Agent for the money managment meeting.
- 5- Planning with the Home Demonstration Agent for her laundry lesson and lending her the wide ironing board and other equipment.



Miss Helen Church, clothing specialist, University of Arizona, assisted with the program by:

- 1- Conducting the leader training meeting for the lesson "Decorative Trims and Finishes."
- 2- Planning with the home demonstration agent for leader training and 4-H project work.

Mrs Inez Haring, Honorary Assistant, Curator of Mosses for the New York Botanical Gardens discussed Mosses in Arizona for the homemakers at their Spring Council Meeting.

Maricopia County Home Demonstration Agent and assistant Home Demonstration Agent assisted by:

- 1- Allowing the Home Demonstration Agent to attend their county demonstration contest and answering questions about Arizona methods and standards.
- 2- By lending framed pictures for use in judging rings.

#### Other Work by the Agent

Graham County is one of a two-county unit in home demonstration work, therefore, the Home Demonstration Agent divides her time and assistance between the two counties. Headquarters and records are kept in the Graham County Office where the agent spends the major part of her office time. Separate annual reports and plans for work are written by the agent for each county.

One annual report was written by the County Agriculture and Home Demonstration agents over all 4-H Club work in the county.

The Home Demonstration Agent planned and made arrangements for leader and special training meetings, council meetings, and committee meetings which were held in the county.

The Home Demonstration Agent prepared and sent out three news letters to homemakers giving information about meetings and activities.

The Home Demonstration Agent ordered bullétins, reference materials, and 4-H supplies needed for distribution, and to keep the bulletin racks up-to-date.

The Home Demonstration Agent ordered reference material which were used by the L.D.S. Relief Society Stake Leader and Ward Program Leaders in preparing and giving their monthly lessons on "Selecting, buying, and caring for equipment."

The Home Demonstration Agent judged all homemaker exhibits at the Santa Cruz County Fair.

The Home Demonstration Agent judged homemaker's food exhibits at the Cochise County Fair.

The Home Demonstration Agent judged clothing construction and dress revue during the New Mexico 4-H Round-up the second week in August.

The Home Demonstration Agent and one club leader attended the 4-H electric project training meeting in September.

Results:

Membership in homemakers clubs and interest in extension information and the Home Demonstration Agent's services has increased during the year. This is shown by the increase in phone calls for information and requests for bulletins and the agents services.

Plans are underway to complete the organization of a group of young homemakers in the Safford area.

One of the Ward Leaders of the L.D.S. Relief Society who made use of materials supplied by the Home Demonstration Agent each month, joined the homemakers club in her community.

Eight Graham County Officers and Leaders attended the Officer-Leader Training Meeting in Greenlee County-----from

Thatcher Club - all five officers and two leaders  
Aravaipa Club - club president  
Eden Club - none  
County Officer- none

It is difficult to measure results in terms of figures. In a few cases this can be done.

Clothing:

The lesson on "Individualizing Style" was given to each of the homemakers clubs by the home demonstration agent. Information was given on how to make ourselves more attractive by playing up our good points and hiding our poor ones through the style and fabrics used in our clothes. How the silhouette, proportion, illusion, and emphasis could be used was discussed and illustrated through clothes for two identical dolls.

The lesson "Decorative Trims and finishes" was given for members of the homemakers clubs by their leaders. The leader training meeting was conducted by Miss Helen Church, clothing specialist, University of Arizona.

Three all-day Sewing Machine Clinics were held during which twenty-six homemakers cleaned, oiled, and adjusted their sewing machines -- one for ranch women in the Klondyke School, one for L.D.S. ladies from the three Safford Wards and one for homemakers at Thatcher. The Home Demonstration Agent gave instructions and supervised the work.



The Home Demonstration Agent showed the women in the Aravaipa Club how to do the decorative stitches and trims at their October meeting since their leader was unable to attend.

The Home Demonstration Agent included timely and useful information to homemakers in her weekly radio and newspaper column. One whole broadcast was given to the discussion of things to look for when buying sweaters.

#### Clothing:

The interest in the lesson "Individualizing Style" was shown through questions asked the Home Demonstration Agent throughout the year and request for further information made.

The lesson "Decorative Trims and Finishes" was given so receivably that the Home Demonstration Agent didn't try to collect figures on use made. This information will be collected in March and included in the 1956 annual report.

Six of the eleven leaders attending the (5 sessions, special interest) "Better Dress" project gave assistance to nineteen homemakers through six meetings of three classes; and twenty-three other homemakers with specific construction problems.

Five of these leaders gave further assistance to thirty-four members of their five 4-H Clubs.

Eleven garments were completed by the eleven leaders attending the special lessons and twelve by the homemakers whom they helped.

Three all-day workshops on cleaning, oiling, and adjusting sewing machines were given for twenty-six homemakers. Three homemakers later gave assistance to six other homemakers. Five homemakers replaced parts as suggested during the workshop.

The reading and use of information in the Home Demonstration Agent's weekly newspaper column seems to be rather extensive and reaching more than her radio programs. This can be noted by requests for bulletins, further information, hearing them tell of scrap books of information they were making and referring other homemakers to the Home Demonstration Agent and extension office for help with their problems. There seems to be more phone questions coming from those who aren't members of extension clubs.

#### Foods and Nutrition

Lessons on "Menus for the Entire Family" and "Shopping to Save" were given at homemaker meetings in April and May.

Leader training meeting for the lesson on "Menus for the Entire Family" was conducted by Mrs Elsie Morris, food-nutrition specialist, University of Arizona.

Leader training meeting for the lesson on "Shopping to Save" was conducted by the Home Demonstration Agent. Buying practices were discussed and information given on how these practices could be improved:

- 1- Plan carefully what to buy to feed the family adequately.
- 2- Consider where to buy to best advantage.
- 3- Learn when it is economical to buy.
- 4- Study how to improve your shopping methods.

A copy of the outline is enclosed.

Two food leaders assisted the Home Demonstration Agent with one radio program by giving the skit - "Mrs Penny-Wise and Mrs Pound Foolish."

One club had the lesson on Bread making as "Clubs Choice" at their February meeting.

Assistance was given by the Home Demonstration Agent to homemakers who phoned, called at her office, wrote letters and contacted her on the street. Bulletins were given or sent as needed.

Information was given homemakers by the Home Demonstration Agent through radio talks and her weekly newspaper column.

#### Results

The enclosed forms were used to get information on use of lessons. Totals for individual questions are given on the forms.

The members of one club was very interested in the lesson Menu Planning. Several in the other clubs thought it a repetition of what they had had recently.

The report on the "Shopping to Save" lesson is in the following leaders report. The report form used for members from which the leaders made their report is also included. Very definitely there should have been two months for this lesson or else limited the lesson to certain types of foods, as canned foods, or fresh vegetables, etc.

The skit, "Mrs Penny-Wise and Mrs Pound Foolish" was well received and helped put over some important points.

The number of requests for information on preparing cooked and baked for freezing both from extension members and other homemakers has made it important that this lesson be included in the 1956 program.

#### Home Managment

One all-day meeting on Money Managment was held in April for eleven homemakers by Miss Grace Ryan, homemanagment specialist, University of Arizona. The division of family income changes in division as income lowers or raises, keeping of records of expenditure, family needs and values were discussed.

Two Clubs had the County Attorney discuss investments, securities, wills, bank accounts, and other things that a family should do to protect themselves in case of death of the husband or wife. Both meetings were held at night so that the husbands could attend and take part in the discussion.

In January the Home Demonstration Agent conferred with the Stake Chairman of the L.D.S. Relief Societies. A record was made of the monthly program subjects. Places were made to assist leaders with reference materials for each monthly program and to conduct Clinics on Cleaning and adjusting sewing machines and give other assistance needed.

The lesson - "Ironing Methods and Equipment" was given at each club meeting by the Home Demonstration Agent. Several labor saving devices and equipment were demonstrated, such as - wide board, cord holders, sponge for damping, sprinklers, adjustable ironing board, pad for buttons, etc. One homemaker assisted by ironing a man's shirt by the method commonly used by homemakers. Under the



direction of the Home Demonstration Agent she ironed another shirt using method in Extension Circular 206. Time, movement, of shirt and of the iron was kept and results compared between the two methods.

The Home Demonstration Agent attended the meeting on electrical equipment and detergents conducted by the Arizona Public Service Company in Phoenix September 1st. Some of the information gained was used in her weekly column.

The Home Demonstration Agent tested twelve pressure canner gauges for those who desired this service. She made recommendations for pressure needed at their home altitude.

#### Results-Homemanagment

The homemakers who attended the Money Management lesson were really interested. It's value to them shows up in their awareness and requests for additional help with different phases of family spending, investments, bank accounts.

The meeting held by the two clubs who had the County Attorney discuss investments, securities, wills, etc. with the eighteen homemakers, fifteen of their husbands were so interested that these clubs plan another similar meeting for this winter.

No figures are available yet on value of ironing methods and equipment lesson. However, results of a similar time saving method of ironing a man's shirt several years ago were shown by members who had adopted some phases of the method as their own. The Ladies were interested in the time-saving equipment. When the report on use of lesson is made within a few months, no doubt it will be found several have obtained some similar equipment.

The Merchant is still unable to find a company who can supply him with geared-gauges for homemakers who need new gauges on their pressure canners.

The Home Demonstration Agent is still trying to get some drugist to stock and carry E.Z. for moth proofing woolens and blankets by homemakers.

#### Home Furnishings

The special lesson - "Refinishing of Furniture" was given during a two-day training meeting. The first, on removal of old finishes was conducted by the Home Demonstration Agent. The second- on finishes and application of finishes was conducted by Miss Grace Ryan, home furnishing specialist.

Assistance was given homemakers by the Home Demonstration Agent through home and store visits with their furnishing problems.

The Home Demonstration Agent called at a local second hand store with the husband of a homemaker to examine the two davan-chair sets which were being considered. After examining the structure and upholstery of the two sets and discussing the needs with the husband, gave her opinion and made the following suggestions: Set I--had had hard use, would have to be covered with slip covers

for guest as well as family use, might serve their purpose for four years. Set 2 -- had been used several years, but had had good care, was sturdy, well built, and would serve 3 times as long as set 1, and could be used for a while without slip covers, if desired. She suggested that the length of time the family planned to use the set should be considered. (Set 2 was purchased by the husband).

The Home Demonstration Agent attended the afternoon session on landscaping conducted by Harvey Tate, horticulture specialist, University of Arizona.

The Home Demonstration Agent collected information on use of burlap by homemakers for Miss Lora Stone, regional agent for the Better Farming Magazine.

### Results - Home Furnishings

Ten homemakers finished pieces of furniture which they started during the special two-day workshop on Refinishing of Furniture the last of October. No figures are, as yet, available as to how many pieces of furniture these ten ladies will refinish nor the use that will be made of the information which they gave their club members during their November meeting.

### Health and Safety

The lesson - First Aid in the Home - was given by leaders at their June Club meeting.

The leader training meeting was conducted by a registered nurse - a member of a Greenlee County Homemakers Club. Two of the leaders attending the training meeting had been nurses.

### Results - Health

The following report form is the one used by leaders to obtain use of lesson materials. Figures show information gained.

### Recreation

The homemaker's clubs held Christmas parties during December, and family picnics during July or August.

The Homemakers held their Spring County Council Meetings down at Aravaipa Canyon with a picnic dinner and games at noon before the business and talks in the afternoon.

### Community

The Home Demonstration Agent and County Agent shared a weekly radio program at 10:30 each Saturday Morning over Station KGLU. Usually both agents went on the air, sharing the time. Sometimes one agent would take the whole program.

The Home Demonstration Agent wrote a newspaper column which was published in the Weekly County Guardian Newspaper. During the first few months the column was printed under the heading "For Homemakers." In July it was changed to "Chatting" with the Home Demonstration Agent with a small copy of her picture as a part of the heading.

Timely up-to-the minute information was given through the radio and newspaper column. Answers to questions asked by homemakers were frequently included for the use by other homemakers. The public was kept informed of bulletins available - new as well as old, homemaker lessons and activities, and how to go about getting assistance from the Home Demonstration Agent and obtain bulletins.





## Chatting

With Your  
Home  
Demonstration  
Agent  
Mildred O.  
Eaton

We are off to a good start on our Refinishing of Furniture project. Tuesday, Greenlee County homemakers had their lesson one. They removed the old finish, sanded and wiped the wood surfaces clean, studied the kinds of finishes, decided on the type of finish they wanted to use, and gave the first coat. Friday, the Graham County homemakers will have this lesson one.

Next Tuesday, the Greenlee ladies, and on Wednesday the Graham County ladies will complete their refinishing during lesson two.

Your brush is an important tool. It produces quality in the finish and makes your work easier. Keep in mind these points when you buy brushes:

1. Select an assortment from one-half to two inches wide
2. Choose brushes with bristles of medium over-all length but with the bristles themselves tapered or uneven. A good brush has little "flags" on the ends of each bristle to help fluids flow evenly.

3. Look for soft but springy bristles that lie straight

4. In the store, test for loose bristles that can "work out" and streak the finish

5. Plan to use a different brush for different materials. Cleaning will be easier.

If you are interested in refinishing wood surfaces in your home and were unable to attend the training meetings this month, call or write either the Safford or Duncan office for a copy of the bulletins: C-149 "The Finish Counts," and C-136, "Furniture Repair."

Here's a recipe for making uncooked relish sent out by the U.S. Department of Agriculture. Two quarts chopped peeled tomatoes; one cup chopped celery three-fourths cup chopped onion; one-half cup chopped green pepper; Two teaspoons salt; three tablespoons sugar; one tablespoon mustard seed; one-fourth teaspoon ground nutmeg; one-fourth teaspoon ground cinnamon; one-eighth teaspoon ground cloves; one cup vinegar.

To make: mix all ingredients together thoroughly. Pour in clean jars and cover. Store in the refrigerator or other cold place since this relish will keep two or three weeks.

Cheese keeps well when stored in a refrigerator in an airtight container or wrapper. Highly flavored and milk cheese should be wrapped separately in order to prevent transference of flavors. Most cheese keeps well in a refrigerator for a month. Even if mold develops, cheese can still be used. Simply cut off the mold and use the rest of the cheese.

Most cheese is at its best flavor when served at room temperature. Low temperature numbs the flavor of the cheese, and it should be removed from the refrigerator 30 minutes to one hour before serving.

To line a complete garment or skirt of adult or children's wear, simply follow the exact contours of the individual pattern piece, cutting one from the lining material and one from the outer covering material, treating both as one fabric and stitch seams together in the usual manner. This procedure applies to the bodice as well as the skirt. For a sheath dress or narrow skirts, a 15-inch width of lining will eliminate the "sat out" look in the back and release the wrinkles that form in the front of the skirt. Cut the lining same as pattern piece, less

hem allowance, and stitch with outer covering at side seams and waist.

Are you interested in some new ways of making simple decorative trims, in some simple speedy ways of sewing on rick rack and making rolled hems? Attend the October Homemakers' Club meeting in your area. Their lesson for October is on "Decorative Trims and Finishes." You are always welcome at their meetings.



# Graham County Courier

GILA VALLEY FARMER

SECTION TWO

FRIDAY, JANUARY 21, 1955

PAGE SEVEN

## FOR HOMEMAKERS

By MILDRED O. EATON  
Home Demonstration Agent  
Safford, Arizona.

### Schedule:

- January 21—Eden Homemakers' Club.
- January 25—Clifton Homemakers' Club with Eula Bingham at 7 p.m.
- January 27—York Homemakers' Club at the Club House.
- January 28 — Thatcher Homemakers' Club.

I have been asked how I am able to get so many perfect halves when I shell pecans. There are several things that can be done which will help. The secret is soak, dry, patience, and removing shells from meats rather than meats from the shell.

Drop pecans into a pan of boiling water and let soak one hour. Drain and allow to dry. If you are in a hurry spread them out so they will dry faster. Dry shells are crisper and break from around the meats easier. I have found that it is better to put the rounded end of the nut toward the the spring of the cracker. Also, place nut in cracker so that the crack is between the two meats rather than against them. Gently remove shell, by pieces, from around the two meats. Soon you will be able to have at least two thirds of the meat halves whole.

When packing cake in waxed paper, sprinkle the paper with powdered sugar first. This helps the frosting to stick to the cake instead of the paper.

Here is a favorite Salad Dressing receipt of Gertrude Pointer's:

- 1 cup sugar
- 1/2 cup vinegar
- 1 teaspoon salt
- 1 teaspoon grated onion
- 1 cup salad oil
- 1/4 cup lemon juice
- 1 teaspoon celery seed
- 1 teaspoon Worcestershire sauce
- 3/4 cup tomato catsup or chili sauce

Put funnel in a bottle and drop all ingredients into it. Shake well. Store in a refrigerator. Mrs. Pointer says that this dressing is especially good on lettuce, but not so good on cabbage. I liked it on cabbage, and so may you. Mrs. Pointer is a member of the Thatcher Homemakers' Club.

I hope more homemakers will share their favorite recipes with us. Send me a copy.

Now is the time to plant bare-rooted rose bushes, according to Harvey Tate, extension horticulturist at the University of Arizona. Later planting is apt to stimulate top growth rather than root growth. Sudden death to roses is often caused in summer by the later planting even though the roses apparently made a good start in the spring.

We are living in a "Do It Yourself Age." But we still need guid-

ance and instructions for this "doing it yourself." If your equipment — electric light cords, small appliances, equipment and plumbing need simple repairs—obtain a copy of the bulletin "Household Equipment—Its Care and Simple Repair" from my office.

Often the iron will stick to clothing. This is particularly true if too much starch has been used. A small amount of salt in the starch will help to keep the iron from sticking. The iron may stick to rayon or synthetic fabrics because the iron is too hot for that fiber.

The sole of the iron can be cleaned by rubbing it with salt sprinkled on waxed paper, or on paraffin while hot. Polish with a dry cloth.

Bitter coffee may be caused by allowing the coffee to stand in the percolator, using stale coffee, and allowing coffee to percolate too long. The percolator should be washed occasionally with water to which has been added one tablespoon of vinegar or soda to six cups of water and allowed to percolate ten minutes to remove any stale odors.

Never put a toaster in water to clean. Use a damp cloth — not wet—to wipe off inside. Whiting and soap or any mild abrasive may be used to clean stains or grease spots from metal parts of toaster. A soft bristle brush should be used for cleaning bread crumbs from inside. It may be necessary to remove the bottom plate.

Batter which is too thin may cause waffles to burn. Grids may be cleaned by placing a paper napkin soaked with ammonia between them and leaving it overnight. Clean with steel wool and whiting. Waffles will sometimes stick on new grids or after the grids have been cleaned. To eliminate this trouble grids may be greased with unsalted fat and iron preheated thoroughly. Waffle irons should be left open until cool.

An excellent cleaner for home use, that is cheaper than most fine scouring powder can be made by shaving scraps of soap into fine flakes and dissolving water and adding enough Spanish whiting to make a paste. Spanish whiting is an inexpensive fine chalk which cleans without scratching or injuring the surface. It can usually be purchased at hardware or paint stores. Whiting can also be used dry as powder for cleansing.

Braidless, plastic - insulated cable, pioneered by Packard Electric Division of General Motors, is now finding almost universal use throughout the automobile industry. The plastic - insulated cable has a high degree of resistance to abrasion and is impervious to the effects of grease, oil and anti-freeze solutions. Its smaller overall size reduces the bulk of wiring assemblies. By eliminating the need for braid and lacquer insulation, the new cable does not support combustion and is virtually fireproof.

Special articles on adult 4-H activities were prepared for the County Newspaper by the Home Demonstration Agent. From time to time the Home Demonstration Agent sent in articles of value to homemakers in planning, making, and selecting articles to be entered in the County Fair.

FRIDAY, AUGUST 19, 1955

## Get Quilt And Spread Entries Ready For Fair

It's time to finish up those quilts and spreads that you will be entering in the county fair this fall. Mildred Eaton, home demonstration agent, gives the following suggestions for your use in completing your quilts and spreads. She suggests that you check these points over while there is still time to improve your article before the fair, so that it will meet standards set.

The design and color combinations in quilts and spreads are very important—40 out of 100 points. The design (or pattern) should be balanced. The pieces should be uniform and well grouped, and should be suited to the size of the design. The colors should be fast, and give a pleasing and interesting harmony. The number of stitches in the quilting should be suited to the design.

All materials used should be equally durable and clean. The textile design should be suitable to the pattern. The size of the quilt or spread should be suitable for standard furniture.

The construction of the quilt or spread is almost as important as the design and color. The top should be smooth, properly and firmly joined. The quilting should be uniform, catching all the way through. There should be no visible knots and the ends should be fastened. The stitches should be flat, the standard number to the inch, and the proper weight thread used. The batting should be soft, uniform, and the lining seams pressed open. The edge should be finished by standard binding, hemmed binding, or turned and felled. The edges should be uniform in width, with mitered corners. The stitches should be strong and even, and the hemmed binding brought to the front. The stitches should be strong and even, and the hemmed binding brought to the front.

Miss Eaton suggests that each homemaker who is planning on entering a quilt or spread at the County Fair this fall, check over the above points and make any needed improvement while there is still time.

Miss Eaton also reminds homemakers that all entered for competition must have been completed since October 1, 1954, and the entry blanks must be in the hands of the department superintendent by Wednesday, October 12.

Be sure to check time for entering each article at the Fair Grounds. The superintendents intend to follow the rules as set up. Some articles, such as quilts and spreads must be entered on Thursday, October 13.





MRS. KEITH SMITH (left), Thatcher, winner of the sweepstake award in the food division and special honors on her angel food cake during the Graham County Fair is being congratulated by Mrs. Clifford Stewart, superintendent of the division.



MRS. MARY LARSON (left), Solomon, superintendent of the clothing and household division of the Graham County Fair, is shown presenting a special merit ribbon to Mrs. Ruene De Spain on her dress entry. Mrs. De Spain was one of the local 4-H trip winners to the National 4-H Congress in Chicago several years ago.

The County Council Reporter prepared articles for the county newspaper on county council activities and observance of National Home Demonstration Week.

### HOMEMAKERS COUNCIL TO MEET FRI., APR. 29 IN ARAVAIPA CANYON

The Graham County Homemakers' Council will have their spring meeting in Aravaipa Canyon on Friday, April 29. It has become an annual event that Klondyke Homemakers' Club entertain the Council with a potluck picnic luncheon at this meeting.

Registration will be at 11:00 a. m. and lunch at noon will be followed by a business meeting and reports of each club on this year's accomplishments.

Guest speaker will be Mrs. Inez Haring, honorary assistant curator of mosses for the New York Botanical Gardens. She will talk about "Arizona Moss." Miss Jean Stewart, of Tucson, state home demonstration leader, will speak on some special phase of homemakers work.

A talk on National 4-H Congress will be given by John L. Sears, county agriculture agent. Miss Mildred Eaton, county home demonstration agent, will make announcements concerning coming events in county work.

Mrs. Marilyn West of Thatcher will lead group singing between speakers, and Mrs. Jayne Weathersby of Klondyke will lead the singing just prior to adjournment. The new book, Arizona Sings, put out under the sponsorship of Arizona Homemakers' Councils, will be used.

FRIDAY, JUNE 3, 1955

### GROUP STUDIES FIRST AID

The health leaders of the Graham County Homemakers' Clubs met May 27 at the courthouse from 10:00 a.m. to 3:00 p.m. for their leaders training meeting.

Mrs. Irene Goodnight, R. N., a member of the Morenci Homemakers Club gave the lesson and on Tuesday will give the same lesson to the Greenlee County health leaders. She discussed first aid for common household emergencies and temporary treatment until arrival of a physician. She stressed cleanliness of the wound, comfort and reassurance of patient and calmness. Also that everyone should be familiar with first aid for cuts, burns, insect bites and poisoning. Special emphasis was given to labeling and locking up all poisons. The

importance of the Civil Defense program was discussed.

Attending the meeting were Miss M. Eaton, Charlotte Weathersby, Klondyke; Lois Kempton, Eden; Vera Smith, Central; Gertrude Pointer, Thatcher.

FRIDAY, APRIL 8, 1955

### HOMEMAKERS CLUB TO MEET

Thatcher Homemakers' Club will meet Friday, April 8 at the home of Etta Smith in Thatcher. The subject will be "Meals for

the Entire Family." Everyone interested is cordially invited to attend. Mrs. Jesse Green will be available for those needing a baby sitter.



The Home Economics County Fair Superintendents held three meetings to plan for homemakers exhibits, space and entries, and information for the County Fair booklets. The Home Demonstration Agent met with the ladies and assisted with the planning.

Additional space was constructed for homemakers and 4-H exhibits in the fair building. The Home Demonstration Agent assisted in planning for and supervising its construction.



Mrs Keith Smith of Thatcher, winner of Sweep Stakes Ribbon for most points in the Foods Division and Mrs Clifford Stewart, Sr. of Safford, Superintendent of the Foods Division during the County Fair.

Mrs Smith was one of the Foods leaders for her homemakers club during the past year. This coming year she will lead a group of 4-H girls doing first year food project work.



Mrs Tilford Larson of Solum, Superintendent of Clothing and Household Arts Division during the County Fair, with Mrs Ruene DeSpain of Safford who wore a blue ribbon on her dress. Mrs DeSpain is a past 4-H club member.

#### Results - Community

The weekly newspaper column seems to be widely read through the county. Requests for help have come from homemakers from all communities in the county. Many of these lead from their having read the Home Demonstration Agent's column.

Some homemakers are keeping scrap books of information clipped from the Home Demonstration Agent's column.

Several times the Home Demonstration Agent has been told when she met new people - "Oh yes, I see your picture when I read your column." She has been stopped on the street and during the County Fair by people who recognized her by her picture, to discuss their homemaking problems.

The homemakers like the change in heading for the column from "For Homemakers" by the Home Demonstration Agent to one with her picture with the heading "Chatting" with the Home Demonstration Agent.

Very definitely the addition of the picture has helped more people know the Home Demonstration Agent and seek her help.

The Home Demonstration Agent has had requests for bulletins and memographed material from other communities and states from people who read her column.

The column is reaching two or three times as many people as her radio chats. Very few requests for help have come from the radio chats.

During the County Fair the Home Demonstration Agent had an opportunity to meet and chat with other homemakers from all parts of the county.



REPORT FORMS  
Used to Gain Information  
from Use of Lessons

Form used and information gained over lesson

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Tucson

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

Agricultural Extension Service  
Nutrition

Member's and Leader's Report on Preparation of Foods for Freezer Storage

Prepared by  
Elsie H. Morris, Extension Nutritionist

Name \_\_\_\_\_ Date of Meeting \_\_\_\_\_  
 Mailing Address \_\_\_\_\_ Attendance \_\_\_\_\_  
 Club \_\_\_\_\_  
 Actual time given to presenting the project \_\_\_\_\_ hours.

Type of Meeting: Check Here  
 Homemaker Club \_\_\_\_\_  
 Hostess \_\_\_\_\_  
 Relief Society \_\_\_\_\_  
 Other \_\_\_\_\_

As a Result of this Demonstration	Club Member	Other Relative, Friend Neighbor, 4-H Member, etc.
1. How many are using moisture-vapor proof wrapping and containers?	17	14
2. How many are reading labels on packaging materials for freezer use?	12	13
3. How many are making corrections in blanching time for vegetables to take care of increased altitude?	5	9
4. How many felt that the demonstration has helped them in the preparation of products for freezing storage?	21	4
5. How many are checking their home freezers or lockers for zero or below zero temperature for freezing and storage?	15	3
6. How many are using and refilling home freezers and lockers to keep them full?	15	2
7. List foods prepared for freezer storage according to the methods demonstrated at the meeting:		
	Amounts <u>Pints</u> <u>Quarts</u>	
Fruits		
<u>Bananas</u>	<u>36</u>	<u>1</u>
<u>Apples</u>		

Fruits (continued)	Amounts		Club Member	Other Relative, Friend, Neighbor, 4-H Member, etc.
	Pints	Quarts		
_____	_____	_____		
_____	_____	_____		
<b>Vegetables - Record Blanching Time - Minutes</b>				
<u>Corn on Cob</u>	<u>3 dozen</u>	_____		
<u>Okra</u>	<u>8</u>	<u>14</u>	2	
<u>Black eyed peas</u>	<u>28 pounds</u>	_____		
<b>Meats, Poultry, Fish and Game</b>				
	<u>Pounds</u>			
<u>Beef</u>	<u>3,045 and 1 quarter</u>		2	4
<u>Pork</u>	<u>205</u>			
_____	_____	_____		
<b>Eggs</b>				
_____	_____	_____		
_____	_____	_____		
<b>Baked Goods</b>				
<u>Cakes</u>	<u>3</u>		3	1
<u>Pies</u>	<u>3</u>			
<u>Rolls</u>	<u>1</u>			
<b>Specialties</b>				
<u>Velva Fruit</u>	_____	_____		
_____	_____	_____		
<b>Frozen Jams:</b>				
_____	_____	_____		
_____	_____	_____		
<u>Chocolate Dipped Bananas</u>	<u>12</u>		8	6

Comments: \_\_\_\_\_ Signature \_\_\_\_\_

Address \_\_\_\_\_

Directions: Please fill out at your next club meeting and return to Home Demonstration Agent \_\_\_\_\_ not later than \_\_\_\_\_.

Form used and information gained over lesson

COOPERATIVE EXTENSION WORK  
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STATE OF ARIZONA

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U. S. Department of Agriculture  
and Graham County Cooperating

Safford

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

L E A D E R S      R E P O R T

(Check on and fill out at your June Club Meeting)

LESSON: SHOPPING TO SAVE

Names of Leaders: Five leaders reporting

Name of Homemaker's Club: Lesson given in three clubs

Date lesson was given May \_\_\_\_\_ 1955      Date Report was made: June \_\_\_\_\_ 1955

Number of ladies present for lesson 32      No. ladies present for report: 28

- 
1. How many planned their week's market order? 19 Yes      8 No
  2. How many used weed-end sales? 26 Yes      1 No
  3. How many read labels before buying? 24 Yes      3 No
  4. How many compared prices and quality of each article before making their selection? 23 Yes      4 No
  5. How many checked and found out if their meat purchased was government, state, or locally inspected? 4 Yes      3 No      20 Have own meat
  6. Using their planned grocery order, how many DID NOT buy many things on "the spur of the moment"? 0 Yes      27 No
  7. How many found that they saved money? 26 Yes      1 No      1 Didn't plan market order

How was the lesson received? With interest      Make comments:

One Thatcher homemaker said it helped her become aware of the different foods her family needed and how to buy for the best buys and where to better buy.

Several thought there was too much for one lesson. Two clubs held an extra session for finishing the lesson.

cc: 50

April, 1955

COOPERATIVE EXTENSION WORK  
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MEMBER'S REPORT: LESSON: SHOPPING TO SAVE

During the past weeks (since the lesson "Shopping to Save") did you:

1. Did you plan your market orders before going to the store? \_\_\_\_\_
2. Did you study "Week-end Sales" and use them in shopping? \_\_\_\_\_
3. Did you read labels before buying? \_\_\_\_\_
4. Did you compare prices and quality of each article before making your selection? \_\_\_\_\_
5. Did you check and find out whether the meat was government, state, or locally inspected? \_\_\_\_\_
6. Using your planned grocery order, did you buy as many things on the "spur of the moment"? \_\_\_\_\_
7. Did you find that you save money? \_\_\_\_\_

QUESTIONS AND COMMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

April, 1955

cc: 200

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S H O P P I N G      T O      S A V E

Foods that build good health should always be considered first when planning meals. Being well nourished does not necessarily mean being expensively fed. Balanced meals are cheaper than the costs that can come from poor health.

There isn't a set recipe to follow in order to feed a family adequately on the food dollars the family has to spend. Every family and its food needs and income vary. However, there are some food buying practices which wise buyers follow:

1. Plan carefully WHAT you must buy to feed your family adequately
2. Consider WHERE to buy to best advantage
3. Learn WHEN it is economical to buy
4. Study HOW to improve your shopping methods

WHAT YOU MUST BUY

1. Use a week's "Food Plan for Good Nutrition" found in the U.S.D.A. Home and Garden Bulletin #1 (reprint) - "Nutrition - up-to-date up-to-you", Pages 14 and 15 as a guide for the kinds and amounts of each food group needed by each member of your family
2. Plan your meals for as many days ahead as is convenient for you. Some homemakers plan for a week in advance. Others plan for the days between shopping trips. Keep your plan flexible in order to make it practical.
3. Plan your market order before going to Market, but make your plan flexible. Your food budget will benefit if you learn to substitute foods of equal nutritional value. When pot roast is available for less than chicken you had planned, or the spinach is wilted and mustard greens are fresh and crisp, change your plan accordingly.

Remember appetite appeal by serving foods that vary in texture, flavor, color and temperature. Serving a wide variety of attractive and appetizing food helps to meet nutritional needs. Use your imagination and skill to create flavorful dishes from left-overs.

4. Study "week-end" specials, compare prices and determine best buys before going to market.



SHOPPING TO SAVE: PAGE 2

5. Use fruits that are rich in Vitamin C. Compare costs of each

AS PURCHASED	SIZE OF SERVING	COST PER SERVING
small oranges	1	
large oranges	1	
frozen orange juice	1/2 cup	
fresh grapefruit	1/2	
canned grapefruit	1/2 cup	
canned grapefruit sections	1/2 cup	
canned grapefruit juice	1/2 cup	
fresh tomatoes	1	
canned tomatoes	1/2 cup	
canned tomato juice	1/2 cup	
fresh strawberries	10 berries	
frozen strawberries		
fresh raspberries	3/4 cup	
frozen raspberries		
fresh cantaloupe	1/2 of a 4 1/2 inch melon	
fresh pineapple		
frozen pineapple		

6. No food will take the place of milk or milk products in your diet. Compare costs: 5-6 ounces of cheese is equal to 1 quart of milk, and 2-3 large dips of ice cream as one cup of milk. One package of dry powdered milke will make 4-5 quarts of milk. Skim milk and nonfat dry milk need 1 1/2 ounces of butter to make them equal to fresh whole milk.
7. Meat, fish and poultry are mahor cost items in the food budget. You need to select these protein foods wisely in order to stretch the food dollar. Meat may be purchased by grade as well as cut. Suit the grade and cut to your purpose. Compare edible portions and costs of the various cuts, and kinds of meat. Is the cheapest cut always the most economical? Is the most expensive cut the vest in quality? Is the meat inspected? - government, state of local?
8. Eggs are purchased by grade but they must be held at a cool temperature or a grade A egg can very quickly become grade B or even C. Grade A eggs are high quality and suitable for all purposes. Grade B are good for general cooking and grade C are suitable for baking in which egg is used more flavor and color rather than thickening or to make a product light.

Small eggs have greater shell waste than larger eggs. Therefore, if the difference in price between large and small eggs is small, it will pay you to buy large ones.

Check weight of each size and grades, and compare ~~value~~ with costs

9. Poor quality fresh fruits and vegetables are poor buys. They have lost Vitamin C value more rapidly than they have lost quality. When possible consider the cost per serving when you buy fresh, frozen, or canned produce.

The following examples may help you make better choice when purchasing vegetables:



## SHOPPING TO SAVE: PAGE 3

SNAP BEANS: One pound of fresh snap beans provides 5 half cup servings -  
current price is \_\_\_\_\_. Cost per serving \_\_\_\_\_

No. 303 can of snap beans provides 4 half cup servings, current price is \_\_\_\_  
cost per serving is \_\_\_\_\_

One 10 ounce package of frozen snap beans provides 4 half cup servings,  
current price is \_\_\_\_\_ cost per serving is \_\_\_\_\_.

TOMATOES: One pound fresh tomatoes provides 4 servings. Current cost is \_\_\_\_\_  
cost per serving is \_\_\_\_\_

One #303 can of tomatoes provides 4 half cup servings, current price is \_\_\_\_\_  
cost per serving is \_\_\_\_\_. (canned tomatoes retain 75% of their Vit.C.)

10. Flour, cereals, breads, and their products are the cheapest source of calories. Read label to be sure you are buying enriched white flour. Read labels to know the weight of the food you are buying.

The Consumer's Guide states: "A baker can by fermenting the dough to a greater extent make a large loaf which weighs several ounces less than a smaller loaf, less filled with air." Two or three ounces difference in a loaf may seem trivial, but if a family uses one 14 ounce loaf every day instead of a pound loaf costing the same, they will have cheated themselves of approximately  $45\frac{1}{2}$  pounds of bread within a year.

## WHERE TO SHOP

Your choice of stores can affect the value of your food dollar. Shop around to find stores to fit your needs:

- |                             |                                 |
|-----------------------------|---------------------------------|
| a. location                 | d. variety and quality of stock |
| b. prices charged for items | e. cleanliness of the place     |
| c. services offered         | f. display of foods             |

Maybe one, maybe several stores will offer best buys, services or foods you want.

## WHEN TO BUY

Watch to see when stores are least crowded - then try to shop during those times.

Watch window displays, newspaper ads for week-end specials. Sales may make it worth your while to brave the rush.

Advantages of quantity buying - - costs less, saves time for homemaker and grocer, saves on materials used in packaging. Would quantity buying be an advantage for you? For all foods?

One trip to the market may do for a week. If storage space is limited, you may need to shop more often.

When you have groceries delivered, plan to include staples and heavy items. Buy for longer periods to cut down frequent delivery charges.

HOW TO IMPROVE YOUR SHOPPING METHODS

1. Plan your shopping list
2. Watch for week-end sales or end of day bargains
3. Buy non-perishable foods in bulk if storage permits
4. Never buy more than you can use
5. Buy fruits and vegetables that are in season
6. Know alternates within each food group to substitute if a better buy
7. Know quality characteristics of fresh fruits
8. Read weights on labels of cans and packages to compare cost. Learn to divide price by ounces to find the relative cost of different size cans or packages
9. Use lower grades of meat and cheaper cuts. When comparing cost of different cuts, figure cost per serving -- pieces with much bone may prove more expensive than more meaty cuts that sell at a higher price per pound
10. Use forms of milk that are less expensive than fresh whole milk
11. Buy fats and oils to suit your needs
12. Recognize money-saving offers.

OTHER WAYS OF STRETCHING THE FOOD DOLLAR

1. Serve simple, nutritious meals
2. Home production of food - gardening, poultry raising, home preservation, home prepared foods rather than ready-to-eat
3. Adequate storage space and refrigeration
4. Practice good preparation and cooking methods:
  - a. do not overcook food
  - b. use the right temperature
  - c. follow tested recipes
  - d. do not prepare more than you can use
  - e. know the basic rules for cooking each type of food
  - f. use every scrap of food
  - g. plan meals that can be cooked with the least amount of fuel
  - h. keep foods simple but tasty

**REMEMBER!** Good nutritional health will save you many a dollar on doctor and dentist bills and ability to do your job well. Saving food money wisely is more important than merely saving food money.

Prepared by Mildred O. Eaton  
Home Demonstration Agent  
Graham and Greenlee Counties

April, 1955  
cc: 200

COOPERATIVE EXTENSION WORK  
 IN  
 AGRICULTURE AND HOME ECONOMICS  
 State of Arizona  
 Tucson

University of Arizona  
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 Cooperating

Agricultural Extension Service  
 Nutrition

A PATTERN FOR MEAL PLANNING

Name \_\_\_\_\_ Address \_\_\_\_\_ County \_\_\_\_\_ Date \_\_\_\_\_

PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Breakfast</u> Fruit or fruit juice Egg - Every day if possible Cereal - whole grain or restored Butter or margarine Milk Coffee or tea for adults						
<u>Lunch or Supper</u> Soup, stew, or main dish Vegetable - raw or cooked Enriched or whole grain bread Fruit or simple dessert Milk Coffee or tea for adults						
<u>Dinner</u> Meat or meat alternate Two vegetables - cooked or raw Enriched or whole grain bread Butter or margarine Simple dessert or fruit Milk Tea or coffee for adults						

MEMBER'S REPORT FORM- - - - "FIRST AID IN THE HOME"

Did you attend the meeting when the lesson "First Aid in the Home" was given? 8 Yes 10 No

Did you receive one of the outlines on this lesson? 8 Yes 7 No

Since your June homemakers' meeting - -

I. Have you:

1. Cleaned out your medicine cabinet? 13 Yes 5 No or prepared a place for first aid supplies? 10 Yes 5 No
2. Thrown away all old medicines? 15 Yes 3 No
3. Labeled all poisons so that they wouldn't be mistaken in the dark? 12 Yes 2 No  
Placed them where children couldn't reach them? 9 Yes 2 No
4. Checked over your first aid supplies and gotten the things needed so that now you have a well supplied first aid kit, cabinet, or shelf in your home? 10 Yes 4 No

II. What accidents and emergencies have you and your family had this summer?  
List:

<u>9 gave no information</u>	<u>4 cared for eye injury</u>
<u>2 cared for bruises and skins</u>	
<u>4 cared for cuts and burns</u>	
<u>1 cared for scorpion bite</u>	
<u>4 cared for stings</u>	

What treatment did you use for each accident? 9 gave no information

<u>1 cleansed face and applied medication</u>	
<u>3 applied antiseptic</u>	<u>2 ointment</u>
<u>3 used ice</u>	<u>1 epson salts</u>
<u>2 tape</u>	<u>1 saw doctor</u>

Did you refer to your lesson outline or the Red Cross First Aid book before treatment? 4 Yes 4 No

III. Did you give this lesson for your club as the leader of the lesson? 4 Yes

Give name of your homemakers' club Aravaipa  
Thatcher  
Eden

DATE: \_\_\_\_\_

COOPERATIVE EXTENSION WORK  
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Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

May, 1955

"FIRST AID IN THE HOME"

AIMS:

1. - To discuss first aid for common emergencies that can be used by the homemaker.
  - a. - to understand when to call the doctor
2. - To encourage the homemaker to equip a first aid cabinet
  - a. - clean out and throw away old medicines
  - b. - check supplies at frequent intervals
3. - To understand the Civil Defense Program and the homemaker's part in it.

WHAT IS FIRST AID?

It is the immediate, temporary treatment given in case of accident or sudden illness before the services of a physician can be secured.

MEDICINE CABINET:

Keep only medicines that are in actual use. Some medicines become stronger and some weaker with age. Medicines prescribed for one person should never be used in treating another person.

Poisons should be labeled plainly and in such a way that they aren't mistaken in the dark. They should be kept locked up so small children can't reach or get them.

A WELL EQUIPPED FIRST AID CABINET SHOULD CONTAIN:

- a tube of petrolatum (petroleum jelly)
- a small package of baking soda
- a roll of adhesive tape
- a small box of absorbent cotton
- a few packages of finger dressings
- a few sterile gauze squares
- a few gauze bandages of different widths (or clean white cotton cloth torn in strips)
- a pair of scissors
- a pair of tweezers
- a fever thermometer
- a medicine glass
- a medicine dropper
- a poison chart

Your doctor may suggest adding medications such as an antiseptic, a laxative for occasional use, a lotion for treatment of poison ivy and insect bite, or a headache remedy.



## WOUNDS

### Small with little bleeding

- a. clean the wound
- b. put on clean dressing (demonstrate butterfly adhesive)

### Deep or Gaping Wounds

Need to be seen by the doctor - may need to be sutured (stitched)

### Wounds with Excessive Bleeding

should be seen by the doctor as soon as possible - while waiting apply pressure bandage

### Abrasives

- a. cleanse with ivory soap and water (demonstrate how)
- b. apply antiseptic and bandage

### Puncture Wounds

- a. find out kind of nail or object causing wound
  1. if rusty or covered - call doctor for advice
  2. small wounds that have very little bleeding can be dangerous

## HEMORRHAGE

1. have bleeding part higher than heart
2. if external - control with pressure bandage
3. if nose - put ice pack on back of neck and cold icy cloth on nose
4. if continuous (more than 20 minutes or very profuse) call a doctor
5. from ear - always call doctor

## BITES

DOG: report all bites to family physician or health officer who will give treatment

SCORPION: apply ice on wound - call doctor who will give further instructions

OTHER INSECTS: including centipede:

Apply ice - if they itch, pack with damp soda. If very uncomfortable ask doctor's advice

SNAKE:

- a. keep poison localized by applying tourniquet above and below bite
- b. call doctor immediately
- c. if going camping or fishing, ask doctor's advice about anti-venom kit

FALLS:

1. have patient lie down to avoid shock
2. don't move patient but call doctor. Make patient comfortable where he or she is

SHOCK:

Patient is pale, skin is cold and clammy - usually feels very apprehensive and nervous  
Reassure and keep patient warm until doctor comes

FAINTING:

Lower head lower than the heart

**BURNS: FIRST DEGREE:**

Skin is reddened but not broken

1. apply vaseline or blend burn ointment
2. cover with light dressing

**SECOND DEGREE:** reddened skin with blisters

1. If blisters are extensive - call the doctor
2. If blisters are small try to leave unopened
3. Apply and loose bandage

**THIRD DEGREE : OR EXTENSIVE BURNS**

1. Notify doctor immediately
2. Keep patient lying down, head lowered and avoid exposure to cold until doctor comes
3. If burned clothing has adhered - leave for doctor to remove
4. DO NOT APPLY COTTON, IODINE OR OIL

Acid Burns: Bathe with mild alcohol or weak soda (with a carbolic acid burn use only diluted alcohol)

Caustic burns: lye or ammonia

Bathe with weak vinegar or lemon juice solution

POISONING: Be familiar with chart at all times

1. find out kind of poison
2. look on poison chart for treatment, then call the doctor
3. reassure the patient

**CONVULSIONS**

1. put wrapped spoon handle between teeth to avoid biting of tongue
2. call doctor
3. find out cause - if possible and ask doctor for instructions
4. relax muscles with damp or dry heat (be very careful not to burn)

**CIVILIAN DEFENSE**

Prepare yourself for seeing extensive accidents

You can help best by:

1. keeping calm
2. obeying instructions by those in authority
3. reassuring patients
4. being cheerful and optimistic; don't complain about what can't be avoided
5. offering your services is not only a patriotic duty, but may contribute to self preservation

May, 1955

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## 4-H CLUB WORK

### Organization

Six clubs were organized last fall for year - round club work. The Ft. Thomas and Pima Clubs organized after January 1st.

There were nine 4-H clubs organized for home project work in five communities. One of the clubs was a community club carrying both home economics and agriculture project work. In March it was necessary to combine the two clubs in Pima under both leaders, due to the illness of one leader.

There were seventy-four girls enrolled in the eight clubs, forty-five of which completed their 4-H works. Seven of the eight clubs completed. The Ft. Thomas Club didn't complete. All but five of the girls in the Pima Club dropped before the end of the year.

Ten ladies assisted as club leaders during the year. Two of the ladies dropped out - one because of illness and the other moved from the county. One Mother completed the year with the five girls who were interested in completing.

The Home Demonstration Agent conducted a demonstration training meeting for the five leaders and forty-one members from seven clubs in five communities. She was assisted by three club members who gave demonstrations - one team and one individual. The purpose of a demonstration, how it differed from the illustrated talk, the different parts, and what should be included in each, were discussed. Suggestions for demonstrations were given.

The two County Agents and office secretary conducted a Training Meeting for officers of Agriculture and Home Economics 4-H Clubs.

The Home Demonstration Agent visited each club and gave assistance as needed. Each club was visited at least once - some several times - as need arose.

From time to time the Home Demonstration Agent sent out informational letters to club leaders and to members about organization, project work, county contests, camp, finish - up, and county fair exhibits.

The Home Demonstration Agent arranged for and conducted the County Home Economics 4-H Demonstration Contests during July in the Home Economics Department of the Safford High School. Fifteen girls (two seniors, five juniors, and eight younger girls) participated in giving three team and nine individual demonstrations.

In July the Home Demonstration Agent also arranged for and assisted in conducting the County (Home Economic) 4-H judging contest in the Home Economics Department of the Safford High School. Ten girls (two seniors, four juniors, and four younger girls) participated in the activities.

Miss Madeline Barley, Home Demonstration Agent at - large, University of Arizona, assisted in preparing the judging rings and conducting the judging contests. After the judging was completed, Miss Barley discussed the rings

with the girls, giving them further training in judging - what to look for, how to select good and poor points, and how to use judging cards.

The Home Demonstration Agent assisted with the 4-H finish-up and preparation of 4-H reports, with the planning for and preparation of the food and the conducting of the county 4-H awards program.

The 4-H leaders and junior leaders in home economics and agriculture were organized into a county 4-H Leaders Council. This group met in April.

The Home Demonstration Agent attended these meetings and assisted with the planning.

### Clothing

Thirty-four girls were enrolled in clothing projects in four clubs. Twenty-two girls in two clubs were enrolled in Unit I, ten in one club in Unit II, no one in Unit III and two in Unit IV. One of the Unit IV girls dropped out after she was married in July.

Twenty-five of the thirty-four girls completed their 4-H clothing projects.

No leader training meetings were held. One was scheduled but date had to be canceled.

The Home Demonstration Agent gave special help to each leader and the Clothing IV girls with their construction, and demonstration problems.

The Home Demonstration Agent attended the 4-H Clothing Workshop in Douglas and the Cochise County 4-H Leaders Training Meeting in Bisbee the following day. Both meetings were conducted by Miss Helen Church.

The Home Demonstration Agent went on tour of the local stores with the 4-H Mothers. Patterns and fabrics were studied and discussed as to use, care and type. The Home Demonstration Agent visited the stores prior to the tour to pick out the one carrying the materials needed for illustration.

One team and seven individual clothing demonstrations were given during the county 4-H demonstration contest.

The fourth year clothing girl modeled her semi-tailored linen dress in the Dress Review during Arizona's 4-H Round-up.

### Foods

Twenty-nine girls were enrolled in foods projects in four clubs. Twenty-seven girls in three clubs were enrolled in Unit I, and two girls in two clubs in Unit II.

All eight girls in the Bylas Club completed Unit I. Four of the eleven girls enrolled in the Pima Club completed Foods I. The one Pima girl enrolled in Unit II completed. The one girl in the Eden Club completed Unit II. None of the girls in the Ft. Thomas Club completed.

No leader training meetings were held. The date set was canceled when no one enrolled. Then later the two new clubs were organized and the Bylas girls decided on the Foods Project.

The Home Demonstration Agent gave assistance to the leaders and to the club members through conference with the leaders and while attending the club meetings. She attended the Ft. Thomas Club Meetings two times and conferred with the leaders four other times.

The Home Demonstration Agent attended five meetings of the Pima Club and conferred with the leaders eight other times - (three conferences with leaders who dropped out. One with the leader that moved away to check on records, progress, etc., before she left, and four times with the Mother, helping her understand the work so she could carry on and to help her complete the work.)

The Home Demonstration Agent met once with the Bylas Club. She showed slides on including milk in the diet and cooking of eggs. She taught the girls some games and guided the club's recreation chairman to direct others. Before the meeting the Home Demonstration Agent conferred with the leader, giving the assistance needed. One younger girl gave a food demonstration during the county 4-H demonstration contest.

No one represented the county in food activities during Arizona 4-H Round-up since none of the Indians in the Bylas Club could go and all other girls were under twelve years of age.

#### Room Improvement

Six girls in a Thatcher Club and two members in the Eden Club carried Room Improvement I this year. All eight girls completed their work.

No leader training meetings were held. Since the group was so small the Home Demonstration Agent gave assistance to the girls and in conference with the leaders.

The Home Demonstration Agent trained two older club members - one from each of the two clubs carrying the project on the art of bed making. These girls then trained the members of their club.

The Home Demonstration Agent conducted two training meetings for the 4-H girls and their leaders in the two clubs on selection, matting, and framing of pictures. The first meeting was chiefly given to selection and appreciation of pictures and to discussion of other phases of their project work.

Two tours were conducted - one by the leaders to a drapery establishment - the second by the Home Demonstration Agent to see the different type of room accessories on the market for the use in caring for clothes. The Home Demonstration Agent discussed each with the girls, bringing out advantages and disadvantages of each and suggestions for making some of these at home.

Two team and one individual room improvement demonstrations were given during the county 4-H demonstration contest. The county agent arranged for the team bedmaking demonstration to be given for the Safford Rotary Club.

Two senior girls from the Thatcher Fashion Girls Club gave a team demonstration on "Making and stripping a bed" during the Arizona 4-H Round-up. They received blue ribbons, and metals for the best team demonstration in the senior room improvement division.

One junior girl from the Thatcher Fashion Girls Club gave an individual demonstration on "Making a dresser drawer pad." She received a blue ribbon, and metal for the best individual demonstration in the junior room improvement division. She also received recognition as the second best judge in the junior division.

Two other junior girls from this Thatcher Club judged in junior room improvement rings. The team of three girls received a white ribbon rating.

### Recreation

One club entertained their mothers, leaders, and Home Demonstration Agent at a Christmas Party.

The Home Demonstration Agent directed the training of the 4-H club recreation chairmen during the county 4-H Officer Training School. Twelve chairmen from eleven clubs in five communities received training in planning and directing games.

Two 4-H members and the Home Demonstration Agent attended the week of 4-H Camp on Mt. Lemon and participated in the activities. She taught one craft, served as dean of girls, and cabin councilor, and assisted with one evening program and the candle lighting service.

### Community

As a part of National 4-H Week activities the Home Demonstration Agent interviewed four 4-H girls during one 15-minute radio program. Information was brought out as to their project work and activities. These girls represented four different communities.

The Home Demonstration Agent interviewed the five 4-H girls who attended Arizona 4-H Round-up over the radio during a program following their return.

The Thatcher Fashion Girls 4-H Club had a window exhibit during National 4-H Week. The following is a picture of the window:





## 4-H GIRLS HOLD CONTEST JULY 8

The Graham County 4-H Girls held their Demonstration Contest Friday, July 8, in the Home Economics Department of the Safford High School. Fifteen girls gave demonstrations.

From the Thatcher Fashion Girls 4-H Club led by Mrs. Cressa Nelson — Karla Turner and Roselyn Brown demonstrated "Stripping and Making a Bed;" Maxine Hughes and Naomi Rice demonstrated "Arranging a Dresser Drawer;" and Marylene Nelson demonstrated "Making a Dresser Drawer Pad."

From the Thatcher Sewing Stars led by Mrs. Virginia Thompson—Kay Adams demonstrated "Gathering a Skirt;" Regina Shumway demonstrated "Making a Placket;" Karen Daley demonstrated "Hemming a Skirt;" Connie Mickelson demonstrated "Making a True Bias;" Evelyn Nelson demonstrated "How to Make a Skirt Hanger;" and Donna Curtis demonstrated "Sewing on a Button."

From the Safford Stitch and Chatter Club led by Mrs. Terril Blake and Mrs. John Sutorius; Joy Christenson and Connie Swenson demonstrated "Putting a Pocket on an Apron;" Lynette Gibbins demonstrated "Making a Picnic Pot Holder."

From the Eden Community Club led by Mrs. Lamar Kempton: Marlena Douglas demonstrated "Preparation of Vegetables for Finger Food Plate."

Demonstrations were chosen to participate in activities at State 4-H Round-up August 22-26.

The Graham County 4-H Girls are participating in their 4-H Judging contest today in the Home Economics Department of the Safford High School. A report on activities will be given in next weeks paper.

## PARTICIPATE IN STATE FOUR-H CLUB ROUNDUP

Lorraine Kempton, Marylene Nelson, Karla Turner, Roselyn Brown, Maxine Hughes, and Judy Larson, members of the Graham County 4-H Clubs participated in the 25th Annual 4-H Club Round-Up at the University of Arizona August 22-26. Mrs. Cressa Nelson, leader of the Thatcher Fashion Girls 4-H Club attended the 4-H Leader's Conference at the University August 22-26. While there she had an opportunity to attend the evening 4-H Round-up program, and to see some of the demonstrations.

Lorraine Kempton modeled her blue linen dress in the dress revue on Wednesday night. The dress revue theme was "A 4-H Girl's Dream," showing the progress made by a young 4-H member until she reached dress revue during National 4-H Congress. Lorraine is a member of the Eden Community 4-H Club. Her parents, Mr. and Mrs. Lamar Kempton are the leaders.

Marylene Nelson demonstrated "The Making of a Dresser Drawer Pad" in the junior individual demonstration activity. She received a blue ribbon for her demonstration. On Thursday night, during the 4-H banquet, Marylene received the metal for the best demonstration in the junior room improvement individual demonstration activity. Marylene is a member of the Thatcher Fashion Girls 4-H Club. Her mother, Mrs. Cressa Nelson is the leader.

Karla Turner and Roselyn Brown demonstrated "Stripping and Making a Bed" in the senior room improvement team demonstration activity. The girls received blue ribbons on their demonstration. During the 4-H banquet on Thursday night the girls received medals for having given the best demonstration in the senior room improvement team division. Karla and Roselyn are also members of the Thatcher Fashion Girls 4-H Club.

Marylene Nelson, Judy Larson, and Maxine Hughes, members of the Thatcher Fashion Girls 4-H Club participated in the Junior Room Improvement Judging activity. During the banquet, Thursday evening, recognition was given Marylene as the second highest judge in the junior room improvement division.



## Chatting

With Your  
Home  
Demonstration  
Agent  
Mildred O.  
Eaton

Girls and boys all over the United States, Hawaii and other parts of the world will observe National 4-H Achievement Week. Girls and boys in Graham County will attend a banquet sponsored by the Wesley Brotherhood of the Safford Methodist Church and the Safford Rotary Club on Thursday evening, November 17th in the basement of the Methodist Church. Following the banquet 4-H'ers will receive their pins, certificates of achievement, and special honors for outstanding work done. Graham Wright, State Leader of Arizona 4-H Club Work will be speaker for the evening. We hope that every 4-H boy and girl who finished their work this past year will be able to attend the banquet with their club leaders.

Greenlee County 4-H club boys and girls will hold their County Achievement Program at the Duncan High School, Monday evening, November 21.

Homemaker club members and their guests are making a study of the process and procedures to use in removing old finish and applying new finishes to wood surfaces at their meetings this month.

4-H club are in the process of re-organizing and new clubs are being started. If your daughter or son is interested in being a club member this year, and will be ten years old by the end of December, will you call our office in Safford or Duncan, or if you live in the Morenci area, call Mrs. Ernest Munkres, or Mrs. Dean Scott.

Pears picked at the proper tree maturity stage are hard and inedible. They must be conditioned to bring them to a firm-ripe stage. In the retail market, pears that are firm or fairly firm, but not

hard, are generally of good quality. In addition, they should be free from blemish, and not misshapen, wilted or shriveled.

Pears that are soft and yield readily to pressure at the base of the stem are usually ripe and ready for immediate consumption, but are too ripe to hold for future use. Pears that have a water-soaked appearance should be avoided as they are usually mushy and wastey.

The winter pear varieties are excellent for dessert purposes. They add elegance to a bowl of fruit, and the delicious flavor is appealing when used in salads. In general, large plump pears are favored for eating quality.

Pork is an excellent meat buy this fall because of the plentiful supply. But, cook it thoroughly before you eat it.

Why? Because by eating raw or underdone pork, you and your family can get trichinosis. Thorough cooking of pork assures you that all trichinae present are killed.

Know how to cook pork properly. To tell when fresh pork is roasted all the way through, insert the bulb of a meat thermometer into the roast to the

center of the thickest part of the meat. But, don't let it touch any bone or fat—make sure the bulb rests in the meat. Then, cook the pork until the thermometer reads 185 degrees F.

If you don't have a meat thermometer, test the roast by making small, trial cuts in the meat right next to the bone. When fresh pork is completely cooked, it loses its pink color and is grayish white.

It's all right to boil frozen or cured, smoked cuts of pork—like bacon, ham, and Canadian bacon. But, don't broil fresh pork except when it is cut in thin slices. These slices can be safely broiled if you leave them exposed to the heat long enough to cook thoroughly.

"Ready-to-eat" sausages are safe to eat without cooking if they are marked with the round, purple U.S. Inspection stamp. When prepared under Federal meat inspection, these sausages are put through processes which kill any trichinae that may be present.

Know what you're looking for when you buy a turkey?

Decide first just what you want—enough for Thanksgiving dinner only, or do you plan on leftovers for hash and cold sliced turkey for sandwiches. Allow one-half a pound of turkey per

person for each serving. This is figured on the basis of a "ready-to cook" bird. So, a family of four needs two pounds of turkey for Thanksgiving dinner alone.

An 8 to 10-pound bird normally yields 16 to 20 servings of turkey, a 10 to 14-pound bird gives 20 to 28 servings, a 14 to 18 pounder gives 28 to 36 servings, and an 18 to 20 pounder gives 36 to 40 half-pound servings.

Look for the following things when buying fresh, ready-to-cook turkeys this season: A creamy-colored skin, free from blemishes, tears and pin feathers. A wide, long, well-filled breast and plump meaty thighs and legs. A flexible breast bone—this shows that the bird is young. Ready-to-cook poultry is the only fresh-marketed type bird that can carry the U.S. Inspection and Grade marks.

If you buy a frozen turkey, pick out a hard-frozen one. Check closely to see that the bird shows no signs of "freezer burn"—red, dry-looking skin. And, avoid buying birds when the freezer wrappings are torn or punctured. These wrappings must be moisture-vapor proof. Some frozen poultry is U.S. Graded and Inspected. Look for these labels.



## Fashion Girls Go To Camp

By KARLA TURNER

The Fashion Girls 4-H Club met at Roselyn Brown's on July 7 at 9 o'clock.

Vice-president Roselyn Brown called the meeting to order. Maryleen Nelson said the prayer, and Karla Turner led the pledge and motto. Judy Larson led the song "America." The secretary called the roll, and the minutes were read and approved.

Judy Larson was elected recreation leader to fill the office resigned by Nyla Thompson. The members brought in the dolls they had made for the Thatcher Sunday School class, and then heard a report from the safety committee. It was decided to postpone the project because of lack of time. Maxine Hughes and Maryleen Nelson were appointed to see about entering a float in the 24th of July parade. A special meeting on picture making and Roundup is scheduled for the last week in July. The members judged their dresser scarves and mitts. Demonstrations for the county contest were practiced, and refreshments were served afterward. The next business meeting will be the 11th of August at the leader's home. The meeting was adjourned at 11 o'clock.

## Stitch-Chatter Club Meets

The Stitch and Chatter 4-H Club met Thursday, March 24, at the home of Mrs. John Sutorius. Jca Jane Sutorius called the meeting to order. All the members were present with the exception of Lynette Gibbons and Linda Sue Wignall. The girls worked on aprons. Refreshments were served by Victoria Allison. The meeting was adjourned by the president. Caren Reece, reporter.

## TEN STITCHERS 4-H MEET

The Ten Stitchers 4-H Club met at Mrs. Thompson's house Thursday Jan. 20 at 4:00 P.M.

Lynn Hughes called the meeting to order. Shirley Curtis said the prayer. Roll Call and minutes by Daryl Phillips.

The meeting was turned over to Mrs. Thompson, she passed out some more sheets for our record books. Then she showed us how to make a pincushion and cover a cigar box.

The meeting adjourned at 5:35.  
Louise Nelson, reporter

Home Economics 4-H Exhibits during the County Fair. These pictures appeared in the Graham County Guardian during the week of the County 4-H Awards Banquet.



## Recommendations

- 1 - The Home Demonstration Agent visit more homes and make more contacts, particularly in the out-lying areas of the county.
- 2 - That notices of training meetings be sent to leaders and presidents of the L.D.S. Relief Societies and to the presidents of homemakers clubs as well as to the leaders of those clubs.
- 3 - That personal contact be made with each ward lesson leader in the L.D.S. Relief Society and find out what materials and services they want as help with their lessons.
- 4 - That the Homemakers Council Meetings be held at a separate time from the Annual Picnic and Program planning. Suggestions: Council Meet in January for business and election of officers, April for picnic, first week in May for Achievement Program and business, and September for Program Planning.
- 5 - That the County Council be made up of executive officers as one or two voting delegates from each club with all members having the privilege of attending.
- 6 - That the Standard of Achievement - requirements for certificates be evaluated and revised.
- 7 - That some lessons like Menu Planning or Shopping be covered in two months instead of one.
- 8 - That more work be done through group leader training and by leader conducted meetings.
- 9 - That clothing construction work be continued through special meetings.
- 10- That greater effort be made to have every boy and girl complete their club work. This effort should be made throughout the year.
- 11- That effort be continued to gain the interest and co-operation of parents and people in the communities.

## Outlook

Plans are underway to complete the organization of a group of young homemakers in the Safford area.

The County Council Officers plan a meeting early in January to discuss furthering the extension program. The vice-president plans to help organize a new homemakers group in Safford during January.

One club still needs to enlarge their membership and encourage a regular attendance by each member.

There will be five new 4-H clubs if a leader can be found for a group of girls in Solumn.

Four of the old clubs have reorganized a fifth one has made plans for their work. An effort will be made to reorganize the Ft. Thomas Club and assist them to complete their work this year.