

A N N U A L   N A R R A T I V E   R E P O R T

o f

Mildred O. Eaton  
H O M E   D E M O N S T R A T I O N   A G E N T

From December 1, 1955 to November 30, 1956

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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 and 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.

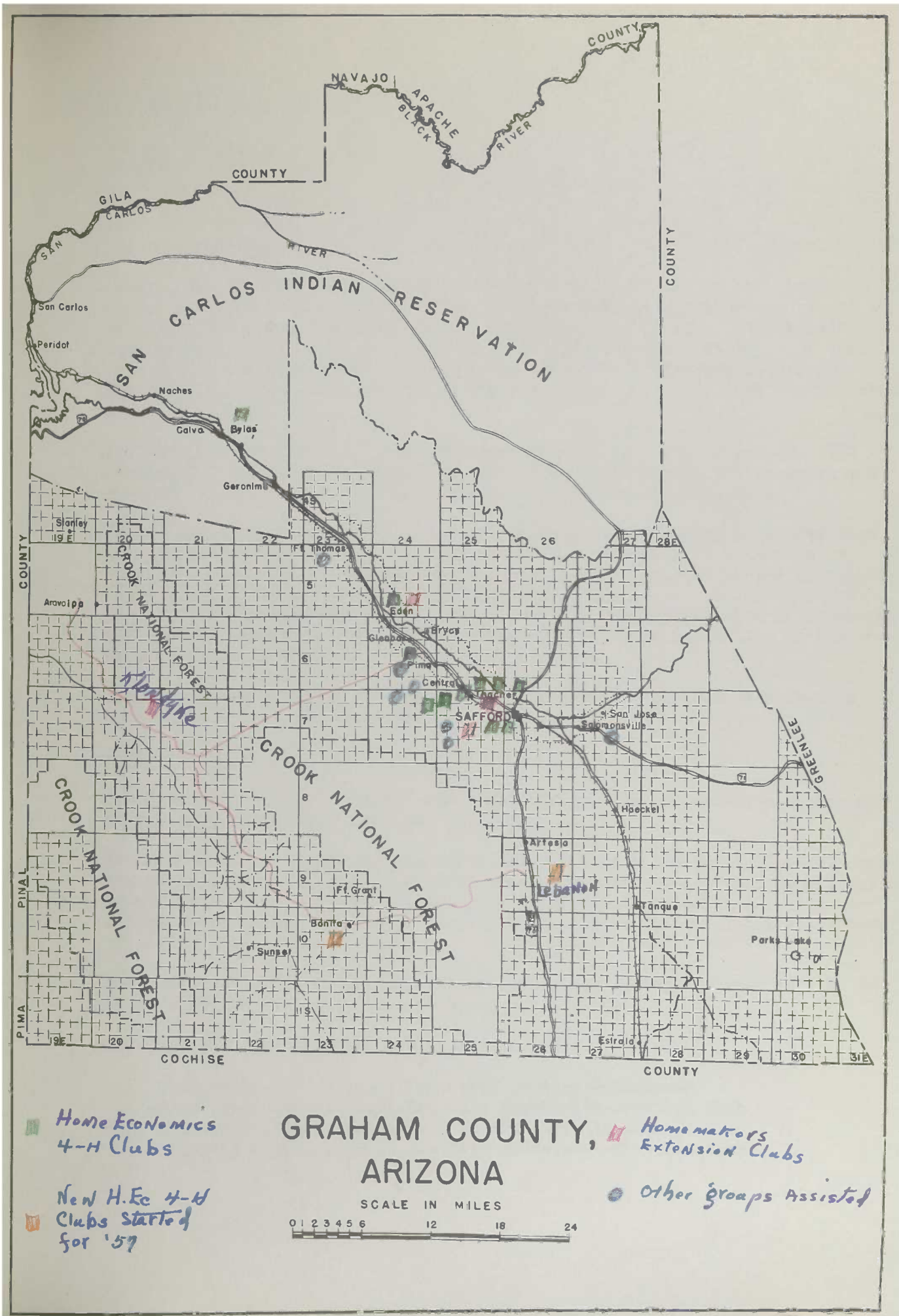
Situation in the County

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, Indian, 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.

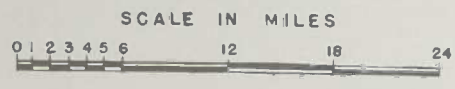
The county agriculture agent serves Graham County only. The home demonstration agent has her headquarters office in Safford, but serves both Graham and Greenlee Counties.



# GRAHAM COUNTY, ARIZONA

■ Home Economics  
4-H Clubs  
  
■ New H. Ec 4-H  
Clubs started  
for '57

■ Home-makers  
Extension Clubs  
  
● Other groups Assisted





EXTENSION ORGANIZATION AND PLANNING

The homemakers in four 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 mimeographed materials. The Lesson Leaders from five of these societies regularly obtained informational materials from the home demonstration agent. The Relief Society in Solomon had one joint all-day workshop under the supervision of the home demonstration agent.

The extension homemakers clubs 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 cooperating 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 report with 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 programs.

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 May for business and their annual picnic, and in October 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 Jerry Scott----Thatcher
- Vice President.....Mrs Jane Weathersby-Aravaipa Club
- Secretary-Treasurer.....Mrs. Vinnie Marshall-Eden Club
- Reporter.....Mrs Vera Sanders----Thatcher Club

The county homemaker's council held their spring meeting and annual picnic up Aravaipa Canyon May 11. After lunch and a short business meeting, Miss Jean Stewart, state leader, discussed home demonstration work in other counties and plans for Country Life Conference. The County Agricultural Agent discussed plans for county fair and recommended that a committee be selected to receive items and be responsible for them.

13 homemakers, and 8 children from three of the homemaker clubs, the County Agent and his family, the state leader of home economics extension work, and the home agent attended this spring meeting.

The following is one of the pictures taken during the picnic Council Meeting:



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 Francelle Ledford---	Safford Club
Vice-president.....	Mrs Maybelle Carpenter--	Eden Club
Secretary-treasurer..	Mrs Vera Sanders-----	Thatcher Club
Reporter.....	Mrs Annie Osborn-----	Ft. Thomas Club

Fifteen ladies from three of the four homemakers clubs, and the Home Demonstration Agent attended the October 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 a committee of Thatcher Homemakers.

### Program Planning

Representatives from the four Homemakers Clubs met with the home agent in August. Interest and needs were discussed. A check sheet set up by these representatives was used by them during the discussion in September Club Meetings. Each homemaker had an opportunity to check her interests. This information was tabulated and used as a guide in setting up the suggestions voted on during the County Homemakers Council Meeting.

Representatives from the Homemakers Council met with representatives from the Greenlee County Clubs. Final selection of the program for 1957 was made.

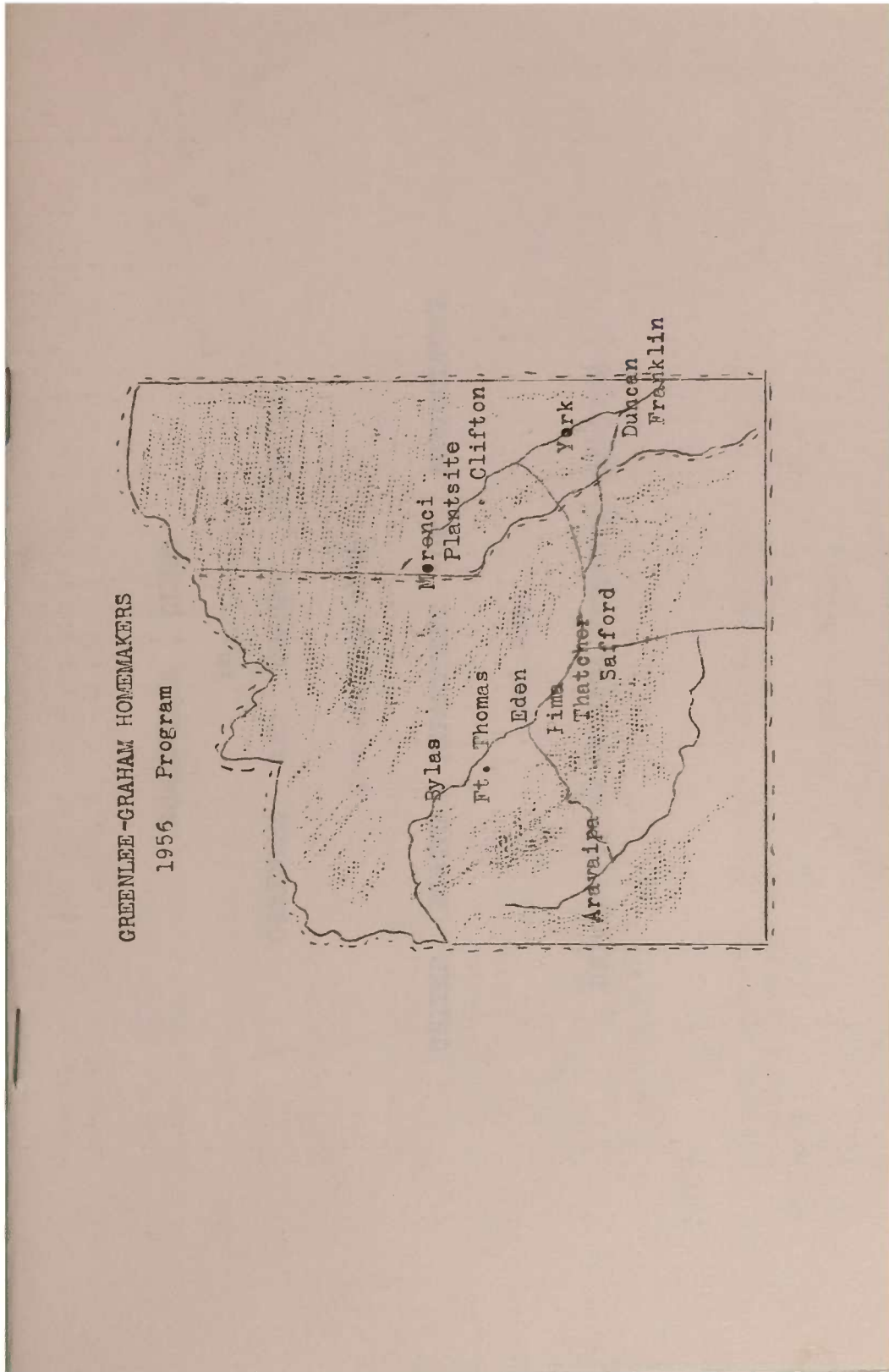
Information given during all three planning meetings will be used by the home agent in setting up the content for each lesson activity.

The 1957 program suggestions were made during the pre-program planning meeting of club representatives during the afternoon. Council meeting final suggestions were made. The following day representatives of the Council met with representatives of the Greenlee County and Home Agent, to co-ordinate the suggestions into one program for the two counties.

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

The Following is a copy of the program booklet used during 1956:



HOMEMAKERS' CLUBS

in

GREENLEE AND GRAHAM COUNTIES

Cooperating with

UNITED STATES DEPARTMENT OF AGRICULTURE

and the

UNIVERSITY OF ARIZONA EXTENSION SERVICE

EXTENSION LEADERS

National

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

State

Director of Arizona Extension Service . . . . . Charles U. Pickrell  
 Assistant Director of Extension Service . . . . . Howard R. Baker  
 State Leader of Home Demonstration Work . . . . . Jean M. Stewart  
 Specialists ---  
 Clothing . . . . . Helen L. Church  
 Foods and Nutrition . . . . . Grace Ryan  
 Home Management and Furnishings . . . . . Madeline Barley McConica  
 Home Demonstration Agent-at-large . . . . . Graham P. Wright  
 State 4-H Club Leader . . . . . Rex Milhollan  
 Assistant State 4-H Leader . . . . .

County

Home Demonstration Agent . . . . . Mildred O. Eaton  
 (Graham and Greenlee Counties)  
 Graham County Extension Office - Courthouse, Basement, Safford . . . . . Phone 150  
 Greenlee County Extension Office - Duncan, Arizona . . . . . Phone 2691  
 Graham County Agricultural Agent . . . . . John L. Sears  
 Greenlee County Agricultural Agent . . . . . Roy B. Jeter  
 Graham County Office Secretary . . . . . Mrs Lorris Galusha  
 Greenlee County Office Secretary . . . . . Mrs Flossie Santee



COUNTY COUNCIL OFFICERS

Greenlee County

President -  
Vice President - Mrs. D. W. Rapier (Dean), R 2, Duncan... (York)  
Secretary - Mrs. C. F. Larremoro (Edna) Box 575, Morenci...  
(Clifton Club)  
Treasurer - Mrs. W. M. Cox (Vivi), Box 271, Morenci... (Morenci)  
Reporter - Mrs. S. A. Sinclair (Virginia), Box 827, Morenci...  
(Plantsite Club)  
Parliamentarian-

Graham County

President - Mrs. Jerrrie Scott, Thatcher... (Thatcher)  
Vice President - Mrs. Junior Weathersby (Jane), Klondyke...  
(Aravaipa Club)  
Secretary-Treasurer - Mrs. Winnie Marshall, Pima... (Edon)  
Reporter - Mrs. Bryce Sanders (Vera), Thatcher... (Thatcher)

CLUB OFFICERS, LEADERS, & COMMITTEES

President \_\_\_\_\_

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

Secretary \_\_\_\_\_

Treasurer \_\_\_\_\_

Leaders: \_\_\_\_\_

Foods \_\_\_\_\_

Clothing \_\_\_\_\_

Home Management \_\_\_\_\_

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

Committees: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



J A N U A R Y M E E T I N G S

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Program Plans -- Organization of Program Booklets, and selection of hostesses and leaders	

SPECIAL MEETINGS

Graham Greenlee	-- Meeting of the Officers of the County Council
26 -- 25	-- Officer and Leader Training Meeting

F E B R U A R Y M E E T I N G

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Casserole Meals" given by	

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SPECIAL MEETINGS

2 --	3 --	Leader Training Meeting for "Casserole Meals" - 10 AM - 3 PM conducted by the home demonstration ager
9 & 10 --	7 & 8 --	Re-upholstering of Furniture Workshops - conducted by Miss Grace Ryan, Home Furnishing Specialist, University of Arizona
13 --	13 --	Leader Training Meeting for March lesson on Care and Upkeep of Furniture given by Miss Ryan.

M A R C H M E E T I N G S

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Repair and Upkeep of Furniture"	

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SPECIAL MEETINGS



A P R I L M E E T I N G S

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Altering and Fitting of Clothes" by the Home Demonstration Agent	

SPECIAL MEETINGS

26 -- 25 --- Leader Training for "Care and Treatment of Fabrics"  
by Miss Helen Church, Clothing Specialist, University  
of Arizona - 10:00 A. M. - 3:00 P. M.

M A Y M E E T I N G

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Care and Treatment of Fabrics" by	

---

SPECIAL MEETINGS

J U N E M E E T I N G S

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson; Clubs Choice --	

---

given by \_\_\_\_\_

SPECIAL MEETINGS

J U L Y M E E T I N G

Time

Date of Meeting

Date of Meeting

Hostesses

Hostesses

Program Plans

Program Plans

SPECIAL MEETINGS

AUGUST MEETINGS

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Program Plans		Plans for Meeting	

SPECIAL MEETINGS

-- Leader Training Meeting for -- "Making Better Use of Equipment" given by the home demonstration agent.

S E P T E M B E R M E E T I N G

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson -- "Making Better Use of Equipment" given by _____	

SPECIAL MEETINGS

- Greenlee County Council Meeting - Program Planning
- Graham County Council Meeting - Program Planning
- Two-County Council Program Planning Committee Meeting
- Leader Training Meeting for "Preparation of Cooked and Baked Foods For Freezing" by Foods Specialist, University of Arizona



O C T O B E R M E E T I N G S

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Preparation of Cooked and Baked Foods for Freezing"	
		given by	

---

SPECIAL MEETINGS

- Greenlee County Fair
- Graham County Fair
- Leader Training Meeting - "Sewing Centers and Cabinets" by Miss Helen Church, Clothing Specialist, University of Arizona

NOVEMBER MEETINGS

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Sewing Centers and Cabinets" given by	

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SPECIAL MEETINGS

DECEMBER MEETINGS

Date of Meeting	Time	Date of Meeting	Time
Hostesses		Hostesses	
Roll Call		Roll Call	
Plans		Plans	

SPECIAL MEETINGS

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 others 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

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

HOMEMAKER'S AIM

TO HAVE EVERY HOME ---  
Economically sound  
Mechanically convenient  
Morally wholesome  
Mentally stimulating  
Artistically satisfying  
Physically healthy  
Socially responsible  
Spiritually inspiring  
Founded upon mutual affection  
and respect.  
By Juliet Lita Bane,  
Retired Head of Home Economics Dept't, University of Illinois

SCHEDULE for HOMEMAKER'S MEETINGS

Aravaipa..3rd Wednesday, 2 PM  
Clifton...4th Tuesday, 7:30 P.M.  
Eden.....3rd Friday,  
Morenci...3rd Thursday, 1 PM  
Plantsite..1st & 3rd Tuesday, 1PM  
Thatcher..2nd Friday, 3 PM  
York.....2nd & 4th Thursday, 2 PM



1956 Calendar

January  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

February  
1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29

March  
1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

April  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30

May

1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

June

1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30

July

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

August

1 2 3 4  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31

September

2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30

October

1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30 31

November

1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30

December

1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30 31

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.

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

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

Agricultural Extension  
Service  
Home Demonstration Work  
County Agent Work

June 5, 1956

Dear Homemaker:

Your County Program Planning Committee discussed needs and interests of their club members during their May meeting. They made the suggestions given below in the check sheet.

Will you read these suggestions carefully before checking the ones that you wish assistance with during the coming year.

Will you keep in mind as you read through these suggestions:

- 1- that there is a limit to the number of things we can do in one year
- 2- that there is a limit in number of things you will have time to participate in
- 3- that you share your home demonstration agent's time and energy with another county and with the 4-H Clubs in both counties.

Ask yourself --- What do I want most this coming year? What services and help do I want most from my home demonstration agent and the extension service?

The chairman of your club's program planning committee and her committee will answer your questions about the different suggestions and give you guidance as you check.

You are being given two opportunities to check these program suggestions, with the hope each one of you will have at least one chance to check her desires. It may be you will want to change your mind about what you want most by fall. That is O. K. That's another reason for the two checking periods -- to let you think now and again in September.

The information on these check sheets will be tabulated and the information gained will be used by your club's program planning committee while voting for the program for 1957.

Sincerely yours,

*Mildred O Eaton*

MILDRED O. EATON  
Home Demonstration Agent  
Greenlee-Graham Counties

MOE:fs  
cc: 195







SUGGESTIONS FOR THE CLUB'S PROGRAM PIANNING DISCUSSION

- 1- Allow a few minutes for general discussion (5 minutes). No more due to lack of time. This is a "warmer-up".
- 2- Pass out check sheets. (If you need more let me know how many) If this was done at a previous meeting and the ladies took them home -- then you had better remind them before club day to bring them to the meeting or have the club's secretary include this with her notice of the meeting.
- 3- Read aloud my letter - dated June 5th. Discuss the different parts as you go along. For example: the three suggestions given in that letter, and the "Ask yourself -- What do I ....." paragraph.
- 4- Give the ladies an opportunity to ask questions on how to use check sheet.
- 5- Instruct them: ---
  - 1- to write in any specific part of any lesson they may want -- as, --- "Buying Ready-to-wear Clothes". They should write in garment or garments of special interest -- as -- dress, slips, coats, foundation garments, etc. (This is necessary only on the program suggestions checked.)
  - 2- Add any lesson suggestion, not included, that they especially want.
- 6- Allow a reasonable time for ladies to check their sheets.
- 7- If time permits -- have the ladies discuss the added suggestions. Others may want to add it to their list. ----- since -- 'one suggestion from one lady bears no weight' but if that suggestion is also a desire of several in your club, then you will give it attention at the county meeting.
- 8- Remind ladies to add their name and name of the club to their sheet.
- 9- Take up all sheets. (Their checking of sheet is of no value unless your committee has its information to use.
- 10- Bring all check sheets from your club with you to the County Program Planning Committee meeting on Thursday morning, September 27th.



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 1956. She gave information, as needed, about lesson content.

The Home 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 January 26 by Miss Jean Stewart, State Leader, assisted by the Home Agent.

The meeting was opened by the County President after which the vice-president led the group in singing, and the Home 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 Agent each group reported their suggestions, and added other things that could be done.

The State Leader lead the group in discussing business meetings and how they should be conducted.

The presidents, and Vice-presidents discussed their responsibilities and duties of their office under the leadership of the state leader. The secretaries, treasurers and reporters were given assistance with writing their minutes and news reports by the Home Agent.

The state leader gave training to the subject matter leaders on how to organize and give a lesson. She gave two demonstrations as illustrations. The following is a picture during her demonstrations:





### National Home Demonstration Week

The Graham County homemakers observed National Home Demonstration Week with two window displays featuring some phases of the past year's program. The display in the Sears Roebuck window showed footstools made by the ladies during the "Repair of Furniture" workshop. The display in the Firestone window showed labor and energy-saving equipment for use while ironing. The shirt ironing bulletin was displayed showing steps for ironing a shirt.

### Country Life Conference

Two ladies representing Graham County Homemakers accompanied the home agent to Morenci for a meeting with the Greenlee County Committee. Plans were discussed and made for the portraying of the period 1940-1949 during the pageant - "Fifty Years of Family Living in Arizona".

Mrs. Jerry Scott, Graham County Council President, wrote the script for this portion of the pageant.

Four homemakers - Mrs. Raymond Pointer, Thatcher; Mrs. Lamar Kempton, Eden; Mrs. John Sears and Mrs. Dorothy Woolsey, Safford, and the home agent attended Country Life Conference at the University of Arizona June 19-22.

The home agent distributed Country Life Conference leaflets to other homemakers. Several copies were left at country stores in the county to be picked up by their customers.

### Conferences

The Home Agent attended the December State Extension Conference in December at the University of Arizona.

The Home Agent attended the three-day state 4-H Conference in March and the Country Life Conference in June.

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

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

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

### Conference with the Indian Service

The county home agent and agricultural agent met with the home agent, agricultural agent and other representatives of the San Carlos Indian Agency. A program for the Indian Service was discussed.

### Other Work

Graham County is one of a two-county unit in home demonstration work, therefore, the Home 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 Agents over all 4-H Club work in the county.

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

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

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

The Home Agent ordered reference material which was 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 Agent judged homemakers clothing and household arts and assisted in judging 4-H exhibits during the Apache County Fair.

### Assistance to L.D.S. Relief Society Groups

The Home Agent collected the names of the two L.D.S. Stake Presidents and Work Directors, the president and work leader of each Ward Relief Society. Their addresses and telephone numbers were also collected. A chart was made for use throughout this year.

The Home Agent obtained a list of the L.D.S. Relief Society monthly programs for this year. She then checked over bulletins and other reference materials available that would be of help to the Ward Leaders in preparing and giving their lessons. The Home Agent ordered additional material for use by these ladies.

The Home Agent conferred with the Stake Work Directors as to the materials they needed and ways she could be of assistance to her and to her ward leaders.

### 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- Attending the spring Council Meeting where she discussed National Home Demonstration Week and presented certificates of achievement to the clubs at their county council meeting.

- 4- Assisting the Home Agent in getting the pressure guage tester repaired and understanding how to operate it and make pressure changes for altitude.
- 5- Confering with the county president and secretary in regard to changes in by-laws and certificate of achievement.
- 6- Lending reference material on freezing of foods.

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

- 1- Conducting the two-and-one half day workshop and leader training meetings on repair of furniture.
- 2- Planning with the home agent for her use of equipment lesson.
- 3- Planning with the home agent for her lesson and lending her equipment for her demonstrated talk on Light in the Home which the agent gave at the state 4-H Leaders Conference.

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

- 1- Conducting the leader training meeting for the lesson, Know your Fabrics and their Care.
- 2- Planning with the Home Agent for leader training and 4-H project work.
- 3- Conducting the leader training workshop on "Sewing Centers and Cabinets.
- 4- Arranging for and conducting the 4-day 4-H Clothing Workshop.

Yavapi - Coconino and Navajo - Apache County Home Agents assited by judging the homemaker and 4-H exhibits at the County Fair.

Mrs. Martha Chapman, home economist, assisted by conducting the leader training meeting on "Preparation of Cooked and Baked Foods for Freezing". The training meeting came in October while there wasn't any extension food specialist and the Home Agent couldn't fit it into her schedule.

#### Results:

Membership in homemakers clubs and interest in extension information and the Home 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. Work leaders in five of the nine L.D.S. Relief Societies depended on the Home Agent and extension office to supply bulletins, mimeographed, and reference materials for their monthly relief society lessons.

A group of young homemakers in the Safford area organized an extension club in February. The membership was unstable until this fall, due to the moving of families out of the county.

A group of homemakers in the Ft. Thomas area held their first pre-organization meeting in October. More work will have to be done with this group to develop greater interest and desire in the program before they continue their organization.

Fifteen Graham County Officers and Leaders attended the Officer-Leader Training Meeting 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 and TEXTILES

The lesson on "Altering and Fitting of Clothes", was given to each of the four homemaker clubs. Information was given on fit, taking measurements, sizes and types of patterns, checking of patterns, alterations and adjustments to make for a good fit on patterns and on the garment. The Agent demonstrated how to make several different alterations and adjustments for special problems on the pattern, and for special problems on ready made clothes. She used one of the homemakers as a model.

The lesson "Know your Fabrics and their Care", was given during the meeting of the three clubs by four leaders. Examination on finishes and fibers, what to expect, and how to care for the different fibers, fabrics, and finishes.

The lesson on "Sewing Centers and Cabinets", was given by five leaders to members of the three clubs during November. Workshops will be held during the next few months, at which time Sewing Cabinets will be made.

The leader training meetings for the lessons - "Know your Fabrics and their Care", and "Sewing Centers and Cabinets", were conducted by Miss Helen Church. Clothing specialist, University of Arizona.

A demonstration lesson on "Care of the Skin and Hair", was given for the Thatcher Club by two beauticians, members of the club. Mrs. Jerry Scott and Mrs. Etta Smith.

The following picture was taken during the lesson:





The following pictures were taken during the lesson:

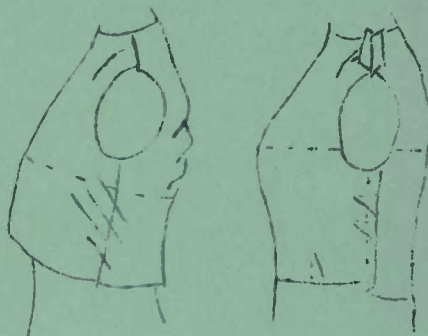


A lesson on Modern Methods of Construction was given for members of the new Safford Club by the Home Agent. During this March lesson she showed the ladies how to do some of the important construction methods.



# Pattern Alteration

Fitting



the

# Key to Professional Looking Clothes

Prepared by:

Mildred O. Eaton  
Home Demonstration Agent  
Graham-Greenlee Counties  
April 1956

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

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

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

FITTING AND ALTERING OF CLOTHES

Anyone who goes to the trouble of making a garment wants it to look like the best ready-made garment. To do this takes time and skill and an understanding of what gives a garment a professional or smart look and what detracts from that look.

Well-made professional clothes must not only be up-to-date in style, good in quality, and good in design, but they must also be accurate in construction and well fitted.

Achieving a well-fitted garment depends to a great degree on: -- knowing your figure, selecting the right pattern, altering it to fit your figure, cutting it grain perfect, marking and following marking on the pattern, and accurate in construction.

Determine at the beginning what your figure type is. Is it girls, teen, junior, misses, or half-size?

Girl's Figure is usually flat and undeveloped -- shorter from shoulder to waist line than the Teen figure. Bodice is fuller at waistline than Teens.

Teen Figure is still immature, although it is beginning to develop. Fitting in bodice is achieved through bustline darts. Front and back of bodice are lengthened, due to growth in height.

Junior Figure is more mature than the Teen age. The high youthful bustline requires deeper darts for fitting bustline and greater length from shoulder to waistline.

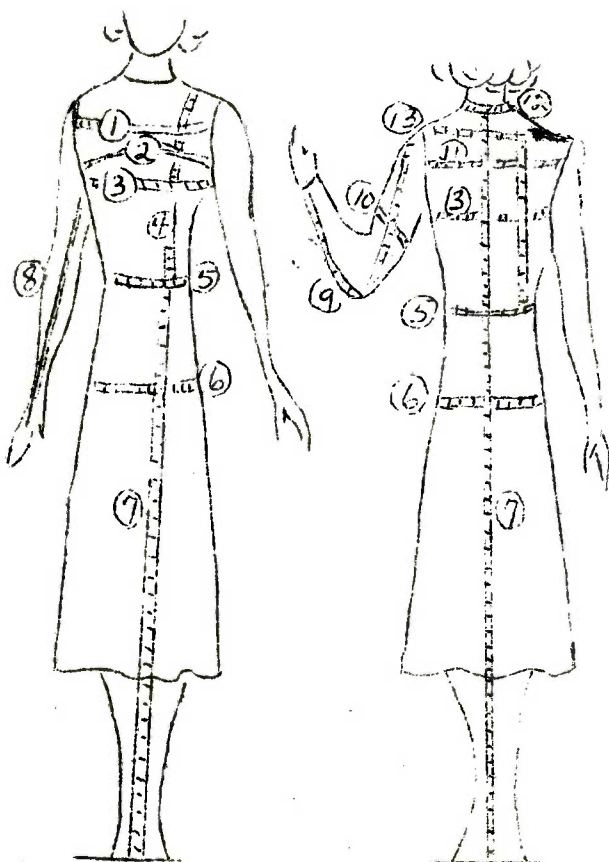
Misses Figure is more developed in bust, waistline, hip and height. Greatest difference occurs in the bustline necessitating greater length from shoulder to waistline.

Half-Size Figure is shorter, narrower in the shoulder and larger in the waist than Misses.

Buy the right size pattern -- the one most nearly like your figure, the one that will take the least amount of adjustment to fit well. For some it may be best to buy two patterns, one size for the blouse and another for the skirt. It is comforting to know that there are few who do not need some adjustment, since few figures are exactly standard forms on which patterns are built.

To get your right size pattern take your measurements and compare them with the measurements in the table on measurements and sizes in your pattern book.

## MEASUREMENTS NEEDED TO CHECK THE PATTERN



- 1 - Chest Width -- At a point 6 inches down from the shoulder seam at the neck line, measure from armhole seam to armhole seam.
- 2 - High Bust - Measure high under arm pits across the chest.
- 3 - Bust - Measure fullest part of bust keeping the tape parallel to the floor. Measure both front and back between side seams.
- 4 - Blouse Length, over bust - Measure from middle of the shoulder seam, over the bust, straight down to the waistline. Keep tape parallel to center front.
- 5 - Waistline - Measure snugly where you want the belt to be. Take both front and back measurements between side seams.
- 6 - Hips - Measure at widest part of hips, keeping tape parallel to the floor. Check as to whether your hips are larger over hip or thigh level. Record distance of this measurement from the waistline.
- 7 - Skirt Length - Measure from the waistline to bottom of the skirt or desired distance from the floor.
- 8 - Inside Arm - Measure from armhole to wrist with the arm straight.
- 9 - Outside Arm - Measure from highest part of armhole, down over the elbow with arm bent, to the wristbone. Also measure from elbow to wrist bone.
- 10 - Upper Arm (or sleeve width) - Measure around fullest part of upper arm. This is usually at bottom of armhole. Also record distance of this measurement from the top of the armhole seam.
- 11 - Shoulders - Measure from armhole seam to armhole seam across the fullest part of the shoulders. Record distance of this measurement from vertebra bone in center neck.
- 12 - Back Neck Seam - Measure along the back neck line, from shoulder seam to shoulder seam. Stand tape on edge to measure a good curve.
- 13 - Upper Back Width - Measure straight across the back from top of one armhole seam to the other.

Bust measurement alone is unreliable. The pattern is apt to be too large when it is selected by measurement alone. The standard measurements were set when foundation garments were worn to make the figure look flat and boyish. The fashion figure has changed, but standard body measurements have not. Take both the bust and high chest measurements. If there is less than 4 inches difference between these two measurements, use the high chest as the size for your pattern. If there is 4 inches or more difference, then select a pattern size that is between these measurements.



It is important to work with a pattern that fits the shoulders and upper body. Major alterations are more difficult there than at the waist line and hips. If your shoulders and chest are narrow in proportion than your bust, buy a pattern one size or two smaller than the bust, if you cannot find a pattern for narrow shoulders. It is easier to enlarge the bust and hips than to narrow the chest and shoulders enough to fit properly. A style with tucks or soft fullness below the shoulders is easy to alter in the shoulders and chest. Plain tailored fronts with a single shoulder dart are harder to alter, and if fitted well, call attention to these figure irregularities.

Before you use a pattern, it is best to try it out in muslin or some old cloth and make any necessary alterations. A great deal of time would be saved, particularly if you make many of your own clothes. This muslin pattern and the same alterations can be used each time you make a garment.

Before buying a pattern, be sure to check and determine where changes needed for a good fit can be made without distorting the style. Don't try to improve on good design. Rather select a pattern style with as much care as you do your fabric and then let the pattern really provide the smartness for your garment.

#### PATTERN ALTERATIONS OR ADJUSTMENT

When you are ready to check your pattern measurements, press each piece of the pattern.

Study the pattern guide sheet with the pattern pieces. Then with a yardstick pencil straight seam lines, darts, and other guide lines, such as center front and back, edge of lap on a closing, and pleat lines. Draw curved lines such as armholes and neckline carefully, parallel to the edge of the pattern. Rule grain lines the full length of the pattern. Write on pattern the meaning of symbols that might later be overlooked -- such as, 'cut on fold'.

Pin darts, tucks, and pleats on each piece of the pattern, and measure over them. Measure between seam perforations. Most measurements are taken parallel or at right angles to the straight-of-grain marks on the pattern. A few are taken on the curve. Of chief importance is the placement of the tape measure on your pattern at the identical point used in taking figure measurements.

Keep in mind that for the most part you are measuring just half of the pattern. For example, twice the front blouse measurement should correspond to your bust measurement across the front, plus allowance for ease.

All patterns carry allowance for ease, comfort, and style. The amount of fullness needed for ease depends on the kind of material and style of the dress. A loosely woven material will give more and need less ease than a firmly woven or resin-finished fabric. Soft, dressy styles need more ease than straight slim types. Patterns allow a certain amount for ease in some of the measurements, but it may not be as much as you need for comfort. Check your measurements with a garment which fits you well. When you have determined the amount of ease needed, add it to your own measurements and adjust the pattern if necessary.

Fitting a paper pattern directly on the figure and making adjustments is sometimes easier if you have some one who understands fitting to help you.

It is futile to attempt fitting a paper pattern unless it is accurately held in place along the center front and back at the base of the neck, bust, waistline, and low hip line. Strips of muslin can be pinned around the body at these levels.

Fit the paper pattern over a slip and the type of foundation garment you will wear under the dress. Slip into the pattern carefully in order not to tear it or loosen pins. Leave unpinned the top 2 inches of the underarm seam to avoid damaging it. Do not bring the arm down close to the side during the fitting. Anchor the pattern by pinning it to the neckline band at center front, shoulder seam, and center back, and to the other bands at center front and back.

Note: If the pattern does not reach the center front or back, do not assume that letting it out along the underarm seam will make the proper adjustment. The armhole line would be pulled out of position by this change, and there may be other distortions. The alteration may have to come between the center line and the underarm. Consider all factors before letting out the under arm seam.

First observe the placement of the basic lines of the pattern in relation to the figure and the over-all effect of the dress, including ease, spacing, and the hang of front, back, and sides. There should be enough ease in the pattern so that it sets slightly away from the body except at the neckline, shoulder seam line, and waistline, where it should fit snugly.

When you have decided where the pattern needs to be adjusted, draw a straight line as a guide for cutting the pattern. For most alterations, make the line parallel or at right angles to the straight-of-the-grain line. Cut along this line far enough into the pattern so it will spread out flat or so one piece can be lapped over the other without forming a pouch at the end of the slash. If you are enlarging or making an entire piece of the pattern, you will need to cut the pattern all the way across.

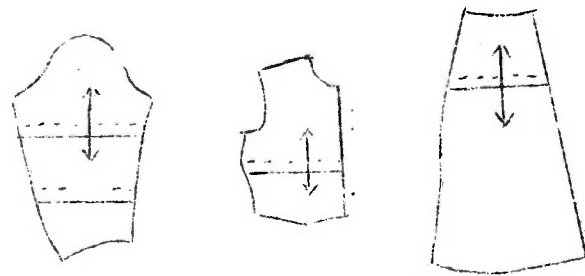
Be careful to make adjustments in the pattern only where needed. For instance, if your pattern is too small in the bust but fits in the chest and shoulders, take care to widen only the bust. Try not to change the shape of the armholes, neckline, or shoulders any more than is necessary.

If the alteration is a difficult one, you may wish to try it out on a duplicate of your pattern made from newspaper or wrapping paper. Mark perforations and notches on the duplicate and make the necessary corrections. It is a good idea to try out the altered pattern in muslin to be sure of the fit.

The following are suggestions for making some of the more frequent pattern adjustments:

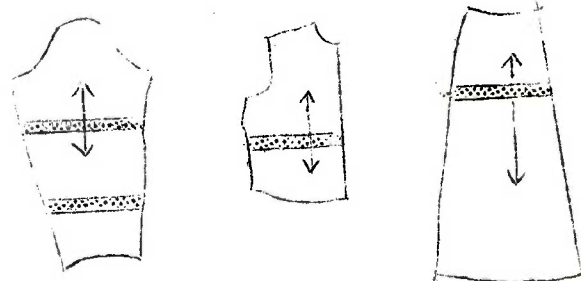
To Shorten the Pattern --

Crease horizontally across the bodice sleeve, or skirt on alteration line. Fold and pin a tuck in each piece to shorten the required amount. Check to be sure the tuck is the same width throughout. Straighten outer edges of the pattern.



The same principal would be followed for making the bodice, sleeve, and skirt narrower throughout.

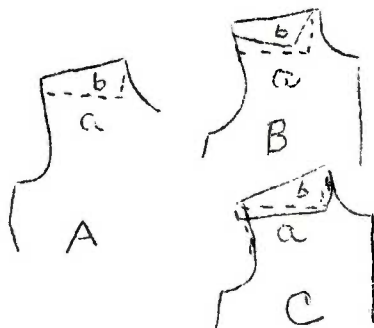
To Lengthen the Pattern -- Cut the pieces along the alteration lines. Place a lightweight piece of paper under the separated pieces. Pin pieces to this, spreading them to give the needed length. Check to be sure the space is the same width throughout.



The same principal would be followed for making the bodice, sleeve, and skirt wider.

Shoulders of Pattern too High

---If your shoulders slope or your patterns call for shoulder pads and you don't wish to use them, the shoulders of the pattern will be too square, and there will be extra material at the top of your shoulder.



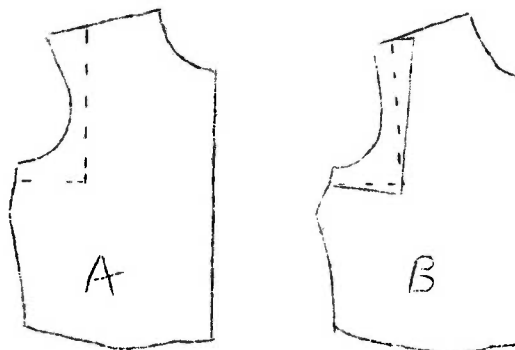
When you alter the pattern, cut as in A, and lap section b over section a (as in C)

If your shoulders are more square or the pattern doesn't call for pads, and you want to use them, separate b from a, as in diagram B.

Check cap of sleeve. It may be too wide (if C alteration is used) or too narrow (if B alteration is used).

Shoulder and Chest of Pattern Too Wide --

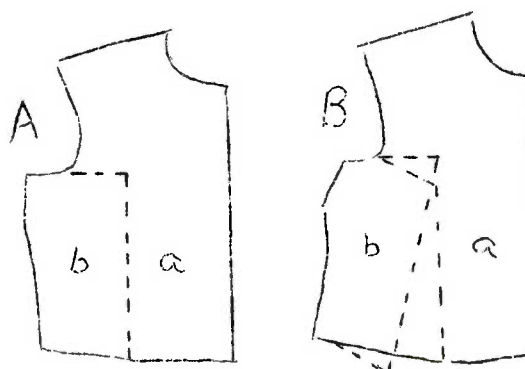
Draw a line from a point on the shoulder seam to about  $1\frac{1}{2}$  inches below the level of the bottom of the armhole (as in A). Line should be parallel to center front. Cut along line, almost to underarm seam. Lap section b over section a until shoulders are as near your measurements as you can make them. Be careful not to change the bust measurement. Draw a new shoulder line.



If the back shoulder seam of the pattern is now more than  $\frac{1}{2}$  inch longer than the front shoulder seam, you may need to narrow it just as you did the front. But if you are round shouldered, you can probably work the extra fullness into the back shoulder darts, or ease it onto the front shoulder when you make your dress.

Bust of Pattern Too Small --

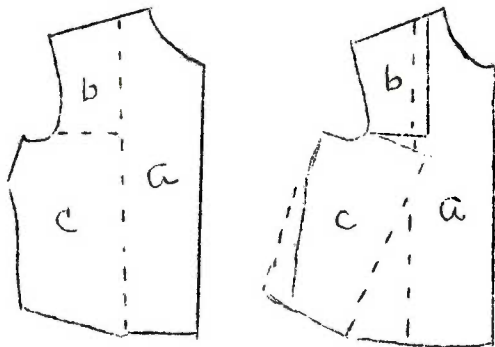
To enlarge the pattern at the bust, draw a line from the waistline, parallel to center front, to about an inch above the level of the bottom of the armhole. From this point draw a line at right angles to the first line, over to the armhole edge, (as in A). Cut along these lines almost to the armhole edge. Spread b section away from a until the bust measures the width you want. Draw in a new waistline, butting off the job. Take up extra waistline fullness in gathers, tucks, or darts.



If additional length is needed because of size of bust, follow procedure for lengthening blouse, the take-up excess length at side seam in the dart or make a second dart.



### Bust of Pattern too Small; Chest and Shoulders too Wide:



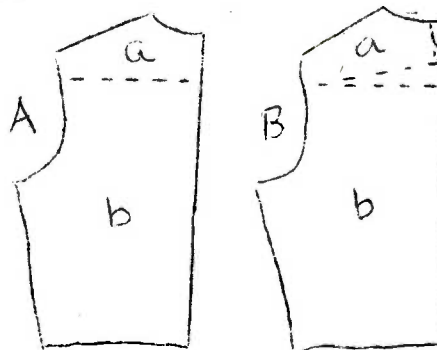
Draw a line on the pattern from shoulder seam to waistline.

Draw another cutting line at right angles from the first line to the armhole edge, about  $\frac{1}{2}$  inch above the bottom of the armhole. (A) Cut from waistline to shoulder and along the crosswise line almost to the armhole edge. Lap b over a until the chest and shoulder measurements are narrow enough. Then spread c away from a to widen the bust.

### Pattern too Small Across Back of Neck and Upper Back --

If you have a pad of fat at the back of your neck, or you are round shouldered, your pattern will need to be lengthened and widened there.

Draw a line from center back to armhole, about 1 inch below the top of the armhole. Cut along this line, almost to the armhole edge. Raise a at center back until pattern is long enough. Extend center back line to neck line.



### HOW TO KNOW A GOOD FIT

Before doing any actual fitting, study the general effect of all sides of the dress on the figure. Decide what is good and what needs changing. Check on important fitting points and areas. Fit the blouse first. Before fitting the skirt, adjust the waistline fullness to the proper location. Pin the skirt to the waistline, catching center front, center back, and side seams with corresponding points of the waist.

A dress that fits well adapts itself to the wearer's body. It brings out good points and skillfully hides poor ones. You will know a good fit by ----

Direction of grain of the fabric -- The crosswise threads are parallel to the floor, unless the dress has unusual style details. Lengthwise threads on the sleeve cap lie in the direction of the arm when it hangs straight at the side. Crosswise threads are parallel to the floor unless the sleeves have unusual style detail.

Direction of seam lines -- Seam lines that lie and hang straight keep the dress in proper line on the figure. They set becomingly and smoothly to the shoulders. Underarm blouse and skirt seams hang straight down -- no swinging to the back or front. The waistline seam appears to be straight around the figure, but it dips slightly in front, following the natural waist curve. The armhole seams make a good curve underneath the arm and over the top of the shoulder. They are straight in front and back of the arm except when special style features require otherwise.

Smooth lines -- You can expect some folds to form in a dress as the wearer moves. But when she sits or stands still, there should be no unbecoming folds.

Wearing Comfort -- The properly fitted dress is comfortable when the wearer stands, sits, or moves around. It is snug where fashion demands, but never feels tight or strained.

There are likely to be fitting difficulties and the dress may never fit if -----

- 1- The style is not suited to the wearer's figure
- 2- The pattern is not the right size, or not altered to fit
- 3- The dress is carelessly cut and made.

#### SUGGESTIONS FOR ACHIEVING A GOOD FIT

Cut with care -- Be sure the pattern is laid on the cloth so that the pattern perforations for straight of the grain are parallel with the lengthwise threads. Never sacrifice the straightness of the fabric to save material -- better piece the fabric, if necessary.

Sew Carefully -- For a good fit, do accurate pinning, marking, basting, and stitching. Also, take care that:

- Seams are straight
- Tucks are straight
- Facings and hems fit smoothly
- Darts when stitched have no ugly pouches at the ends
- Fullness is distributed evenly without puckers or pleat.

Press as you sew -- Seam lines and darts all lie flatter when pressed. Seams should always be pressed before they are crossed by another seam. One final pressing will not give the same results.

Know the figure you are fitting -- Individual differences in weight distribution and bones often cause fitting problems and must be given special attention. Often the two sides of the body aren't alike.

Fit over correct undergarments -- Fitting should be done over the same clothes that will be worn with the dress.

Watch posture -- Do not try to fit a person who is wiggling, twisting, slumped -- or standing poker stiff, either. Keep the body in a position as natural as possible.

Use all possible helps -- It may help to compare measurements with those of a dress that fits well. A dress form does not solve all fitting difficulties, but is useful in checking some points.

Darts can be used to take up fullness and to shape and direct fullness where needed. Tucks and gathers do the same thing with softer effect. When darts are used, try different places until a smooth, becoming line is gotten. Rarely take up as much as  $1\frac{1}{2}$  inches of fullness in one dart. Two or more small darts are usually better than one large one. The smaller the amount of material to be taken up, the shorter the dart can be.

Guard the neck and armhole lines -- Do not trim the neck line or armhole without first marking a line and being sure it is right. Then leave a generous seam allowance beyond the marked seam line.

Use a dress hanger -- Keep dress on a hanger when you are not working on it. This prevents wrinkles. It also gives bias sections a chance to sag into their natural shapes.

## FITTING LINES -- WHERE SHOULD THEY FALL?

Shoulder Seam -- location and length varies with the type of garment, with the individual figure, and with the shoulder effect desired. Generally, the seam lies along the top of the shoulder and should not be noticeable from the front or the back when the dress is worn. On a round-shouldered woman, it may be well to place this seam slightly back of the normal line and cut the neckline high in the back.

When fitting shoulder, first see that the crosswise grain of the goods is kept straight at and above the bust. Also keep the lengthwise threads of the blouse parallel to the center front and back.

Neckline - The normal line should be made on a nicely curving line, lying close to the neck at the sides and back and comfortably snug but not tight. A cord around the neck helps to show the normal curve. This curve has as landmarks the prominent neck bone at the back and the point just above the collarbone at center front.

The comfort of the blouse of a dress depends much on the fit over the bust and across the back. Avoid extremes of fit -- too tight is neither comfortable nor attractive; too loose looks untidy. If the wearer has a large bust but small abdomen and hips, fit the dress a little loosely below the bust so the blouse does not outline the bust too closely. Be sure there is enough fullness under the bust in front and enough room for the shoulder blades in the back. The center front and back should be smooth and free from gathers unless the style calls for a different effect. Taking in or releasing darts at the waistline may improve the fit.

Well-shaped armhole -- The seam of a good armhole should form a smooth curve up onto and over the top of the shoulder bone and make a straight line, back and front, down to the muscles joining the arm to the body. From there it curves again under the arm, fitting as closely as is comfortable. If the armhole is not shaped correctly, the sleeve may pull or bind at the seams, and the neck line may be drawn away from the sides of the neck. In addition, the front and back of the blouse may draw or wrinkle at the front or back.

Waist-line -- Where it should be placed - at above or below the normal waistline -- depends on the style of the dress and the position most becoming to the figure. To find the normal waistline, place the hands with the curves between forefingers and thumbs in line with the lowest rib or the slight body indentation, with the forefinger to the front and thumb to the back. A snugly fitting waistline helps keep the skirt as well as the blouse in proper position. When fitting, keep the seam lines and darts entering the waistline at right angles to the floor.

Hip-line -- When a skirt fits correctly, the center front and center back hang straight down without swinging out in front or back. The side seams also hang straight down, giving the appearance of continuing the underarm seams of the blouse. The cross-wise grain of the fabric is parallel to the floor. The space between the waist and the hips is fitted smoothly but not tightly. The only exception to these rules is skirts with special style features.

Check to see that the crosswise grain of the fabric is in a straight line around the hip line. If it is not, raise or lower the waistline at the points where the grain is out of line or rip the skirt seams and raise or lower the sides as necessary. A well-fitting skirt does not draw or pull when the wearer is sitting or standing.

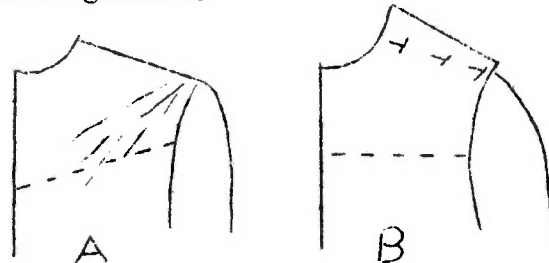


## FITTING PROBLEMS --- WHAT SHALL WE DO?

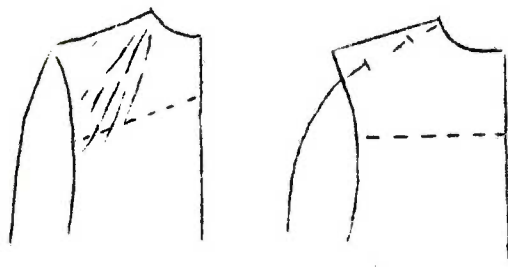
Shoulder line too long -- If the shoulder line is much too long, rip the shoulder seams. Put the extra length into small tucks or darts. If the body shoulders are narrow in relation to the chest and bust, correct by adding shoulder pads. This will give the figure better appearing proportions and make the bust appear smaller.

Diagonal wrinkles from shoulder tip to center front or back --  
The shoulders are too square for shoulder line of garment.

The best method is to rip the shoulder seam and lift it at the neck until wrinkles are removed. Gradually slope the seam to the shoulder tip, keeping its direction correct, as in B. If it is a high-necked dress and this adjustment makes the neck a trifle too small, clip the neckline -- avoid clipping into its seam line. If neck is very tight, recut it by the pattern.



Diagonal wrinkles from neck toward armholes --



These slanting folds form when the base of the neck is large or shoulders slope more than the pattern allows. (A). First try shoulder pads, if they are in style, to square off the shoulders of the garment. Follow above suggested procedure, only lift the shoulder seam at the armseye or if shoulder seam permits let it out at the base of the neck.

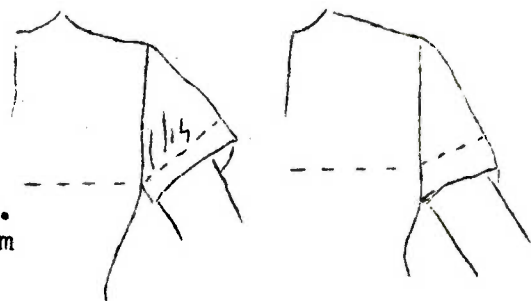
Sleeve puffs up at top -- The sleeve-cap fullness may not be evenly distributed. Or, the sleeve cap may be too wide or too high, especially if the shoulder or underarm seams of the blouse have been taken in. Alter sleeve pattern. Or if it is the sleeve of your dress -- Put on the dress, and get someone to fit sleeves to the dress properly. Direct her to clip the basting threads a few at a time at points of puffiness. Turn under the sleeve at these points to take out extra material in the sleeve cap. Put pins at right angles to the seam line. Always keep crosswise and lengthwise grains of the goods in the sleeve cap straight. Remove the dress. Mark the new stitching line smoothing out irregular places.

Diagonal wrinkles from top of sleeve to underarm --

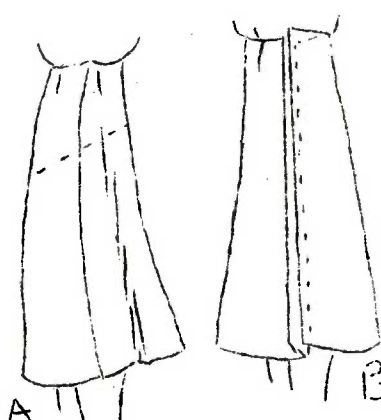
The lower edge of sleeve sticks out. The cross grain of the fabric is pulled up in the top of the sleeve cap. This happens with very square shoulders or large muscles on the top of her arm or if the sleeve cap is too short.

If seam is generous, rip out upper half of armhole seam and drop sleeve until the cross-grain of the fabric is straight at armhole level.

If this cannot be done, rip the armhole seam except an inch or two at the top. Put on the dress. Have someone lift the under part of the sleeve up in the armhole until the crosswise grain lies straight across the upper arm. Pin in place before removing the dress.



Lower edge of skirt pokes out in front -- The side seams swing forward and



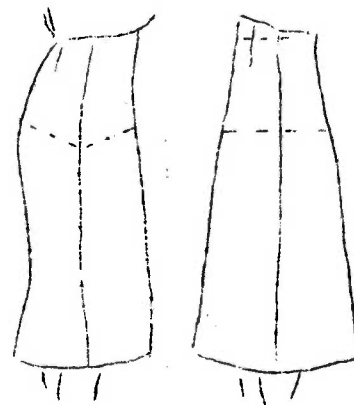
diagonal wrinkles extend from the center front of the waist line toward the hem (as in A). This may be because the blouse is so short in front that it pulls up the grain of the fabric in the skirt. If so, let out the waist line seam at center front and let out the seam so that the skirt drops lower. Another way to correct this difficulty is to rip the side seams and front waistline. Lift the front skirt at side seams until the grain of the fabric is straight across. Pin side seams. Fit the waistline, tapering the seam allowance on the skirt to normal width at center front, as in B.

Skirt cups in the back and side seams swing forward --

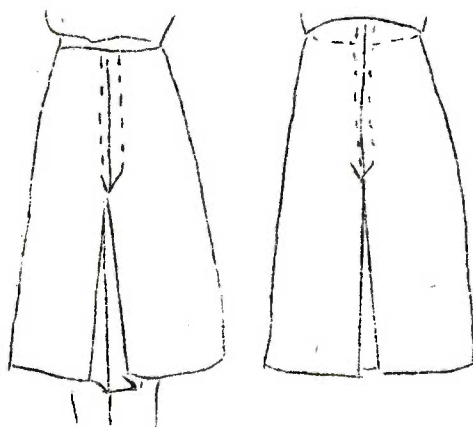
The back of skirt may be too long between the waist and hips -- thus allowing the grain of the fabric to drop at the hip line.

Raise the skirt at the back waistline until the grain of the fabric is straight across at the hips, as in B. If this makes extra fullness at the waist line, take it out in two darts. Trim off the top of the skirt in the back, at the waistline.

If the dress is one-piece, without a waistline seam, rip the underarm seams, raise the back at the shoulders, then recut the back neck and armhole lines.



Pleats at hem line spread and sag -- On a skirt with one or more pleats, the hem line and the lower pleat edge may not be



turned on the straight of the goods. In other cases, the tops of the pleat insets may not be properly tacked in place. Or the waistline may be fitted so loosely that the weight of the pleats pulls the skirt down from the waistline unevenly. Or the dress may be so tight that the pleats spread.

Often rehemming the pleat insets corrects the sagging. When the pleated section extends part way up from the bottom, tack the top of the section to the skirt or reinforce it by stitching on the right side.

On a straight pleated skirt or one with inverted or side pleats, lift the sagging section of the pleats at the waistline or yoke line until the pleats fall straight and do not spread, (B). Or, if the seam allowance

permits, lower the other sections of the skirt from the top. When necessary, tighten the waistline by taking up extra fullness at the seams or in hip darts. This holds the skirt up in the proper position. If the skirt was fitted too tightly, let out the side seams to give additional width.



## FITTING THE READY-MADE DRESS

Never buy a ready-made dress without trying it on and carefully studying it before the mirror. Take time to fit it over the type of underclothing with which it will be worn.

SHOULD I BUY? --- DOES IT FIT? --- ASK YOURSELF: ---

Does it have a label about shrinkage?

Is it cut accurately with the grain line?

Is the amount of fullness ample?

Are the seams straight?

Are the darts directed to give fullness where needed?

Is the waistline at normal place?

Does it have ample seam allowance?

Is the garment free from wrinkles caused by strain or pull?

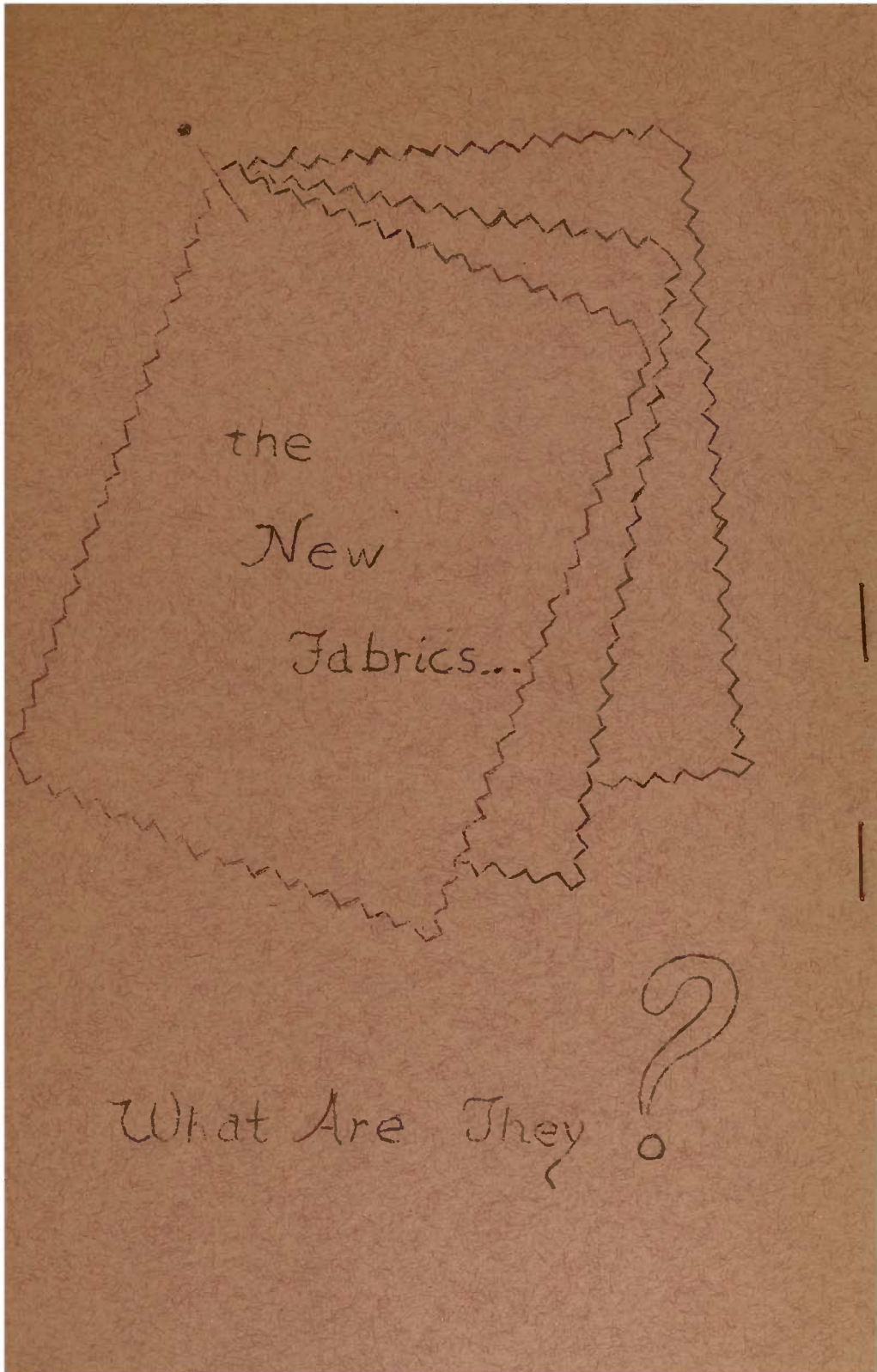
If you answer "yes" to the above questions you can safely buy the garment.

It is often not easy, practical, or possible to alter a ready-made dress. So, unless your choice is very limited, avoid buying one that requires many or complicated changes. If you cannot find a dress that fits throughout, it is usually best to buy one that fits the upper part of the body. The skirt is less difficult to alter (unless it is too tight) than the blouse. But if part of your body is particularly hard to fit, buy clothes that fit there -- whether it is your hips, bust, or shoulders.

If alterations must be made, choose a style that can readily be changed. Fussy designs, complicated details, many insets -- all these make fitting more difficult. Examine the hem, seams, and waistline to see if there is enough cloth to allow for changes.

Remember that if seams are let out, the previous stitching line will show on some kinds of material. Many misfits cannot be remedied. A narrow sleeve cap or back cannot be satisfactorily enlarged by letting out seams unless there are wide allowances. Narrow seams in these places soon tear out.

Unless the needed alterations are simple or few in number, think carefully before purchasing a poorly fitting dress. Often one apparently simple alteration calls for another until the dress is practically remade before the job is done.





COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
Safford

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

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

KNOW YOUR FABRICS ; KNOW THEIR CARE

Since 1938, with the development of nylon, a man-made fiber, there has come a revolution in the textile industry. The consumer is confused and bewildered by new terms in the field. If we are to understand how to buy and care for fabrics, we must know something about the fiber and how the fabric is made. The following are the essentials to making a good fabric:

1. There is the fiber (the raw product). It may be cotton, silk, rayon, acetate, or one of the many man-made materials.
2. Then there is the yarn. It is composed of fibers that may be short, long, crimped, or any one of a combination of the above fibers. These fibers have been spun - twisted into a yarn.
3. The next step is application of a finish to the yarn. This may be color, mercerization, crease resistance, mildew resistance, etc. These fibers have been spun - twisted into a yarn.
4. The last important factor is the weaving of the yarn into fabric. This has a decided effect upon the performance of fabric.

Each fiber, man-made or natural, has its strong points and its weak points. The time has come when fabrics can be made for specific purposes. A step in this direction has been made by the American Standards Association. They have set up standards for some 50 rayon and acetate fabrics. These standards, called L-22, apply to fabrics for definite end use. Another set of standards is being set up under L-25 that gives performance standards for other fibers.

This is the only way that the consumer can be sure of quality when he buys. These standards have been requested by the National Retailers and Dry Goods Association, but as yet are not prevalent on labels. Look on your label for L-22 standards on rayon and acetates.

Our best assurance of quality at present is the reliability of a brand name. Much experimenting is being done with finishes and blends of fibers. Reliable brands are interested in satisfying the public.

Since man-made fibers have given us new characteristics in fabrics, we need to know some of their specific qualities. All have similar characteristics in varying degrees.

With the exception of rayon and vicara, all are:

1. Thermoplastic. This means that they can be molded by heat. You get permanent pleats because of this characteristic. This requires care in handling, ironing on wrong side to prevent glazing of fabric, thereby making it shiny.



2. They all have low moisture content. This means that they dry quickly as they do not absorb moisture.
3. Resistance to wrinkling
4. Resistance to mildew, moths
5. High degree of electricity
6. Same strength when wet as when dry
7. All have been difficult to dye
8. All are strong fibers and resist abrasion

### ACETATE AND RAYON

First man-made fibers and probably most widely used. Less expensive than other fibers. Acetate is soft and can be crisp. It drapes well. Dries faster than rayon, but gas-fades. It holds the crease and doesn't wrinkle as badly as rayon. Weak when wet and it fuses under a hot iron. The sun and bleaches weaken it. Rayon is also weak when wet. It wrinkles badly. Takes color well and retains it. A new labeling act specifies that fabrics of acetate or rayon must be so labeled. An acetate can no longer be called rayon.

- (a) Fiber E. This is a special type of viscose rayon which looks like wool. It is used in rugs, upholstery, coating and napped fabrics, for boot-lining, and jackets. The crimped and curled effects give it a luxurious appearance at a moderate price.
- (b) Fortisan. Exceptionally strong fiber, resistant to stretching and shrinkage, moths, heat, and sun damage. Found mostly in warp threads of drapery and curtain materials.
- (c) Tufton. A viscose rayon made for floor covering. Produces good appearance at moderate price.

### NYLON

One of the early man-made fibers and has had the test of consumers in clothing. It is one of the strongest of man-made fibers. It has the above characteristics and has a few weak points. It deteriorates in sunlight and for this reason is not a good fiber for window curtains or outdoor furniture. It has remarkable elasticity and recovery. This elasticity has made sewing it difficult. It is sensitive to acid and has a high degree of static electricity. It will melt under a hot iron. Easily dyed and blends well with other fibers.

Recent developments have brought about new effects. A new type of yarn, called Helanca, has the ability to stretch and to conform to any shape. It is being used in yarn for hosiery and gloves. A method has been discovered to make it opaque. It is less transparent.

### ORLON

This fiber has many of the same characteristics that nylon has. It is more nearly like silk than nylon, since it has the warm, dry feeling of silk. It has the power to keep its shape at high humidity. It is resistant to sunlight. This has given us a glass curtain fabric that has proved most satisfactory. It does not have the strength of nylon, but is stronger than rayon and is a durable fiber. It retains 90 percent of its strength when wet. It has been difficult to dye and it melts under a hot iron.

Orlon can be pleated. It creases with a moderately hot iron. Pilling occurs in some fabrics, especially sweaters. Blending with other fibers minimizes this. It blends nicely with wool and wool becomes washable when blended with 50 percent orlon.

### DACRON

It is a strong man-made fiber, as strong as nylon with characteristics similar to nylon. Its strongest point is its ability to retain shape. Nylon stretches but goes back to its original shape. Dacron does not stretch as does nylon. This should make it a good fiber for sewing thread which will eliminate puckering that we get when sewing with most nylon threads.

Dacron shows great promise from experimentation. It should solve the problem of summer suitings, as it will produce a fabric that will not wrinkle from perspiration or high humidity, and will not shrink in cleaning operations. Displays recently shown at textile meetings showed slacks laundered in home washing machines that had held the press and crease. Blouses and men's shirts laundered did not need ironing. Static electricity is one of the problems in all dacron merchandise.

Dacron has that dry hand that gives it a luxurious feel. Sweaters, socks, and knitting yarn are reported to give the long wear and easy care of nylon. The dry "hand" will be an additional quality that will be welcomed in hosiery. Some of our nationally advertised socks for men have been made of dacron.

### VICARA

This is a protein fiber made from corn-zein. It has a soft hand and gives warmth without weight. It is weak when wet and scorches easily. It is not a strong fiber. It absorbs moisture almost like wool. Will and should be found only in blends. It is advertised as "the fiber that improves the blend".

### SARAN AND VELON

These are plastic yarns that can be woven like cloth. These yarns are tough, flexible, resistant to wear, fire, and chemicals. They too have their weaknesses. They shrink excessively at high temperatures. Also, when they wrinkle, the result is permanent wrinkles or folds.

Saran's new fabric is marquisette. It is also used for upholstery, drapery fabrics, handbags and shoes.



### ACRILAN

A rather new fiber that has many of the characteristics of nylon but is lighter in weight. It is also soft and blends nicely in knitting yarns. It does not have the static problem and resists pilling. For this reason it is blended with other fibers and gives a soft hand to these blends. It resists sunlight but melts under a hot iron.

### DYNEL

This fiber differs from the others, In the hand it is soft and resembles cashmere in wool. It gives warmth with light weight and it has characteristics similar to other synthetics, except that it has a lower melting point. In blankets and in fabrics it has had a tendency to "pill". This means that it rolls up in little balls and finally leaves the fabric. Never use a steam iron on dynel. The press cloth should be dry and the iron should be set for the lowest possible heat. Dynel should be laundered in lukewarm water. It has much static electricity and will hold lint. It is probably advisable to purchase this fiber in a blend with other fibers if it requires pressing. In wool blends where 35 percent dynel is present, the fabric gains crease retention and wearing qualities. In 50 percent blends with cotton, it adds softness and reduces cotton shrinkage.

Dynel is fire resistant, which makes it a good fabric for children's clothing and draperies.

### FIBERGLASS

This fiber is made from glass. The fabric is strong, fireproof and resistant to chemicals and mildew. Fiberglass fabrics are not at present suitable for clothing. They have an irritating effect on the skin. In coated fabrics they are desirable for draperies, screens, tablecloths, awnings, lampshades and curtains.

Fiberglass seems to be most popular in curtains. Since the fabric will not absorb moisture, they require no ironing and will not absorb dirt. Their abrasive resistance is only fair. Therefore, pull-curtains that rub a surface constantly might through friction break at the fold of the hems. These curtains should be protected from rough edges of curtain rods.

### PELLON

This is a non-woven material used for stiff petticoats and interfacing. It is made of nylon, rayon and other synthetics bonded together. Pellon does not change shape or stretch. It is always stiff and is difficult to shape to a curved area in interfacing.

### BLENDS

No fiber can be said to be better than another; each has its own "place in the sun". The manufacturer is responsible for blending fibers and using finishes that will give satisfaction to a fabric. Because certain fibers have certain characteristics, fabrics can be constructed for definite purposes.

Advertising has caused many a consumer disappointment. The new fibers were advertised to be "miracle fibers". Therefore, purchases have been made, many with a small amount of the fiber. The fabric did not respond as was expected, and the new fiber received a bad name

Some fabrics carry labels giving the amount of new fibers, others do not. Unless there is 50 percent or more of the fiber present, you cannot expect the fabric to have the characteristic desired in the original fiber.

At the present time, the consumer has to depend upon the integrity of the manufacturer. Possibly as consumers demand it, labeling will become a necessity.

When fibers are blended to make a fabric, it is necessary to take into consideration the weakness of the fibers. Most man-made fibers are stable; that is, they do not shrink. Natural fibers may not be stable if they have not received the correct treatment. Many persons have been disappointed in combinations of man-made fibers with cotton. They were purchased with the idea that they would not wrinkle or need any ironing. Many of them appeared wrinkled and "unironed" at all times; in fact, they never could be pressed. This was due to shrinkage of the cotton yarn and no shrinkage of the nylon or orlon.

The amount of man-made fiber used in the combination has something to do with the wearability. When nylon is combined with rayon and cotton, 60% is needed to add tensile strength, while 15% is all that is needed when combining it with acetate or wool. To give dimensional stability, which means to avoid sagging or stretching, 40% is the minimum.

Blending with orlon requires 50% orlon as a minimum with wool or acetate and 80% if combined with rayon. This should give the fabric a wrinkle resistance.

Dacron blends require for wrinkle resistance a 50% mixture with wool or acetate and 75% with rayon. For retention of press, 25% dacron is recommended for blends with all fibers.

### FINISHES

Special finishes are applied to both man-made and natural fibers to give them characteristics that you do not find in their natural state. There are hundreds of different finishes, and some are used to confuse the customer. When a finish is used, a label should give definite serviceability of the applied finish.

### SIZING AND DRESSING

The common ones are starches, gelatines, and resins. Starches are soluble finishes used on fabrics to give firmness. They are not permanent. Gelatine is used on rayons to give a soft, lustrous stiffness and to give body to the fabric. Home-made method: Use 2 tablespoons of gelatine dissolved in a gallon of water. Dip the fabric into this solution. Roll in a towel to take off excess material before drying. This avoids heavy drainage to the lower edge of the garment.

Resin first was discovered in 1929 and is total finish given linens to make them crease resistant. There are two types, thermoplastic and thermosetting. The thermoplastics are heat sensitive and will melt and reshape. The resin does not penetrate the fiber but forms a film over the fibers, yarns, or fabrics. Thermosetting resins are the most commonly used. The resin is infusible. Temperatures higher than 350 degrees F. - which is the fusing temperature - will destroy it. It may be washed at the temperature below 350 degrees. Ironing could destroy it.



Glazed effects on fabrics are often thermoplastic. Polished cotton has a thin layer of resin on the surface. It wrinkles when laundered. Iron in a damp state. A sculptured effect is achieved by glazing and embossing. The fabric has glazed and unglazed areas. It is truly a "non-iron" fabric, because the iron is apt to change the design.

### SHRINKAGE CONTROL

Different methods control shrinkage from 1% to 2%. The following trade names may be found:

For cotton: Sanforized, Wrinkle-Shed, Rigmel, Disciplined, Everglaze  
For Rayon: Fiberset, Penn-Allied, Unifast, Sanfroset, Zeset, Avcoset  
For Wool: Lanaset, Pacifixed, Resloom, Sanforlan

For stretch as well as shrinkage, there is for knits the "Redmanized" finish found on T-shirts and boys' knit underclothing, "Sag-No-More" and Sanforlan" for wool, "Fiberset" for rayon, and "Trianized" for nylon.

### CREASE RESISTANCE

Cotton, linen and rayon and blends of these fibers wrinkle badly. One way of reducing wrinkling is by adding some of the man-made fibers that do not wrinkle. Another is by applying finishes. Resin finishes have become quite satisfactory for cotton and rayon crease resistance. Some of the trade names for such finishes are: Tebilized, Vitalized, Wrinkle-Shed, Stazenu, Everglaze, and Superset. On nylon it is Trianized. These finishes improve the fabrics recovery from wrinkling.

### COLOR FASTNESS

"Vat-Dyed" will be found on cottons and rayons and also linens. They are probably the most satisfactory in Arizona sunlight. Fabric color should be fast to laundry, perspiration and atmospheric conditions.

Dyes for acetate are most important. An effort has been made to keep fabrics from gas fading by introducing the color into the solution before the fiber is made. The terms applied are: Celaperm, or Chromspun, Color-Sealed, Colorspun, Coloray, Jetspun.

### OTHER FINISHES

Flameproof fabrics are now on the market. The most common treatment is Ban-Flame.

Milium and Temp-Resisto are trade names for backing of coat linings. They increase warmth without increasing weight.

Moth and insect control are important to wool or part-wool fabrics. Fabrics must be treated in dyeing stage and the garment will be permanently moth-proofed. Or a garment may be treated when dry-cleaned. Mitin is one of the trade names. Washable wools can be treated with a solution called EQ-53. It may be sold under various trade names.

There are many other finishes, some 500, but the above are the ones that are the most important.



CARE

Every good piece of fabric carrying a label will give you instructions for care. Keep these labels. Tell your dry-cleaner about it when you send the garment to be cleaned. All of the man-made fibers need to be ironed with caution. The spin cycles in the washing machine may set hard wrinkles. Dynel requires cool water and a cool iron. Drip-drying is the best method for all.

Nylon picks up color. Therefore, white nylon must always be washed alone. Wash water hotter than the hand can stand may set wrinkles. Place curtains or fabrics into a bag when laundering in a machine to avoid wrinkles. Use a sodium perborate bleach or a specific nylon bleach for nylons. This will keep the nylon from yellowing. Repeated washing and ironing at high temperatures may cause yellowing. So can liquid chlorine bleach. Dye color remover will remove the yellowing. Special nylon bleaches are now on the market.

Some resin finishes on fabrics have become yellow or change color from use of a chlorine bleach. Your label for crease resistant finishes may tell you not to use a chlorine bleach.

If you have used a chlorine bleach and the originally white material turned yellow, you can restore the article by using one of the color removers. Follow directions on the package. A colored article that has changed color should be soaked for 1/2 hour or longer in a solution containing 1/2 tablespoon of sodium thiosulphate to a quart of water. To avoid damage to the fabric, these treatments should be used before the fabric is ironed.

If you have stubborn spots use sodium-perborate bleach. Allow to stand several hours or over night if the fabric is white. If it is not a washable garment, use powdered bleach. Sprinkle it over the dampened spot. Let stand and repeat if necessary.

Resin finishes will keep a garment from spotting, providing that the dirt or spotting material is free from oil or grease. To remove this, it will be necessary to use a dry cleaning solvent before laundering.

T-shirts and knits if over-dried seem to shrink more than when taken from the drier slightly damp.

Air-dry dynel garments, blankets or blends of dynel with other fibers.

Since most man-made fibers dry quickly, why not use this asset and air-dry them instead of using a drier?

Pilling of orlon and other synthetics and blends is caused by the making of the yarn and it is believed that static electricity may be responsible. Wear is responsible for some of the pilling as well as process of laundering. If orlon sweaters are turned inside out and placed in a bag while being laundered, the pilling may be lessened.

SPECIAL GARMENTS AND THEIR CARE

Orlon Fleece Coat	Lukewarm water, mild soap or low sudsing detergent. Remove from drier when quite damp to prevent wrinkles. Brush nap with soft brush.
Nylon and Orlon Sweaters	Launder with mild detergent or soap. Handle like wool. Smooth shape and dry flat. If blended with wool handle the same way.
Dacron or Nylon Pleated Garments	Launder in warm water, not more than 100 degrees. Drip dry. Avoid wringing to remove excess water. Gently roll in towel before hanging. Replace sharpness of pleats by pressing on wrong side.
Wrinkle Resistant Cotton or Rayon	Launder in warm, not hot water. Do not wring as you will set wrinkles. If handled carefully it will retain plaits and will need little ironing. If "thrown" in a washing machine with very hot water and dried wrinkled, you will have difficulty removing wrinkles

TIPS ON SEWING THE NEW FABRICS

1. Always experiment on fabric before you begin sewing.
2. Use sharp scissors for cutting; ample seam allowances are necessary.
3. If seams tend to pucker, loosen the tension both top and bottom. Use longer stitch, smaller needle, No. 9 or 11. Then try sewing over paper, hand-wind thread onto the bobbin.
4. Nylon tricot rolls; to avoid this, stitch 1/8 inch from edge of seam, then trim down close to stitching line.
5. Use interfacing for making buttonholes. Suitable materials would be lawn or organdy which is sanforized.
6. Do not press until you are sure of the fit, as a crease, seam or hemline over-pressed is hard to remove.
7. Dacron thread seems the most suitable of the man-made fibers for sewing thread, but it is not available in all colors.
8. Paper tape pasted over the hole on the throat plate of the sewing machine will help to keep the seams from puckering.
9. To test seam puckering, stitch at least 10 to 12 inch seam and let stand several hours. The "pulling-up" and puckering often occur several hours after stitching.
10. Finish edges of seams with zigzagger or finish by turning under seam edges.
11. A double hem is often more attractive than a ragged edge turned down as first turn.

Prepared by Helen L. Church, Extension Clothing Specialist

April, 1956

cc: 350 (Cl-285)

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The lesson "Guides to Well Designed Clothes", was given for the new Safford Club during their June meeting. The silhouette, proportion, balance, emphasis, texture, and illusion, and how these qualities could help give the figure the professional, well groomed look were discussed.

A workshop on cleaning and adjusting the sewing machine was conducted by the Home Agent for 18 members of the Solomon Relief Society. Fifteen machines were cleaned and adjusted.

Assistance was given individual homemakers on their construction, altering and fitting problems, removal of stains.

The Home Agent discussed clothing selection, construction care, and fashion forecasts during her weekly radio program and in her weekly newspaper columns. Sources of materials of value to homemakers was also included.

### Results

Thirty one homemakers in four clubs attended the lesson on altering and fitting of clothes.

Twenty five homemakers in three clubs attended the lesson on "Know your Fabrics and their Care".

Seven leaders attended the training meeting on "Sewing Centers and Cabinets". Five and one-half cabinets were made during the training meeting. Leaders attending were from four communities representing two homemaker clubs, two relief societies, and one 4-H Club.

Two thirds of the ladies attending the meeting on "Fabric Care and Use", reported: Reading labels - three fourths of them on ready-to-wear, and one fourth of them on yardage. One half of the ladies reported having less trouble stitching synthetic fabrics. Two thirds of the ladies had less trouble in laundering synthetics and fabric finishes than they did before the lesson. Five sixths of the ladies had purchased nylon fabrics satisfactorily, one fifth unsatisfactorily. Three fifths of the ladies reported purchasing dacron and orlon satisfactorily. One twelfth of the ladies reported purchasing acrilon satisfactorily and one twelfth reported purchasing it unsatisfactorily.

The interest in the altering and fitting of clothes and modern methods of construction is indicated by the requests for workshops on altering of patterns and modern methods of construction as the first choice for the 1957 program by the majority of homemakers above all other choices.

The lesson on "Care and use of Fabrics", gave the ladies a better understanding of what to expect from fabrics purchased, how to care for them, what to look for and the meaning of terms on labels while shopping.

The reading and use of information in the Home Agents weekly newspaper column seems to be rather extensive and reaching more homemakers than her weekly radio program. This is noted by requests for bulletins, further information and the scrap books being kept, and requests for assistance from new extension homemakers.

The Home Agents picture as a part of the column heading has helped the agent meet homemakers and they, the agent. This is noted by strangers stopping her on the street and discussing their problems.

#### FOODS and NUTRITION

The lesson on "Casserole Meals", and "Buffet Type Table Service", was given by leaders to members of three clubs.

The leader training meeting for the Casserole Meals and Buffet Type Service was conducted by the Home Agent. This lesson included information on kinds of casseroles, advantages of cooking in casseroles, types of foods that might be served in casseroles, use of buffet service, planning menus around casserole foods, and for use by casserole service. The making of two kinds of casserole foods was demonstrated, and served by buffet service. The outline on casserole meals included favorite recipes of the leaders for this lesson from both Graham and Greenlee counties.

A reprint of the outline material on casserole meals was made to satisfy the demand.

The lesson "Preparation of Cooked and Baked Foods for Freezing", was given to three clubs by their leaders.

The leader training meeting for this freezing lesson was conducted by Miss Martha Chapman, home economist. Information on effects of freezing, on flavor, color, texture and consistency of foods was given. Sampling of foods frozen for one and two weeks gave the leaders an opportunity to compare the qualities of foods cooked or baked before freezing, with those frozen, then baked.

A weight reducing club was organized. The club was open to all homemakers in the county. The group met every two weeks to weigh, and learn more about nutrition and balanced low calarie meals. This discussion was lead by the Home Agent. A record of weight at each meeting was kept by each lady. Two movies - "The Food We Didn't Eat", and "Obesity", were shown during one meeting by the Agent. During another meeting the state leader of home economics extension service, a nutrition major, lead the discussion. She gave each lady information on what thin weight should be and the number of calories they would need per day to maintain that weight.

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

Individual homemakers were helped by the agent through telephone calls, office calls, and home visits. Bulletins and mimeographed materials were sent out.

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County Agent Work

CASSEROLE and ONE DISH MEALS  
By

Mildred O. Eaton  
Home Agent  
Greenlee - Graham Counties  
February, 1956

The expression "en casserole" is sometimes misunderstood because the word "casserole" is used in two different ways. Properly speaking, a casserole is the coarse clay saucepan, so common in France, in which meats and vegetables are not only cooked, but served on the table.

In its other usage the word is applied to a case or mold of potato, rice, or fried bread, inside of which is placed some preparation of meat or vegetables. The word in this case really signifies a border or croustade.

Varieties of Casseroles:

Casseroles of different sizes, shapes, and materials are convenient additions to the cooking equipment and should be chosen with consideration for the needs of the family. They come in many sizes from the individual ramekin up to one that will hold two chickens. They may be had in various shapes - oval and round, shallow and deep. They are made in a variety of materials - glass, vitrified china, earthenware, iron, and aluminium - and in a color range that allows one to choose according to personal preference - brown, yellow, green, blue, and mixtures.

Care of Casseroles:

Casseroles will last indefinitely if properly treated. It is wise to avoid a sudden and great change of temperature, such as occurs when a casserole is taken from a hot oven and placed in a wet sink.

It is advisable not to set a glass or earthenware casserole over a high flame without an asbestos mat under it. A new casserole may be tempered and made more tough by pouring cold water into and about it and bringing it gradually to the boiling point.

Advantages of Cooking in a Casserole:

1. Saves dishwashing
2. Makes it possible to use left-overs, to cook tough meats tender, and to prepare vegetables in an almost unlimited variety of ways
3. Food cooked in this way needs little watching. It may be kept warm and still be attractive if the meal is delayed, and there is no loss of juices.
4. A whole meal may be cooking in the oven
5. Food can be served in the dish in which it was cooked
6. A particularly beautiful pottery casserole can serve as a magnificent centerpiece.

Most of us spend more of our income on food than for any other item of family living. But cost alone is not the measure of a good diet. By careful planning, we can whittle down costs and at the same time increase the nutritive value of our meals.

The main dish usually costs more than any other dish served at a meal because it contains meat or some other protein food. Very often we can cut food costs to good advantage here. Less expensive cuts of meat are just as nutritious as those which cost more. Other protein foods such as fish, cheese, and eggs may be substituted for all or part of the meat and still give us a dish of excellent protein quality. Dried peas and beans can be served at least once a week.

Main dishes should be filling as well as nourishing and tasty. The main dish should be "main" in that all the other dishes are planned around it. The other dishes provide the "rounding out" of the meal. When the main dish includes both the protein and the vegetable, it is not necessary to serve vegetables separately.

Casserole foods need not always be the main dish but can be the side dish that makes the dinner. The following menus include a casserole main dish. These menus are merely suggestive. You will no doubt think of other foods which you would like to serve with these main dishes. The menus are followed by recipes for the main dishes. Most of the recipes are suited to the use of leftovers. You can adapt them to make use of that half cup of meat, bit of cheese or other left-overs on hand. In dishes of this type, it is necessary to know the basic recipes such as for white sauce and biscuits and to apply the basic principle of cookery for protein foods and vegetables. After that you can use your ingenuity.

Delicious Liver Casserole

Feathered Rice  
Green Beans  
Crisp Radishes  
Broiled Grapefruit

Mock Enchiladas

Coleslaw  
Fresh Fruit Cup with  
Date Filled Cookies

Vegetable Cheese Casserole

Brown Potato Cakes  
Grapefruit and Endive Salad  
Hot Gingerbread Squares  
with whipped cream

Hamburger Pie  
Tossed Green Salad  
Chilled Pears  
Crisp Cookies

Tuna Puff

Mushroom sauce  
Buttered Broccoli  
Orange-avacado salad  
Tapioca Cream

Onion Cheese Pie  
Buttered Spinach  
Fresh Fruit Salad  
Chocolate Cup Cakes

Meat Turnovers with Creamed Peas  
Sweet Potato Slices  
Waldorf Salad  
Lemon Junket  
Frosted Graham Crackers

TUNA PUFF

3½ cups hot mashed potatoes  
4 tablespoons margarine  
1/2 cup hot milk  
2 teaspoons salt

1/4 teaspoon paprika  
1/8 teaspoon pepper  
3 eggs, separated  
1 cup flaked tuna

Whip hot mashed potatoes with margarine, milk, and seasonings. Beat egg yolks until light. Stir the beaten yolks and flaked tuna into the potatoes. Fold in the stiffly beaten egg whites. Spoon lightly into greased muffin tins and bake at 325 degrees F. for 45 minutes. Serve with a mushroom sauce (canned mushroom soup can be used). Substitutions: Any cooked ground meat or grated cheese may be substituted for the tuna.



DELICIOUS LIVER CASSEROLE

1 lb. sliced liver	1/2 cup sliced olives (stuffed)
Water	1 teaspoon salt
2 tablespoons margarine	1/4 teaspoon paprika
2 tablespoons flour	1 tablespoon Worcestershire Sauce
1 1/2 cup liquid in which liver was cooked	2 hard cooked eggs, diced
2 tablespoons chopped celery	1/2 cup buttered bread crumbs

Drop liver into water and simmer 5 minutes, drain, save liquid; cut into 1/4-inch cubes. Melt margarine, add flour and gradually pour in liquid, stirring until thickened. Add liver, celery, olives, seasonings, and mashed hard-cooked egg yolks. Pour into casserole, sprinkle with bread crumbs. Bake uncovered in a moderate oven (350F) 20 minutes or until thoroughly heated.

MOCK ENCHILADAS

1 pound ground beef	1 No. 1 can (2 cups) chili con carne with beans
2 tablespoons fat	1 small can tomato paste or 1/2 C liquid
1/3 cup chopped onion	1 3/4 ounce package of corn chips
1 teaspoon salt	1 1/2 cups diced American Cheese (1/2 pound)
1/4 teaspoon pepper	

Brown meat in hot fat. Add onion; cook until golden. Season with salt and pepper. Add the chili con carne and tomato paste (or liquid). Place layer of corn chips in greased 1 1/2-quart baking dish. Alternate layers of chili con carne mixture, corn chips, and cheese. Bake in moderate oven (350 degrees F. ) for about 10 minutes; serves 6. Suggestion: Cut down costs in this recipe by making your own chili con carne.

VEGETABLE CHEESE CASSEROLE

2 tablespoons butter	1/2 cup milk
1 tablespoon chopped onion	1 cup liquid in which vegetables were cooked
3 tablespoons flour	2 eggs, beaten
1 teaspoon salt, dash pepper	1 cup grated yellow cream cheese
1 tablespoon Worcestershire	2 cups cooked green beans
Buttered cracker crumbs	2 cups sliced cooked carrots

Melt butter, cook onion in it slightly and add flour and seasoning, blending well. Gradually add the milk and vegetable liquid, stirring while cooking. When slightly thickened, add beaten eggs. Cook 1/2 minute while stirring constantly. Do not let the sauce boil after adding the eggs. Last of all, add the grated cheese and stir in the vegetables. Pour into a greased baking dish, cover with buttered cracker crumbs and bake at 350 degrees F. for 30 minutes. Serves 6.

HAMBURGER PIE

1 pound ground beef	1 can tomato soup
2 tablespoons fat	3 1/2 cups hot mashed potatoes
1 medium onion, chopped	1/2 cup hot milk
1 teaspoon pepper	1 egg, beaten
2 1/2 cups cooked green beans	1 teaspoon salt
	1/8 teaspoon pepper

Brown the meat in the hot fat. Add the onion and cook until it is golden. Season with salt and pepper. Add green beans and tomato soup; pour mixture into a greased 2-qt. casserole. Whip the hot mashed potatoes with milk, beaten egg and seasonings. Spread the potatoes over the meat mixture. Bake at 350 degrees F. for 35 minutes. Serves 6.

### ONION CHEESE PIE

1½ cups fine soda cracker crumbs	3 eggs, slightly beaten
1/2 cups margarine, melted	1 teaspoon salt
2½ cups onions, sliced thin	1/4 teaspoon pepper
2 tablespoons margarine	1/2 pound cheddar processed cheese
1½ cups milk	finely shredded

Combine cracker crumbs and melted butter. Blend thoroughly and press evenly in buttered deep 9-inch pie plate. Saute onions in margarine until lightly browned. Place in bottom of cracker crumb crust. Put the cheese on top of the onions. Scald the milk and slowly add to the eggs, stirring constantly. Add the salt and pepper and pour over the onions and cheese. Bake in an oven at 325 degrees F, for about 45 minutes. Serves 6.

### MEAT TURNOVERS

1-1/4 cups cooked ham or chopped beef	1 tablespoon grated onion
2 tablespoons bacon fat	2 tablespoons finely chopped celery
1½ tablespoons flour	1/2 teaspoon salt
1/2 cup milk or meat broth	pepper

Brown meat lightly in fat. Add flour and stir until well blended. Add milk and stir until mixture is thickened and smooth. Remove from heat and mix in remaining ingredients. Mustard or horseradish sauce may be used.

Roll biscuit dough out to 1/8-inch thickness and cut into 4-inch circles.

Put 1/6 of meat filling on each circle. Fold dough over and press edges together with fork. Bake 15-20 minutes at 425 F. Serve with meat gravy or a creamed vegetable sauce. Serves 6.

**Substitutes:** Raw ground beef; cubed, cooked chicken; or ground cooked ham mixed with 1 tablespoon prepared mustard may be substituted for the cooked chopped beef.

**Variations:** Roll biscuit dough to 1/4-inch thickness. Spread meat filling over dough. Roll like a jelly roll, cut into 1-inch slices; place in greased pan; brush top with butter or margarine. Bake and serve as suggested for the turnovers.



FAVORITE CASSEROLE RECIPES  
(Graham and Greenlee 1956 Food Leaders)

HAMBURGER NOODLE CASSEROLE

1 lb. ground beef	2 cans tomato sauce
2 medium onions - chopped	salt to taste
1 bell pepper - chopped	1/2 lb. longhorn cheese
1 pkg egg noodles	

Cook noodles in salted boiling water until tender. Fry beef, chopped onions, and chopped pepper until meat is done and onions and peppers are tender. Add tomato sauce. Pour noodles into casserole and add meat and sauce mixture. Sprinkle with grated cheese. Bake about 30 minutes at 300 degrees F. About 12 generous servings.

-- Mrs. James Sanders (Ruby)  
York Homemakers

SHEPHERD'S PIE

Brown one medium onion in butter or margarine. Add: 1 cup meat gravy or broth  
1/2 lb. cooked pork, lamb, or beef 1 cup peas or green beans  
1 cup carrots

Pour into a casserole. Pile seasoned mashed potatoes around top. Bake at 450 degrees F. for 25 minutes. Serves 6.

-- Mrs. G. B. Estes (Irene)  
Morenci Homemakers

TOULARINE

1 pkg. egg noodles	2 cans tomato sauce
1 to 1 1/2 lbs. hamburger	1 small can mushrooms
1 onion	1 small can corn (cream style)
1 clove garlic	1/2 t. sage
1 small green pepper	1 small can olives (chopped)

Cook noodles and drain. Fry hamburger. Add chopped onion, green pepper, salt, sage and garlic. Add remaining ingredients and cook slightly. Combine with noodles in casserole. Sprinkle with cheese if desired and bake one-half hour at 350 degrees.

-- Mrs. Irene Andres  
Plantsite Homemakers

CORN AND BEEF CASSEROLE

1 medium onion	1 can (1 lb. 1 oz.) peas
2 tablespoons shortening	1 can roast beef (12 oz.)
1 can (1 lb. 1 oz. corn crumble kernel)	1 can tomato soup (10 1/2 oz.)

Start oven at 375 degrees F. Chop onion fine and cook in melted shortening until golden. Drain corn and peas. Add both vegetables to onions along with meat and tomato soup. Transfer to casserole or baking dish and bake 30 minutes; serves 14.

-- Mrs. Bryce Sanders (Vera)  
Thatcher Homemakers

TAMALE PIE

2 lbs. ground pork, lean, or beef	1 No. 2½ can tomatoes
2 large onions - diced	1 can yellow cream style corn
salt and pepper	1 can sliced ripe olives
1½ cups cornmeal	2 tablespoon chili powder
1½ cup milk	1½ teaspoon salt

Brown meat and onions. Add more fat, if needed. Season to taste. Cook slowly 40 minutes, stirring often. In a large kettle mix cornmeal, milk, and salt. Add tomatoes. Cook very slowly about 30 minutes, stirring frequently. Add corn, olives, and chili powder. Mix well. Combine the two mixtures. Transfer to a casserole. Bake at 300 degrees F. for 1½ hours. Serves 12. --- This may be made the day before and stored in the refrigerator. Make it firey or mild.

-- Mrs. Lamar Kempton (Lois)  
Eden Homemakers

NOODLE AND MUSHROOM CASSEROLE

Brown 2 eggs in 3 or 4 tablespoons shortening. Stir until browned and in small pieces. Add one can mushroom soup, 1 cup top milk or cream, 1 can of water. Stir in one tablespoon brewers yeast, 2 tablespoon soy sauce. Add 1/2 or more cup mushrooms. Pour over about 4 cups cooked noodles. Bake at 350 degrees about 30 minutes. A little garlic seasoning can be added if desired.

-- Mrs. J. D. Williams (Rachael)  
Aravaipa Homemakers

QUICK CASSEROLE

1 pkg. frozen kernel corn	1 or 2 stalks celery (leaves too if desired)
1 small onion - chopped fine	3 tablespoons fat or oil
1 green pepper or 1 green chili	1 can condensed tomato soup

Cook corn until tender. Chop and dice pepper and celery fine. Fry onion, pepper and celery in the fat or oil until tender. Add corn to this mixture. Add tomato soup. This can be served or it can be set in a warm oven until ready for serving. VARIATION: Add small meat balls or patties (cooked) using your own desired seasoning in the meat. This makes a complete one dish meal.

-- Mrs. Eldon Smith (Vera)  
Thatcher Homemakers

CHEESE SWIRLS

Use your best biscuit recipe. Roll dough 1/4 inch thick. Arrange alternately in rows -- thin strips of bell pepper, cheese, and piment. Roll dough up into a long roll. Cut into 1/2 inch slices. Place on top of Meat Pie; then bake as directed.

-- Mrs. W. M. Cox (Vivi)  
Morenci Homemakers

MEAT VEGETABLE PIE

3 tablespoons meat drippings	1 cup chopped celery
3 tablespoons flour	2 lbs. hamburger
1 large onion - chopped	1 cup cooked string beans
2 cups canned tomatoes	1 cup liquid from beans

Saute onion and celery in drippings. Crumble hamburger into flour and brown slightly. Add tomatoes, beans, celery, onions, and juice. Pour into casserole and bake 20 minutes at 375 degrees F. Top with cheese, if desired.

-- Mrs. W. M. Cox (Vivi)  
Morenci Homemakers

TAMALE PIE

1 cup corn meal	1 lb. hamburger
2 eggs (slightly beaten)	2 cloves garlic
pinch of soda	1 large onion
salt to taste	1 can olives
2 cups tomato sauce	grated cheese
1 can creamed corn	1 cup milk
1 tablespoon chili powder	

Blend cornmeal, chili powder. Brown hamburger, onions, garlic, add to meal mixture. Add rest of ingredients. Sprinkle generously with grated cheese. Bake in moderate oven 40 minutes.

-- Mrs. Edna Larremore  
Clifton Homemakers

BAKED LAMB RICE CURRY

1 cup rice (brown or white)	1 teaspoon salt
1 cup assorted dry fruit or one kind can be used)	4 lamb chops (shoulder can be used)
5 cups water (hot)	1/2 teaspoon curry or more according to taste

Brown chops in olive oil. Put rice, salt, curry, and fruit and the 5 cups of water in the casserole. Place chops on top. Cover. Bake one hour at 350 degree F. Serves 4.

-- Miss Jean M. Stewart  
State Home Demonstration Leader

MCK CHICKEN PIE (A wonderful substitute for the real thing)

Combine gently: 2 cups hot medium white sauce  
1 cup tuna (7 oz. can) in large pieces  
2 cups cooked cut-up carrots  
1 cup cooked peas, drained

Season with salt and pepper. Pour into greased 2-quart casserole. Heat in oven until mixture bubbles, then cover immediately with Rich Biscuit Dough. Bake at 450 degrees F. for 25 minutes. 6 servings.

-- Francelle Ledford  
Safford Homemakers

Here are the recipes for the two casseroles that we prepared during the training meeting:

HAM NOODLE CASSEROLE

1/2 lb. raw smoked ham	2 cups noodles (6 oz.)
1/2 lb. American cheese	1 cup mushroom soup
1 green pepper (I like it better with only 1/2 pepper)	bread crumbs

Put ham and cheese through a food chopper. Cook noodles in salted water (1½ cups). Chop pepper. Mix all ingredients except the bread crumbs and pour into a baking dish. Cover and place in the oven for about 35 minutes (moderate oven). Remove lid, add bread crumbs, and brown.

Chicken, cold roast beef, turkey, or tuna may be used instead of ham. White sauce or a cup of vegetable juice or puree may be used in place of mushroom soup.

-- Mildred O. Eaton  
Home Agent

SWEET POTATOES, APPLE, AND SAUSAGE CASSEROLE

1 lb. sausage	2 or 4 cooked sweet potatoes - sliced
4 tablespoons molasses	4 tart apples - sliced
1 teaspoon salt	

Form sausage into patties and brown lightly on both sides. Remove from pan, pour off fat so that not more than 4 tablespoons remain. Add molasses (I used brown sugar), and salt to sausage fat. Put sweet potatoes and apples in alternate layers in the baking dish. Lay sausage patties on top and pour sausage fat mixture over all. Bake in a moderately hot oven for 30 minutes. If the meat is short, add black walnuts.

-- Mildred O. Eaton  
Home agent

## BUFFET MEALS FOR EASY ENTERTAINING

Buffet meals are popular for entertaining a larger number of guests than would otherwise be possible in many Arizona homes. They are usually very informal meals based upon a "help yourself" plan. The table decorations are especially fun. This is the easiest type of service when a hostess has to prepare and serve the dinner without help. Any meal from breakfast to midnight supper may be served buffet style.

Buffet service is especially convenient (a) if all persons cannot eat at the same time, (b) when the number to be served is uncertain, and (c) if there are too many to be seated at the table.

Buffet style of service may be used for:

- 1- Family meals, as Sunday evening supper
- 2- Meals when a few guests may be present, as breakfast
- 3- Meals when many guests are present (more than can be seated at a table)
- 4- Meals for very large groups, as family reunion or community supper
- 5- Picnics, small or large
- 6- Teas or reception
- 7- "Spur-of-the-Moment" parties

The menu should be simple and adapted to this kind of service. Each dish on the menu should be easy to serve and easy to eat. The serving of more than two courses should not be attempted.

The menus for this type of service will depend much upon the same conditions as menus for regular meals: for example:

- 1- Kitchen space and equipment for preparation
- 2- Space and equipment for service
- 3- Seating arrangements for those being served
- 4- Amount of assistance for preparation and service
- 5- Season of year and time of day
- 6- Age and activity of guests
- 7- Cost

### Planning the Menu

- 1- Plan the menu to include a hot or cold main dish, a salad or relish, sandwiches or buttered rolls, beverage, and dessert.
- 2- Serve sandwiches or buttered rolls so that no knife will be required (unless guests will be seated at card tables). The meat should be so tender that it can be cut with a fork.
- 3- Serve foods which will not run together on the plate.
- 4- Make gelatin salads a bit stiffer than usual if they are to be served on the same plate with hot food.
- 5- Plan the menu almost entirely of foods that can be prepared in advance so that the host and hostess can be free to enjoy the occasion.
- 6- Choose foods that can be served and carried easily. No soups, stews, or drippy foods.
- 7- Carry out the color scheme of your decorations in your menu.



## Setting the Buffet Table

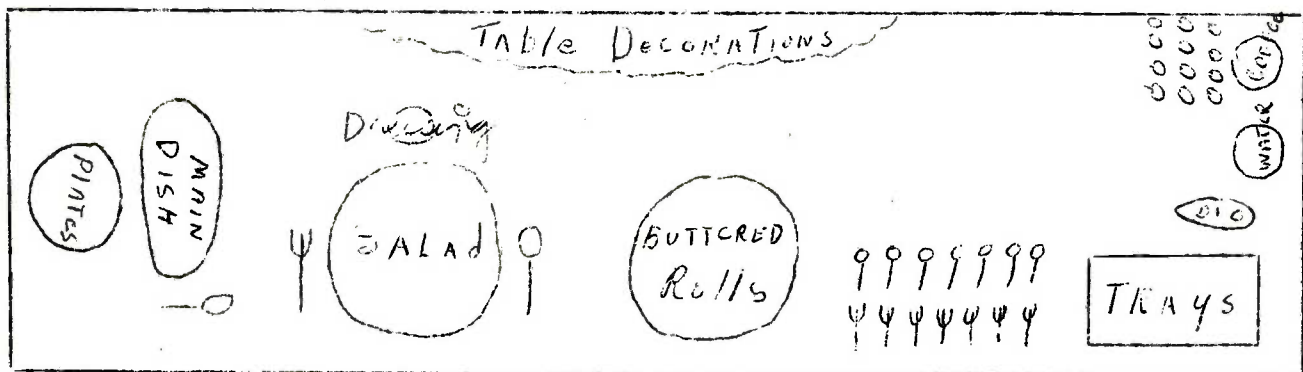
For a large group in a large room, the dining table standing in the center of the room may be set up for two lines of service with a simple, slender island arrangement of flowers and candles in the center.

For the small group it is usually more effective to place the table against the wall and build up decorations at the back. The table may be bare with mats for hot dishes or covered with a simple, informal-type cloth.

There are no definite table setting rules. The food, dishes, and silver should be so arranged on the table so that they will present an attractive well-balanced appearance and be in the order for greatest ease and speed of service.

The silver needed for service is placed by each plate of food on the buffet table.

The diagram below illustrates a good way to set a buffet table that is placed against the wall. Notice that trays are used in this service. With the table arranged in this way, it would be well to ask someone to serve the main dish and someone else to serve the water and beverage. It is planned that the dessert course will be set up on a side table.



Begin here

The hostess should ask one person to start serving herself and invite others to follow. Attention should be given to special or honor guests, invalids, and elderly persons. Each guest serves himself unless someone is present to serve a food that may require unusual care.

Where are the guests to eat their food?

- 1- When there is enough space, card tables may be set with silverware, glassware and napkins. or
- 2- For larger groups, individual trays may be used to hold the plate and silver with handy side tables nearby for beverage cup. or
- 3- Your guests can balance their plates on their laps. This is suggested only as a last resort.

Of course, if small tables are being used, the napkins and silver will be omitted from the buffet arrangement.

If possible leave space beside the salad and beside the hot dish so that a guest may set his plate down on the table while using both hands to wield the serving fork and spoon. Or better yet -- ask someone to serve these. For more than eight persons, service will be much faster if you ask some friends to serve the main dish, salad, and beverage.



A small table may be used to hold the coffee, cups, cream and sugar, iced water and glasses, or these may be placed last in line on the buffet table. Unless a tray is used, a guest does not generally serve himself to water. Beverage cups are used without saucers if the cup is to be carried on the plate or tray by the guest.

When individual trays are used, they should be placed on the buffet table so that they are ready for the guest to put his plate on after he has filled it and before he has to pick up his silver.

For second servings, or if serving dishes are small, you can have ready a second casserole dish in the oven and a salad in the refrigerator to bring on at the right moment.

Guests should feel free to return for second servings and for dessert if the service is entirely "help yourself".

How to serve the Dessert?

Before dessert is served, the tables or trays should be cleared. You may ask one or two of the guests to help do this. Dessert may be passed, or it may be displayed on the buffet table and guests asked to serve themselves. You won't have to be away from your guests so long if you have the dessert arranged ahead of time on the buffet or side table.

#### SUGGESTED MENUS AND TABLE DECORATIONS

Menu:

Western Buffet  
(green, brown, and orange)

Western Baked Beans  
Orange Cabbage Slaw in Orange Cups  
Steamed Date Bread Sandwiches  
Fruit Cup  
Coffee

Decorations: Use tan monk's cloth or burlap for table coverings, set table with pottery dishes and use small cacti for table decorations.

#### WESTERN BAKED BEANS

3 c pinto beans	2 small onions
1 clove garlic, minced	$\frac{1}{2}$ c brown sugar or sorghum molasses
1 or $1\frac{1}{2}$ t salt	3 or 4 slices bacon or
1 t chili powder	1/4 c diced salt pork.
$\frac{3}{4}$ c canned strained tomatoes	

- 1- Wash beans; cover them with water and soak them overnight.
- 2- Heat to the boiling point the water in which the beans soaked; add the beans, garlic, and salt; simmer one hour.
- 3- Drain the beans, reserving the liquor.
- 4- Place the beans and whole onions in a pot or casserole.
- 5- Sprinkle the beans with sugar or molasses and chili powder. Cover them with the tomato and 1 cup of the reserved bean liquor.
- 6- Arrange bacon or onion slices on top. Cover.
- 7- Bake in a slow oven 300 degrees F. for five hours. If necessary, add more bean liquor.

Valentine Buffett  
(red and white)

Menu: Chipped Beef and Stuffed Potatoes  
Cranberry and Grapefruit Salad  
Hot Buttered Rolls  
Ice Cream with Strawberry Dip  
Heart Cookies  
Coffee or punch

Decorations: Use a table covering of white scrim or tarlatan over red cloth or red paper. Make a heart tree for the centerpiece. You can do this by tying small red paper hearts onto a foliage plant or by attaching small red candy hearts to a tree made of cable wire. The branches of the tree are formed by separating some of the cable wires. The trunk of the tree is held in place with modeling clay.

ORANGE CABBAGE SLAW IN ORANGE CUPS (6 servings)

3 oranges	1/4 t salt
2 c finely shredded crisp cabbage	pinch of sugar
2 T finely chopped onion	pepper to taste
1/3 c chopped water cress or parsley	1 1/2 t vinegar
1/3 c mayonnaise	sprinkle of celery salt

Cut oranges in half and cut out the pulp so that the shells will be left whole. Remove the membrane from the orange sections and cut up enough to make 1 cup. Drain. Mix the orange sections with the other ingredients. Fill the orange shells with the mixture. Garnish with springs of water cress or endive and serve cold and crisp.

Menu: ST. PATRICK'S BUFFET  
(green, white, and yellow)

Hamburger Pie  
Grapefruit, pineapple & Avocado Salad  
Hot Buttered Shamrock Rolls  
Cake Squares  
(white frosting with mint jelly decoration)  
Coffee

Decorations: Make flower bowl of large grapefruit by carefully removing the insides. The bowl will hold water without leaking. Arrange oxalis (looks like shamrocks) in the bowl and use it as the centerpiece. On either side of it place 2 very small grapefruit where candle is inserted into grapefruit (use a white table cloth).

Material taken from outlines prepared by Reva Lincoln (Arizona) and Grace Armstrong (Illinois) by Mildred O. Eaton, Home Demonstration Agent, Graham-Greenlee Counties, Arizona for February Homemaker's Lesson. 1956  
175 copies.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

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

Safford

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

FREEZING COOKED AND BAKED FOODS  
BY  
Martha K. Chapman

Frozen foods have become an accepted part of the homemaker's food preparation plan. There is a wide variety of products available that make meal preparation easier and faster. The homemaker with her freezer at home can utilize it to the fullest extent by buying at sales and in quantities, and by preparing her own fine foods for use in quick and easily prepared meals.

Many times it is easy to prepare twice the amount of a dish and freeze the half not used. Freezing left-overs is good management and adds variety and interest to meals. Just think how nice it would be to have your holiday meals ready weeks ahead of the rush at Thanksgiving, Christmas, and New Years.

There are, however, many problems to consider in freezing cooked and baked foods and the wise homemaker will keep up on the latest recommendations given by research. Such problems include:

EFFECT OF FREEZING ON FLAVORS

Fried foods have a "warmed-up" flavor.

Salt, onion, and most spices lose some of their flavor

Pepper, celery, and green pepper become more pronounced

Use only first quality foods - i.e. rancid butter becomes more rancid

Use pure extracts - synthetic flavors often become bitter

EFFECT OF FREEZING ON COLORS

To prevent a change of color of foods that are red, white, or yellow, add an acid food -- such as orange or lemon juice, sour cream, or acid milk wheys -- when you can do so without spoiling the flavor.

EFFECT OF FREEZING ON TEXTURE AND CONSISTENCY

Hard cooked egg white becomes tough

Raw vegetables lose crispness

Mayonnaise separates

Cream sauces tend to separate

Boiled potatoes tend to become mushy and discolored

Custard pies "weep" and are unsatisfactory

Do not overcook since freezing softens foods and reheating softens them further

IMPORTANCE OF GOOD PACKAGING AND LABELING

Use only moisture-proof wrappings and containers and prevent freezer burn  
Remove as much air from the package as possible  
To prevent delicate foods from being mashed in the freezer, place them in sturdy cartons  
Package only as much food as you expect to use at one time  
Small packages freeze quicker and thaw quicker  
Label and date each package. The storage life of some prepared foods is short.

HOW LONG TO STORE

The shorter the period of freezer storage, the more appetizing these foods will be. Storing them longer than six months is not recommended. With all foods there is a gradual loss of flavor, aroma, and natural texture.

HOW TO THAW AND HEAT

Once foods are taken from the freezer, prepare them for the table as quickly as possible  
Thaw foods in their original containers  
Foods may be thawed in the refrigerator, at room temperature, in front of a fan, and for some foods in a low-temperature oven  
Heat in a heavy, tightly covered pan.

See following pages for Examples of Specific Foods

EXAMPLES OF SPECIFIC FOODS

MEATS AND MAIN DISHES

Chicken-a-la-king -- follow directions in Home and Garden Bulletin No. 40

Tamale Pie

2 medium-sized onions, sliced  
3 cloves of garlic, minced  
5 tbs. salad oil  
1½ lbs. ground beef  
1½ tsp. salt  
2 tbs. chili powder  
1 No. 2½ can (2½ cups) tomatoes  
1½ cups pitted, ripe olives, coarsely cut  
1 cup seedless raisins  
2 tsp. salt  
½ tbs. chili powder  
6 cups boiling water  
2 cups yellow corn meal  
½ cup grated American cheese

Brown beef in hot salad oil; add onion and garlic and brown lightly. Add 1-1/2 tsp. salt, 2 tbs. chili powder, tomatoes, olives, and raisins. Cook slowly 1½ hours. Add remaining salt and chili powder to water; slowly add corn meal; cook 15 minutes, stirring frequently. Line greased baking dish with 1-inch layer of mush. Pour in meat filling, spread remaining mush on top; bake in moderate oven (325°) 1½ hours. Serves 6-8.

To serve immediately add grated cheese sprinkled over the top the last 15 minutes.

To freeze -- omit cheese, cool quickly, wrap, and freeze. Use a baking dish that is both cold and heat resistant. Reheat by springling with cheese and placing in a 325° oven until cheese is melted and product is heated through.

Ham Loaf

1 pound ground ham  
1/2 pound ground pork  
1½ cups fine bread crumbs  
1 well-beaten egg  
1/2 tsp. dry mustard  
1/2 cup milk  
1/4 cup brown sugar  
1 tsp. prepared mustard

Combine ham, pork, bread crumbs, egg, 1/2 tsp. dry mustard, and milk. Fill bread pan or medium-sized muffin pans. Combine brown sugar and prepared mustard and spread over top of loaf. Bake in a moderate oven 350° for 45 minutes. Serve with hot cherry sauce. Serves 6. CHERRY SAUCE: Combine 2 tbsp. cornstarch and 1/2 cup sugar; add 1 No. 2 can (2½ cups) pitted red cherries. Cook over low heat until thick and clear, stirring constantly.

INDIVIDUAL MEAT LOAVES: Use any good recipe for meat loaf and shape into individual loaves.



## QUICK BREADS

### Apricot-Nut Bread

1/2 lb. dried apricots

1 c. water

1/2 c. sugar

Wash apricots, add water and sugar, and cook until soft. Drain apricots and use juice as part of the liquid in the bread. Force fruit through sieve and cool.

1 beaten egg

1 cup sour milk and apricot juice

2 tbs. melted shortening

2½ cups sifted flour

1/2 tsp. ~~salt~~ salt

3 tsp. baking powder

1/2 tsp. soda

1 cup sugar

1/2 cup chopped nuts

Beat egg, add sour milk and shortening. Add apricot pulp and mix well. Add flour sifted with salt, baking powder, soda, and sugar; then add nut meats. Stir only until well mixed. Bake in greased 2-pound loaf pan in moderate oven (350 degrees) 1 hour.

Note: Use double action baking powder for quick breads.

## YEAST BREADS AND ROLLS

### Unbaked rolls or bread

Allow dough to rise once. Shape into rolls or loaves and freeze immediately

Do not store dough longer than a month

Let dough thaw and rise in a warm place until light (2-2½ hours for rolls)

Use any standard recipe

### Baked Rolls or bread

Cool quickly. Package in cellophane or metal foil and seal with heat.

Freeze at once

Thaw rolls or bread by reheating them in their wrappings in a hot oven (400)

## PIES

### Freezing unbaked pies

Use more thickening than if pie is baked before freezing

Frozen unbaked pies have a fresher taste and more crumbly crust than frozen baked pies.

For baking remove from wrapping, place on cookie sheet in hot oven (400°) and bake 30-40 minutes or until done

### Freezing baked pies

Bake pie in the usual way, cool quickly, and wrap well. Freeze immediately.

To serve -- unwrap pie and place in a hot oven 20-30 minutes.

NOTE: Most single crust pies do not freeze well.



CAKES

Shortened cakes - use any standard recipe

Frozen batter

1. Use double action baking powder
2. Package batter and freeze immediately
3. Defrost batter until just soft, place in prepared pans and bake

Frozen baked cake

Cool baked cake quickly. Wrap carefully and freeze immediately.  
Defrost at room temperatures

Angel Cakes and Chiffon cakes

Bake, cool quickly, wrap, and place in box to prevent crushing

Fruit Cakes

Bake, cool quickly, wrap and freeze immediately

References:

- Home and Garden Bulletin No. 40
- Foods From the Freezer - Cornell Extension Bulletin 692
- Freezing Cooked and Prepared Foods - Extension Service - Univ. of Ill.

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Publicity was given to projects and lesson activities so that all interested homemakers might participate and obtain informational materials.

Bulletins and mimeographed materials were provided work leaders for the L.D.S. Relief Societies and the stake Lark leader. This material was used by them while giving the food lesson to their members each month. Copies of the material was available for their members.

The Home Agent tested muffin, biscuit, corn bread, brownie, and cake recipes for cooking in the waffle iron were included in the outline on the use of equipment.

### Results

Five leaders gave the lesson "Casserole Meals", and "Buffet Type Service", to twenty nine homemakers in three clubs.

Two hundred copies of the outline on "Casserole Meals", have been distributed. A reprint has been made of three hundred more copies to supply the needs of the L.D.S. Relief Society who have this lesson this year.

This lesson on casserole meals and buffet service was well received by the homemakers. One homemaker said she never before understood how to place each food and article on the table for smooth, convenient buffet service.

Four leaders gave the lesson on "Preparation of Cooked and Baked Foods for Freezing", to thirty three homemakers in three clubs.

The two junior leaders of two 4-H Foods Clubs attending the training meeting will use the information gained in their 4-H freezing project this year. Information on food preparation will be useful while they work with the younger 4-H'er on their projects.

Two or three of the ladies in the weight reducing club lost as much as ten pounds. The rest gained back the weight as fast as they lost it. Its possible the results would have been better if the original group of six women had been kept without opening to other women, some of whom made no change in their diet. One of these ladies needs to change her family meals pattern.

More and more requests are coming in for bulletins, mimeographed materials and assistance as a result of information given in the agents newspaper column, radio talks, and publicity on homemaker programs. Homemakers in areas not served by clubs are beginning to seek assistance from the Home Agent. Work leaders for Relief Societies not assisted last year are asking for materials on their monthly lessons.

## HOME MANAGEMENT

The lesson - "Making Better Use of Equipment", was given by leaders to members of their clubs during September.

The leader training meeting was conducted by the Home Agent. This lesson included: What to expect from equipment, how to use it, and how to care for the equipment. Information was given about the metals and materials used in making equipment and their characteristics. The agent also discussed the saving of time and energy through the use of the right equipment for the job....to make the mind and tool do most of the work. She suggested the use of the long muscle in the arm whenever possible rather than the short precision muscles in the fingers. The Home Agent demonstrated the cooking of corn bread in the waffle iron. It was shown to be possible to bake package mix foods in the waffle iron by the addition of one fourth cup of fat. Brownies were baked. One of the outlines is included in this report.

A portion of this lesson was given by the agent during the pre-organization meeting of the Ft. Thomas Homemakers.

The Home Agent made home visits to assist homemakers with their homemanagement problems. For example: To test the oven temperature and thermostat, to show how to remove stain and soil from an electric stove.

Information on laundrying, cleaning, household insects, managing work, arranging equipment for time and energy saving, selection and use of equipment were included in the Home Agents weekly newspaper column and radio talks.

The Mimeographed material on making use of equipment and all extension and U.S.D.A. bulletins were made available to all homemakers. From time to time special reference was made to certain ones through the column and radio talks. For example - in the spring, to the bulletins on laundrying and storing of blankets.

Again, effort was made by the agent to get a drugist to stock EZ-53.

The Home Agent gave a illustrated talk - demonstration on "Light in the Home", at the State 4-H Leaders Conference. This was a part of the six ring merry-go-round on the 4-H Electric Project. During this demonstrated talk the agent gave information on the requirements of good reading-study light-kind and size of bulbs: Type, size and shape of shades: Height and location of bases.

The Home Agent tested pressure gauges for all homemakers who asked for this service.

The Home Agent obtained the address of a company that will sell geared gauges for pressure canners. This information was given a local merchant who has stocked a supply of geared gauges for sale.



PAGE: 2 : MAKING BETTER USE OF YOUR EQUIPMENT

Many of our pieces of equipment are the key to speedy, food-saving, appetizing meals. Are you making full use of each piece of equipment? How can you use this equipment to better advantage in cooking for your family?

Small appliances need so little to keep them happy; with just a bit from you they'll stay right on the job. How inconvenient it is to break or have a piece of equipment break down and have to wait weeks for repairs. So don't overlook the smallest detail of care that will keep your small equipment going.

But, first, before we discuss care and use, let's find out what materials go into these tools and what characteristics these materials have.

CAST IRON

Will rust, is brittle, has relatively low tensile strength  
Is fairly good conductor of heat. Holds heat well  
Has high absorption and emission power  
Parts made from it are less lasting than that from machined  
When used for cooking equipment it is -- comparatively inexpensive, heavy, difficult to keep attractive in appearance, may discolor acid foods, must be seasoned before use to prevent sticking, used largely in skillets, griddles, and Dutch ovens.

STAINLESS STEEL

Will scratch with scouring  
Has low heat conductivity, absorption and emission powers  
Has high tensile strength  
Is resistant to corrosion  
Takes and retains high polished surfaces  
Isn't affected by food acids or alkalis  
When used in cooking utensils ---  
-low conductivity partly overcome by electroplating copper bottom or using two thin sheets of stainless steel with a core of copper between  
-when not combined with copper it frequently develops hot spots and requires low heat. Food has to be watched to avoid burning  
-if over heated, may develop a brownish tinge  
- is attractive in appearance and requires very little care

ALUMINUM

Doesn't corrode  
Is affected by alkalis and certain acid foods  
Shouldn't be washed with strong soaps or scouring powder containing free alkali  
Conducts heat rapidly  
Remove discoloration by rubbing with aluminum cleaner or whiting, or fine steel wool or by vinegar or lemon juice  
Aluminum containing magnesium is most stain-resisting and make beautiful castings  
Thin aluminum dents easily



ENAMEL

Is non-soluble. Won't rust or discolor. Isn't affected by atmosphere condition  
Has high absorption and emission power  
Heat conduction determined largely by base metal  
Will crack or chip - if submitted to extreme temperatures or undue strain  
Foods have a tendency to stick easily because of porous surface  
Burned food is difficult to remove  
Hot spots may develop  
Ordinary Porcelain Enamel is affected by strong acids and marked by metal spoons

COPPER

One of the best conductors of heat and electricity  
Can be rolled into sheets or pulled into threads or wires.  
Tarnishes easily. Scratches easily by abrasives.

NICKEL AND CHROMIUM

Highly resistant to action of air and water  
Not affected to any extent by food acids and alkalies  
Appliances electroplated with nickel and chromium have high polished finish that is attractive and durable  
Nickel-plating tarnishes slightly, but is easily cleaned  
Nickel-plating has soft finish, easily destroyed by abrasives  
Nickel-plating frequently discolors if subjected to high temperatures  
Alloy made from nickel and chromium is commonly used for heating elements of electrical appliances

TIN

Doesn't rust. Is light in weight. Good conductor of heat.  
Is readily affected by food acids.  
When new is low in absorption and emission power. This improves as shine disappears and metal darkens with use.  
Tin coat easily scraped off, particularly when hot.

GLASS -- must be heat resisting

Cannot be subjected to high temperatures  
Comparatively poor conductor of heat  
Has high absorption and emission power  
Especially good for oven wear because of high absorption and emission power

MONEL - is a nickel-copper alloy

Has a silver-like luster. Has high tensile strength  
Is very resistant to denting, scratching and staining. Doesn't corrode.  
Is unaffected by food acids and alkalies  
Takes and retains a good polish  
Comparatively poor conductor of heat  
Used for sinks, table tops, laundry equipment, oven lining

## A U T O M A T I C      T O A S T E R S

### WHAT TO EXPECT

Made of pressed steel plated with chromium. Handles are usually plastic, occasionally of wood.  
Handles should be insulated to prevent burning fingers  
Bottom should be insulated to prevent damage to table.  
Has a timing device or temperature device so toast can always be the same.  
Has a dial to set. Must be changed for different kinds of bread.  
Has wire guards to keep bread from coming in contact with unit.  
Wire guards prevent radiant heat from reaching all the slices directly.  
Causes light streaks on bread.  
Good toaster browns evenly  
Toast can be served hot and conveniently because toaster remains connected.

### HOW TO USE

If bread sticks, disconnect and turn upside down. Shake toaster till pieces fall out  
All breads do not toast alike. Those having excessive moisture, uneven texture, or a deficiency in milk or sugar may toast unevenly.  
During baking certain breads dry out at the top. If your bread toasts too dark at the top, try putting slices in with the top down.  
When slicing bread at home -- cut slices 1/4 to 1/2 inch thick and as evenly as possible so edges won't over brown  
When toasting whole wheat, raisin, or other rich breads, as rolls, frozen waffles, use a slightly darker "color control setting" than you use for plain white bread

### HOW TO CARE FOR

Remove plug from outlet before cleaning.  
Remove crumb tray. Brush off crumbs, or wash tray in warm, soapy water. Dry before replacing.  
Clean crumbs out of toaster by turning upside down and spanking, if toaster doesn't have a crumb plate  
To avoid damage to your toaster and for safety, never use a sharp object as a fork to remove a piece of toast.  
Never put toaster into water  
Wipe outside with a soft cloth  
A metal polish cream may be used twice a year to preserve shine. Be sure not to allow polish to get inside on any electric wires

W A F F L E    B A K E R

WHAT TO EXPECT

Usually made of steel or copper, plated chromium or nickel  
Baking grids are commonly cast aluminum  
Terminal studs are on lower half of baker. Studs should be protected by a guard  
Connecting wires to upper unit should pass through hinge or have a separate coil through which they pass  
Wires carefully insulated from metal of the baker and protected from injury in opening and closing of the iron  
Sufficient freedom of action in hinge to allow waffle to rise, otherwise they are soggy  
Tray broad enough to catch drippings of batter. An overflow rim on edge of lower grid is more desirable  
All edges smooth  
Bottom of baker insulated to protect table  
Handles made of heat-resistant material  
High knobs close together for crisp waffles  
Grids heat evenly and equally well  
Waffle baker will do many things in addition to baking waffles. Try baking corn bread, gingerbread, brownies, fritters, biscuits, etc.

HOW TO USE

Allow baker to heat to baking temperature before adding batter. The thermostat light will go out indicating the temperature has been reached  
If there's no indicator or control -- insert a piece of paper between grids until it becomes the desired shade of brown  
Follow recipe instructions exactly, particularly preheating, and temperature setting. Grids that are too cool or too hot can cause sticking.  
Pour batter from end to end along the center of the lower grid and spread slightly. Close waffle baker quickly. The signal light will go on. When it goes off again the waffle is baked.  
Never open baker while waffle is baking. This breaks the waffle and causes sticking  
Always use the amount of shortening specified in the recipe. If using a package mix or another recipe which does not call for shortening, add at least 1/4 cup of melted shortening or salad oil to each batch of waffles to prevent sticking  
Do not increase the amount of sugar in a waffle recipe. Changing sugar content of a balanced recipe can cause waffle failure.  
When through baking, slide control to OFF. Leave baker open to cool.

HOW TO CARE FOR

Do not wash or scrape the inside of your waffle baker. As you use the baker it will darken harmlessly from salt in the shortening.  
Never immerse the baker in water.  
Leave baker open to cool; this prevents burning of fat and food onto metal  
Wipe off excess grease with a soft cloth or paper towel before storing.  
If grids do become stained or sticky, remove them from grill. Dissolve a small amount of a mild detergent in very hot water and allow grids to soak in solution for a half hour or more. Then wash with sudsy water and a bristle brush. Rinse and dry thoroughly. If scouring powder is used be sure to rinse very carefully, as even a small amount on grids can cause sticking  
Season a new waffle baker before using for first time, or if grids are worn off after long usage.  
To Season Grids: Put 1/4 teaspoon salad oil or melted, unsalted shortening into each of the sections of the waffle grill and brush it thoroughly onto all the exposed surfaces. Close grill. Set temperature control on MEDIUM and allow to heat until signal light goes out. Slide control to off position. Open grill and allow to cool. Wipe off excess fat with clean soft cloth

ELECTRIC MIXER

WHAT TO EXPECT

Beater will mix air into foods by electricity evenly and at correct speed.  
Motor drives the beaters which are easy to remove for washing.  
Usually 2 bowls of correct size and shape are furnished so all batter is carried into and through the beaters  
Uniform bowl and beater speed  
Motor speed adjustable  
Beater blades should be sturdy in construction and made of a non-rust material  
No sharp edges or crevices in beaters.  
Beater should reach and mix all materials put in the bowl.  
Motor should be compact unit and capable of being regulated for different speeds  
Adjustment for tipping back or lifting motor for easy removal of bowl and beater blades.  
Base should be large enough that when motor is tilted back or raised there will be no possibility for appliance to fall  
Should have 1/8 or 1/6 horse power motor

HOW TO USE

Plan to allow beater to stand where preparation takes place.  
Turn off motor while scraper is used to remove ingredients adhering to bowl  
Greater efficiency in beating results, when platform is moved so beater is close to side of bowl as possible. Do not allow beaters to hit sides  
Check guide book from manufacturer and follow instructions for use.  
Detach motor to allow beating at range or any work area.

HOW TO CARE FOR

Don't let water or juice splash or run into the motor  
Follow directions of manufacturer for oiling the motor, unless it's the permanently lubricated type  
Detach beaters for washing  
Never put motor in water  
Go over outside of mixer with damp cloth after each using.

JUNIOR SIZE MIXER

WHAT TO EXPECT

Folds, blends, stirs, mixes, beats and whips as does standard size  
Portable, light weight, convenient heel rest, thumb-tip control for correct speed  
Can be easily used at any convenient outlet  
Excellent for small, fast jobs. Not built for thick, heavy mixtures as beating candy that requires 1/8 to 1/6 horse power motor  
Beaters easily removed for cleaning  
Hangs on wall or stores easily  
Doesn't have a standard to hold it for stationary beating

HOW TO CARE FOR

Same as other beater  
Wipe with a damp cloth



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

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

Safford

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

September 5, 1956

PLAIN WAFFLES

1½ cup flour	1 tablespoon sugar
2 teaspoons rapid acting baking powders or	2 eggs
1½ teaspoons double acting baking powder	1 cup milk
½ teaspoon salt	¼ tablespoons melted fat

Sift dry ingredients together into bowl. Beat egg yolks. Add melted fat to milk-egg mixture. Add liquid ingredients to dry all at once, and stir, quickly until well blended. Fold stiffly beaten egg whites in. Bake in waffle baker.

VARIATIONS FOR WAFFLES

Whole Wheat: Substitute 1 cup whole wheat flour for 1 cup white flour

Pecan Waffles: Add 1 cup chopped pecans to the batter before baking

Bacon Waffles: Sprinkle diced crisp bacon over the batter before closing iron. OR place 1/2 strip of partially cooked bacon on each section of pre-hated waffle grid. Spread plain waffle batter over bacon and bake

Cheese Waffles: Add 1/2 to 1 cup grated sharp processed cheese to batter at same time egg whites are folded in. Bake as for plain waffles.

Spiced Waffles: Add 2 teaspoons cinnamon, 1/2 teaspoon nutmeg, 1/4 teaspoon allspice, and 1/2 cup raisins to the batter.

Sour Cream Waffles: Omit fat and substitute sour cream for milk. Add ½ teaspoon soda and decrease baking powder to 1 teaspoon.

Apple Waffles: Add ½ teaspoon cinnamon and 1 to 1½ cups diced apples to waffle batter before folding in egg white.

CORN BREAD

1 cup flour	2 tablespoon sugar	¾ cup corn meal
1 egg	1 cup milk	1 teaspoon salt
3 teaspoon rapid acting baking powder or 2 teaspoons double acting baking powder		3 tablespoons melted fat

Sift dry ingredients together. Combine the milk, egg, and melted fat. Add liquid to the dry ingredients and stir until blended. Brush waffle iron slightly with olive oil. Bake as for waffles.

**BISCUITS:** Use your favorite recipe. Be sure there is 1/4 cup fat in it.

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COCONUT CAKE WAFFLES

1/3 cup shortening	1/2 cup sugar	1 egg, unbeaten
1/2 teaspoon lemon extract		2 teaspoons baking powder
1/4 teaspoon salt	1 cup milk	1 cup shredded coconut
	1 1/2 cups sifted cake flour	

Place shortening, sugar, egg and lemon extract in small mixing bowl. Beat at medium speed, scraping sides and bottom of bowl with rubber scraper, until fluffy - about two minutes.

Sift flour, baking powder and salt together. Working quickly, add flour and milk alternately while beating at low speed for 2 minutes, scraping sides and bottom of bowl with rubber scraper. Stir in coconut.

Preheat waffle baker at a MEDIUM position. Using 1 cup batter, spread evenly over grids. Bake. Cool waffle. Cut in pieces and serve as cookies or cut in sections and serve with ice cream. MAKES 3-four-section waffles.

GINGERBREAD WAFFLES

2 cups sifted all purpose flour	3/4 teaspoon cinnamon
3/4 teaspoon double-acting baking powder	1/2 teaspoon salt
3/8 teaspoon soda	1/2 cup sugar
3/8 teaspoon ginger	1/2 cup fat

Sift together dry ingredients. Cut in fat until mixture is like cornmeal. Add 1/3 cup molasses, 1/3 cup buttermilk, and 1 egg. Beat until smooth. Brush waffle baker grids with olive oil. Proceed as for plain waffles.

APPLESAUCE BROWNIES

Melt over hot water 1/2 cup shortening and 2 squares unsweetened chocolate (2 oz.). Blend in 1 cup sugar, 2 eggs well beaten, 1/2 cup applesauce, 1 teaspoon vanilla. Sift together and stir in 1 cup flour, 1/2 teaspoon baking powder, 1/4 teaspoon soda, and 1/4 teaspoon salt. Fold in 1/2 cup chopped nuts (pecans). Brush waffle grids lightly with olive oil. Bake as for waffles.

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## Conferences

Miss Grace Ryan assisted the Home Agent with her lessons during three conferences.

Most of one morning was given planning for content, supplies, and procedure, for the lesson and workshop on "Repair of Furniture."

Part of one morning was given to the planning for the leader training meeting on "Making Better Use of Equipment". Miss Ryan arranged for the making of a chart on steps in Buymanship.

One morning was given to planning for the lesson "Light in the Home". Miss Ryan sent the agent five different kind of light bulbs, a light base of correct height, four shades of different sizes and shapes, and reference materials.

## Results

Seven leaders from three homemaker clubs and one relief society work leader attended the leader training meeting. Twenty nine homemakers in the three clubs received the lesson during their September meeting. Parts of this lesson will be used by the work leader during her relief society meeting in February.

More requests and a wider variety of requests for assistance by the Home Agent is being asked. There are twice the number now made than were made during 1955. These requests include requests for extension and U.S.D.A. bulletins.

The one 4-H leader attending the State Leader's Conference was so enthusiastic about the agents talk on "Light in the Home", that she influenced homemakers in her club to request a lesson on light as a part of the homemaker's 1957 program.

## HOME FURNISHINGS

The lesson on "Repair of Furniture", was given to members of three clubs by their leaders during their March club meetings. The leaders also conducted special workshop meetings for all who were interested in making foot stools.

The half day leader training meeting and a two day workshop on "Repair of Furniture", was conducted by Miss Grace Ryan, home furnishing specialist, University of Arizona.

During the two day workshop, a footstool was made. The leaders learned to use the different processes - bedding springs, tying, covering, padding, and covering encountered during repair of furniture.

Miss Grace Ryan conducted a night training meeting for the leaders from each homemaker club on organizing their material and preparing for the lesson on "Repair of Furniture", to their homemaker group. Specific information was given on how to put the upholstering cover on a chair, and other steps that differed somewhat from those on the stools. Each lady had an opportunity to discuss her own problems with Miss Ryan. Information and guides were given on selecting fabrics for upholstering. A kit of illustrative material was assembled and a schedule for its use was arranged.

Pictures of Repair of Furniture Workshop. First picture shows Miss Grace Ryan, home furnishing specialist demonstrating covering springs ready for padding. Second picture shows her assisting Mrs. Lamar Kempton of Eden in bedding her springs while Mrs. Albert Carpenter checks on directions.



The Home Agent arranged for the workshop and collection of materials needed for making the footstools, and assisted with the workshops. She prepared and sent out a letter of instructions before the workshop meetings.

Since the heavy snow storm prevented the leaders of the Aravapi Club to cross the mountain pass, the Home Agent gave this lesson for this club. The lesson was given in June during an all day workshop. Two large, over-stuffed chairs were torn down, new webbing put on one, springs bedded and ties on both, covered and padded. One chair was completed. The other lacked the upholstering and final cover. This was later done by the homemaker and her husband.

Information on the selection of fabrics were included in the Home Agents weekly newspaper column and discussed during her weekly radio programs.

Assistance was given homemakers who called at the office, phoned, or wrote the agent. Bulletins were distributed. Further assistance was given through home visits with this problem.

### Results

Eight leaders from two homemaker clubs and one relief society attended the leader training workshop on "Repair of Furniture". Eight footstools were made during the two day workshop.

Four leaders gave the lesson on "Repair of Furniture", to sixteen members in the two clubs.

~~Seven~~ homemakers were assisted with the repair of two large, over-stuffed chairs.

Ten homemakers have repaired four pieces of over-stuffed furniture, recovered eight articles, and repaired the wooden frame of five other articles.

Six homemakers have refinished sixteen pieces of articles of furniture.

### HEALTH and SAFETY

Thatcher homemakers showed the cancer movie on the Self Breast Test, during their august meeting.

Approximately ~~60~~ homemakers attended the showing of the larger version of the cancer movie - "The Self Breast Test", on November 8th. This movie was shown in the Safford Gila Theater. It was followed by a question - answer period conducted by one of the medical doctors. The program was arranged for by the Arizona and Graham County Cancer Association.

### COMMUNITY

#### Publicity

The Home Agent wrote ~~forty~~-nine weekly newspaper columns and ~~forty~~-six news articles which were printed in the Graham County Guardian - a weekly newspaper.

The column contained information of value to homemakers - on homemaking, club activities, coming dates and meetings, on workshops and meetings, bulletins and mimeographed materials available.

The Home Agent assisted with forty four weekly radio programs over station KGLU. The fifteen minute programs were broadcasted at ten a.m. on Saturday mornings. This program was shared with the County Agriculture Agent. Usually both agents were on the program, except when one had to be out of the county or had a morning meeting, at which time the other agent took the whole program.

One radio program was given to interviewing the three homemakers about the Country Life Program.

The Home Agent wrote 46 articles for the Graham County Guardian. Information was given on standards for foods, clothing and household arts to be entered in the County Fair; special adult and 4-H meetings.

Throughout the year the Home Agent took pictures of special activities - both 4-H and adult. Some of these are included with this report. Some of the pictures were used with stories in the Graham County Guardian, the weekly newspaper, and the Arizona Farmer Magazine.

The reporter for the Thatcher Homemakers Club occasionally sent news articles to the newspaper.

The reporter for the County Homemakers Council wrote articles about activities of the council.

#### County Fair

Three meetings of the home economics fair superintendents and the Home Agent were held to plan for the exhibits during the fair. One other meeting with all fair superintendents was held just before the fair.

Mrs. Erma Stewart again served as superintendent of the Homemakers Foods Division; Mrs. Mary Larson again served as superintendent of the Homemakers Clothing and Household Division; and Mrs. Cressa Nelson served as the superintendent of the Home Economics 4-H Division during the County Fair. The Home Agent assisted with planning and conducting the home economics part of the County Fair.

#### 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 Agent.

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

The Home Agent has had requests for bulletins and mimeographed 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 Agent had an opportunity to meet and chat with other homemakers from all parts of the county.

#### RECREATION

The Aravaipa Homemakers held a Spanish supper for their families in August. The County Agent, his family, and the Home Agent attended the supper. The Home Agent discussed plans for the homemaker's exhibits during the County Fair and 4-H club work.

The Thatcher Homemakers held a swimming picnic party in August for their families.

#### RECOMMENDATIONS

- 1- That the Home 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 more work be done in several areas to interest homemakers and youth in forming adult and 4-H Clubs - particularly in Ft. Thomas, Pima, Solomon. Work needs to be done to find new members and reorganize the Eden Club.
- 5- That the county council be made up of executive officers of the council, the club presidents, and one other member from each club.
- 6- That the Homemaker's Picnic be held at another time, separate from the spring council meeting.
- 7- That homemakers hold an achievement program each year.
- 8- That the homemakers be guided to do more to help themselves and others, and to enlarge their circle of interest from "Me and mine", to include others, particularly the desires and needs of others in other communities and clubs.

- 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

The homemakers program for 1957 has been limited to fewer activities so that time in the homemaker's schedule should allow for more home visits, assistance to homemakers, and 4-H clubs.

More lesson-work leaders for the L.D.S. Relief Societies are coming to the extension office and Home Agent for help and materials to use during their meetings. This should be a step toward interesting more homemakers in the extension program.

The organization of a community 4-H Club in the Bonita area should bring about contacts between the homemakers in that area with the Home Agent and the Home Economics phase of the extension program.

Two new 4-H Clubs have been organized and Club work started in areas not served by 4-H work. Five of the six clubs in the Thatcher area, both of the clubs in Safford, and the Bylas club have all reorganized for club work. Girls in two of the Thatcher clubs have united under one leadership for work this winter.

Effort will continue to interest homemakers, and boys and girls in adult and 4-H Club work, particularly in areas where no clubs are now organized.

There is a great need in this county for the development of leadership. This is especially noted through the activities of the County Council. Also, work that the women could do for themselves is left or asked of the Agent.

L E T T E R S

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

University of Arizona  
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U. S. Department of Agriculture  
and Graham County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

January 24, 1956

Dear Homemaker:

The Re-upholstering work will be held from 9:30 to 3:00 P.M. as follows:

February 7 and 8 - over the Coronado Cafe in Clifton

February 9 and 10 - in the basement of the Safford Methodist Church

Before coming to the first workshop day, you will need to have the frame for the footstool made - Size 15" x 18" x 3".

1. Make it from lumber that is at least one-half inch thick
2. If you want it to be a hassock height, use a board wider than the 3 inches. The width depends on height desired and whether legs are to be used or not
3. Brace with pieces of board diagonally across each corner. Nail braces  $1\frac{1}{4}$  inches from top of frame. Angle irons may be used instead of wood for braces.
4. You will need a piece of plywood  $14\frac{1}{2}$ " x  $17\frac{1}{2}$ ". The springs will be attached to this board
5. To make the legs for the footstool -- nail together four blocks of wood, as follows: one  $1\frac{1}{2}$ " square on a 2" square onto a  $2\frac{1}{2}$ " so that two sides form steps and the other two sides are smooth. The fourth square ( $1\frac{1}{2}$  inch) will go on top of the large square. Location will depend upon thickness of board used in the frame. This can be nailed on at the workshop.

If you plan to use webbing, you won't need the braces (point number 3) or plywood in #4. You won't be able to have a hassock since the frame will have to be made from wood that is no wider than the 3 inches.

In selecting the fabric for the cover will you keep the following points in mind:

1. Firm weaves with no long loose threads
2. Small designs are preferable because of size of article
3. Fabrics of two separate tones, can be used -- that is, a figured top and a plain boxing or side, if such an article fits into the color scheme of your room
4. Fabric should pick up some color already in the room
5. Can use stripes and checks, if not too bold in design.

It is hard to say just how much material to buy, because it somewhat depends on your frame box, cording, etc. The calculation given below is based on a cover piece 22" x 24", and 65 inches of boxing from 6 to 9 inches wide.

If material is 36" wide get one yard of material

If 42" material - get  $\frac{2}{3}$  yard

If 54" material - get  $\frac{2}{3}$  yard (this is required because of the 22" dimension regardless of width of cloth)

NOTE: These amounts do not include wide (3") bias for a trim. If bias is desired an added  $\frac{1}{3}$  yard should give a band without too many piecings.

SUITABLE FABRICS FOR STOOL:

Denim	Cotton Damask	Cotton frieze
Cotton tweeds	Repp	Pebble cloth
Novelty drapery cottons (small designs)	Drapery sateen (heavy)	Ticking
Monk's cloth (firm weave)	Pebble cloth	Light weight tapestry

BRING TO THE WORKSHOP (the first day) the following materials and supplies:

Frame for footstool or hassock - already made  
1 gunny sack or heavy feed sack to put over springs  
1 unhemmed flour sack or a piece of muslin or other plain material equivalent in size to sack - strong and clean  
tape line=  
scissors  
small hammer  
screw driver  
fabric for outside covering of stool  
1 spool heavy duty matching thread  
Your copy of C-136 "Furniture Repair" - if you have a copy

We will have other supplies needed, such as springs, padding, moss, tacks, etc. You can pay for these supplies that you use.

If you plan to use foam rubber for padding you will have to supply this yourself. If you haven't already done so, you should see the box frame for the stool which I have here in the office. Drop in and see it before you try to nail your frame together.

If you find you cannot attend this workshop, I will appreciate it if you will let me know. There are others who would like to attend, if there is room for them.

Sincerely yours,



MILDRED O. EATON  
Home Demonstration Agent  
Graham and Greenlee Counties

MOE: lg  
cc: 50



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

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

Safford

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

July 22-28, 1956

13TH NATIONAL FARM SAFETY WEEK



WORKING TOGETHER: EVERYBODY; FOR SAFETY  
FARM: HOME: HIGHWAY: EVERYWHERE

**S**aves Lives, Time, and Money  
**A**voids Injury and Suffering  
**F**rees People From Grief and Worry  
**E**ncourages Mutual Consideration and Care  
**T**ackles Accident Prevention Vigorously  
**Y**ields Happy, Useful Years

SOME OF THE PITFALLS AND DANGERS: Farm fires  
Farm machinery  
Insecticide program  
Home cleaning  
Improper electrical appliance use  
Handling livestock  
Small tools, rakes, hoes, rusty nails  
Matches  
Ladders

TAKE ONE SAFETY STEP EACH DAY: LET'S KEEP GRAHAM COUNTY FREE OF FARM  
AND HOME ACCIDENTS ALL THE YEAR AROUND, BUT MAKE A SPECIAL CHECK  
DURING THIS\*\*\*\*\*NATIONAL FARM SAFETY WEEK!

John L. Sears  
JOHN L. SEARS  
County Agricultural Agent

Mildred O. Eaton  
MILDRED O. EATON  
Home Demonstration Agent

JLS:NOE:LG  
cc: 500

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

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

Safford

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

September 24, 1956

DEAR HOMEMAKER:

A meeting of all homemakers interested in the Extension program will be held this Friday morning from 9:30 A.M. to 11:00 A.M. We will meet in the Relief Society Room of the Ft. Thomas L.D.S. Church.

Mrs. Scott and Mrs. Marshall have asked me to repeat a portion of our lesson "Making Better Use of Equipment" for you. There is a possibility that Miss Jean Stewart, State Leader of Home Economics Extension work in Arizona will be with us.

I hope that you can come to this meeting. Will you invite your neighbors and friends to come to this meeting with you.

Sincerely yours,



MOE:lg  
cc: 40

MILDRED O. EATON  
Home Agent  
Graham and Greenlee Counties

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

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

Safford

Agricultural Extension Service  
Home Demonstration Work  
County Agent

October 19, 1956

DEAR LEADER:

The Leader Training meeting for the lesson "Sewing Centers and Cabinets" will be held October 31, from 9:30 A.M. to 3:00 P.M.. Miss Helen L. Church, Extension Clothing Specialist from the University of Arizona, will be with us. The meeting will be held in the basement of the Safford Methodist Church.

Will you please bring the following supplies with you?

Pencil  
Paper for note taking  
Newspapers to cover tables  
Small glass jars with lids to go on top  
Hammer  
Screw driver - medium size  
Piece of fabric (1/4 yard) to use for pocket  
The enclosed leaflet

I'm enclosing a copy of the bulletin for your reference. I will purchase additional supplies, boards, nails, screws, hooks, etc. needed, for one cabinet for each homemaker club. This material will cost approximately three dollars.

During the training meeting two leaders will work together to make one cabinet.

Does any one of you have a Yankee drill which could be used during our meeting? If so, will you let me know right away?

Sincerely yours,

*Mildred O. Eaton*

MILDRED O. EATON  
Home Agent  
Graham and Greenlee Counties

Enclosure  
MOE:lg  
Mailed under stamp  
cc: 25

NEWS LETTERS

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

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

Safford

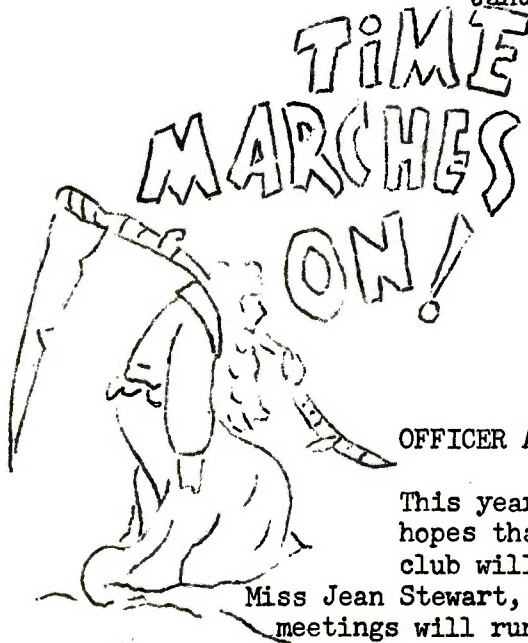
Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

January 5, 1956

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January 1956 \*\*\* Newsletter #1

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A New Year by the Calendar!  
A New Year for our Program.

Where are we going during 1956?  
What are we going to accomplish?  
How are we going to do it?

When?

OFFICER AND LEADER TRAINING MEETINGS

This year there is to be two -- one in each county in hopes that every officer and leader in each homemaker club will be present as well as County Council Officers.

Miss Jean Stewart, state leader will be with us each day. The meetings will run from 10:00 A.M. to 3:00 P.M.

JANUARY 25 in Greenlee County

JANUARY 26 in Graham County

Make plans now to attend this training meeting in your county. A reminder and notice will be sent to each officer and leader giving place.

**MARK THE DATE NOW!** If you don't receive the notice - then make inquiry as to the place. Let's resolve to be present.

FEBRUARY HOMEMAKERS' LESSON is on "Casserole Meals" with information on serving buffet style.

The LEADER TRAINING MEETING WILL BE HELD FROM 10:00 A.M. to 3:00 P.M.

FEBRUARY 2 - at 830 $\frac{1}{2}$  Seventh Street, Safford

FEBRUARY 3 - York Club House, south of the  
3-way drive

*Mildred O. Eaton*

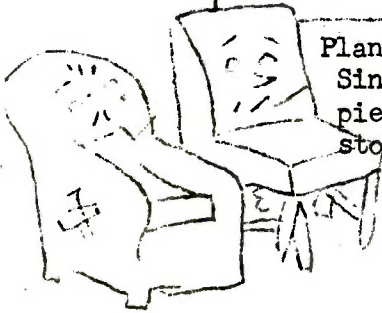
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MILDRED O. EATON  
Home Demonstration Agent  
Graham and Greenlee Counties





RE-UPHOLSTERING WORKSHOP



Plans are as follows:

Since it would mean a 5-day workshop if each lady brought a piece of furniture, we have decided for her to make a footstool. In this way she can complete her footstool during the 2-day workshop.

The footstool will have springs, padding, etc. -- most of the problems found in your over-stuffed furniture.

A wooden frame should be made and brought with you to the meeting the first morning. I will get other supplies needed for which a charge will be made.

The box or frame should be 15"x18"x3" in size. Made from at least 1/2" thick lumber. Directions for making will be sent to those who register for the workshop. A model of the two boxes - one with wooden bottom and one with webbing bottom - are in our Safford Office. I will carry these with me to homemaker club meetings durig January.

Since there is a limit to the number we can handle at this workshop, get your registration in to me right away - by returning the enclosed form or by sending a postcard with the information needed, FIRST REGISTRATIONS will get to ATTEND.

If there aren't enough register for the workshop, it will be cancelled. So! SEND YOUR REGISTRATION TO ME BEFORE JANUARY 13.



REGISTRATION FOR RE-UPHOLSTERING WORKSHOP

Name \_\_\_\_\_ Address \_\_\_\_\_

Do you wish to put your springs on wood or on webbing? \_\_\_\_\_

Check dates you plan to attend:

Greenlee County -- February 7 and 8 \_\_\_\_\_  
Graham County -- February 9 and 10 \_\_\_\_\_

What is your problem? What is the piece of furniture? What repair or upholstery does it need?

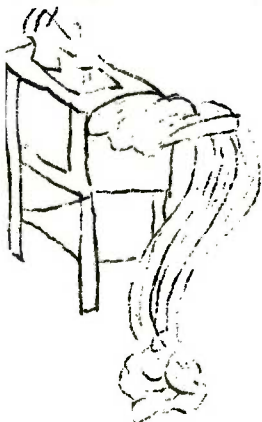
PROPAGATION OF PLANTS:

Due to the fullness of our program for 1956 this meeting is being held until later. Therefore, may I suggest to those of you that wanted this information that you attend the following meetings:

February 9th - all day - on Landscaping the Home Grounds

February 10th - morning - "Pruning Roses" the home of Doyle Humphries  
811 11th St. Safford

afternoon on "General Pruning" - watch Mr. Sears' column for the place; both meetings will start at 10:30 A.M. Mr. Sears will be glad for you to come to these meetings. Mr. Harvey Tate, horticulturist, University of Arizona, will conduct the meetings. You can ask him questions on propagation or any other problems you have.



SPECIAL CLOTHING WORKSHOPS

Several homemakers have requested assistance with their sewing problems. We need to know who and what kind of help is needed before we can plan and set up meetings.

If you would like assistance with your sewing problems, to learn more about construction, patterns, fitting, etc. and would like to get in on one of these workshops, FILL OUT the enclosed slip and RETURN it to me before JANUARY 13th.

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REGISTRATION FOR CLOTHING WORKSHOPS

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

Check choice of the following for which you would like to participate----

- Beginning Sewing
- Children's Garment
- Modern Construction Methods

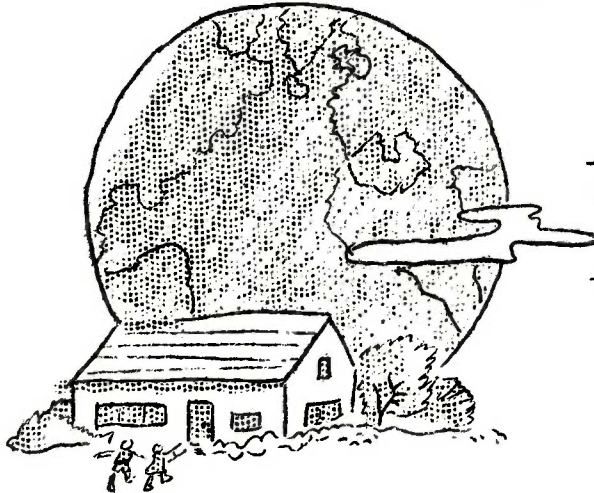
Give comments on what you want to learn and do during this workshop. List. Be specific.

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

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

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

April 3, 1956



Today's Home Builds  
Tomorrow's World

NATIONAL HOME DEMONSTRATION WEEK is April 30 through May 5th. What is your club going to do to observe this week? How can you help?

While planning for your exhibit, window display, radio program, and newspaper articles, what are the things we want to tell others? What are the important things about our extension club?

Let us separate our educational from our social activities. The educational is our extension work -- the purpose for which we are organized into clubs, the purpose for which money is appropriated by the Federal, the State, and the County. The social activities and crafts work are the frosting.

We all enjoy "frosting", but we cannot maintain Extension Homemakers Clubs on frosting anymore than we can maintain life. LET'S TELL THE PUBLIC ABOUT OUR EDUCATIONAL ACTIVITIES.

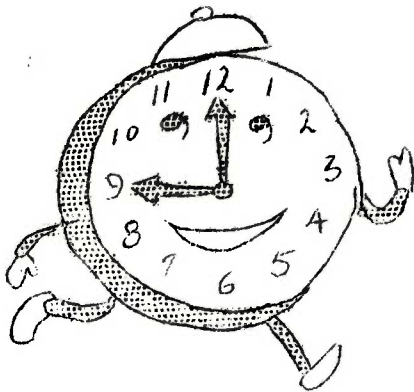
When we set up an exhibit, we are telling a story. What kind of an impression do we want to give others about our Extension Homemakers Clubs and their activities?

\*\*\*\*\*

COUNTRY LIFE CONFERENCE will be held on the campus of the University of Arizona in Tucson June 19 to 22, 1956.

Lodging will be provided in dormitories on the campus and meals will be available in State Union Memorial Building.

The program will include lectures, group discussions, workshops, and educational tours through various University departments, all of which should be of interest.



PLAN NOW

To Attend Your

HOMEMAKERS COUNCIL MEETING

The Graham County Council officers and window display committee from each homemaker club will meet at 1:30 P. M., April 9, to complete plans for observance of National Home Demonstration Week.

GREENLEE COUNTY COUNCIL will meet May 3, 10:00 A. M. to 3:00 P. M., at the York Club House. Registration at 9:45 A. M. Pot-luck dinner at noon. Program after noon includes a stunt or skit by each club.

GRAHAM COUNTY COUNCIL will meet May 4, down Aravaipa Canyon. Recreation 11:00 A. M. to 12:00. Picnic lunch at noon. Business and program after lunch.

Each homemaker club will report on activities and accomplishments during the year at their County Council Meeting. Let's include the important things done by the club. A few of the "frosting" things can be mentioned, but emphasis should be given to the educational features and accomplishments.

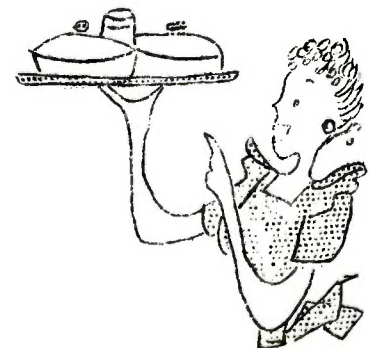
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MAY Homemakers LESSON is on Care and Treatment of Fabrics. The leader training meeting will be held by Miss Helen Church, 10:00 A. M. to 3:00 P. M. on Thursday, April 26 for Greenlee County and Friday, April 27 for Graham County.

OVER-WEIGHT? WANT TO LOSE? A group of us in Graham County are organizing a weight losing club. We plan to meet every two weeks to weigh, plan and discuss low calorie foods and meals. If you want to join call or write me in Safford.

LOW CALORIE DIETS  
CAN BE BALANCED !

The "Mock Chicken Pie" at the top of page four of the "Favorite Recipes" from Graham and Greenlee Foods Leaders is the favorite recipe of Francelle Ledford, Safford Homemakers Club.



January 23rd, a group of young homemakers in Safford met together and organized an extension club. The following officers were elected:

- President .....Mrs. Claude Ledford (Francelle)
- Vice President..... Mrs. A. A. Visconti (Ellen)
- Secretary-Treasurer ..... Mrs. Bill Steiner (Toni)
- Reporter..... Mrs. Bailey Wood (Betty)

## 4-H ACTIVITIES

This year we have six home economics 4-H Clubs in Greenlee County, as follows:

### DUNCAN WILDKITTENS

Room Improvement projects led by Mrs. Stanley Coon  
Clothing by Mrs. Albert Williams and Mrs. Bruce Miller  
Foods by Miss Martha Clayton and Mrs. Clyde Brown  
Junior Leader - Miss Roberta Stratton

### YORK COW GIRLS

Clothing by Mrs. Mattie Foote  
Foods by Mrs. James Sanders  
Junior Leader - Betty Barney

### MORENCI 4-H STARS

Clothing II, III, and IV by Mrs. Flora Munkres

### MORENCI CLOVERETTES

Clothing I by Mrs. Thomas Patterson

### STARGO COPPERETTES

Foods I by Mrs. Vivi Cox

\*\*\*\*\*

Graham County has also doubled its 4-H enrollment and number of home economics 4-H Clubs. They are:

### SAFFORD

Happy 4-H'ers (Food I) led by Mrs. John Satorins and Mrs. Terrel Blake  
Lucky Klover Klub (Clothing I) by Mrs. John Sears

### THATCHER

Jolly Janes (Clothing I) by Mrs. Melva Mullanux  
Junior Leader - Maryleen Nelson  
Merry Maids (Clothing II) by Mrs. Derl Phillips  
Fashion Girls (Clothing 2, 3, 4, 5) by Mrs. Cressa Nelson  
Junior Leader - Karla Turner  
Busy Maids (Foods I) by Mrs. Ella Smith  
Busy Teens (Foods I) by Mrs. Donna Curtis  
Willing Workers (Foods I) by Mrs. Virginia Thompson

### PIMA

Pima Pals (Clothing I) by Mrs. Lloyd Kempton  
(Clothing I) by Mrs. Lynn Carter

EDEN COMMUNITY CLUB has two girls in Clothing I and V - Lorraine Kempton, Jr. Leader

BYLAS LUCKY KLOVER (Clothing I and II) led by Mrs. Mary Belle King



BEATITUDES OF A LEADER

BLESSED is the leader who has not sought the high places, but who has been drafted into service because of his ability and willingness to serve.

BLESSED is the leader who knows where he is going, why he is going, and how to get there.

BLESSED is the leader who knows no discouragement, who presents no alibi.

BLESSED is the leader who knows how to lead without being dictatorial; true leaders are humble.

BLESSED is the leader who leads for the good of the most concerned, and not for the personal gratification of his own ideas.

BLESSED is the leader who develops leaders while leading.

BLESSED is the leader who marches with the group, interprets correctly the signs on the pathway that lead to success.

BLESSED is the leader who has his head in the clouds but his feet on the ground.

BLESSED is the leader who considers leadership an opportunity for service.

- - Author Unknown

Sincerely yours,



MILDRED O. EATON  
Home Demonstration Agent  
Greenlee-Graham Counties

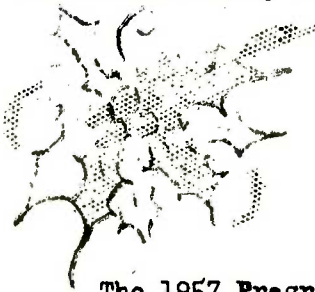
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COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

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

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

November 27, 1956



CHRISTMAS will soon be here - and it will be followed by NEW YEARS

Which brings us to our 1957 program

The 1957 Program includes plans for workshops on MODERN METHODS OF CLOTHING CONSTRUCTION. Each workshop, so far as possible, will be set up with ladies of equal sewing experience. The number of workshops set up will depend on the number of leaders who will help to conduct them, time of the home agent available, and the number of people who enroll. These workshops will be held during February and March.

In order to organize and complete plans for the workshop we need an enrollment.

If you plan and wish to participate in one of these workshops, will you fill out the enclosed enrollment card and return it to me within a few days: BEFORE DECEMBER 7th. Please give information needed on the enrollment card.

+ + +

1957 PROGRAM FOR CLUB MEETINGS

JANUARY - Select leaders, organize and fill out program booklets

FEBRUARY - "Understanding Color and Its Use" - I will be with your club for this lesson

Sincerely yours,

*Mildred O. Eaton*

MILDRED O. EATON  
Home Agent  
Graham and Greenlee Counties

MOE:lg  
Mailed under stamp  
cc: 250

ENROLLMENT for CLOTHING WORKSHOPS

I wish to enroll in a class (meeting 5-6 times) in "Modern Methods of Clothing Construction".

	Yes	No
Do you sew for yourself?	_____	_____
Do you sew for your children?	_____	_____
Do you sew for the men in your family?	_____	_____

List kinds of garments that you make \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I don't sew, but I would like to learn: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
DATE \_\_\_\_\_

NEWSPAPER COLUMNS AND ARTICLES



# Graham County Guardian

GILA VALLEY FARMER

FRIDAY, DECEMBER 23, 1955



## Chatting

With Your  
Home  
Demonstration  
Agent  
Mildred O.  
Eaton

"Christmas Day is coming fast. It sets us all a tingle. If you just listen you can hear Old Santa's Sleigh Bells Jingle."

Have you read the story about —"Yes, there is a South Pole Santa?" It's cute.

Treated pine cones make a colorful Christmas flame in the fireplace. To make red, blue, and green flames, dissolve one pound of certain chemical salts in a gallon of water. Strontium nitrate salts cause a bright red flame when the pine cones are burned. Copper sulfate is used for the blue flames, and boric acid for the green. Soak the cones in the solution for about 15 minutes and then let them dry out for a day or two.

Get the salts soon for colors in your fireplace during Christmas-New Year's Week. Your druggist probably sells the materials.

Christmas Tree is a fire hazard. It's combustible. Filled with pitch and resin it will ignite very easily and burn so furiously that it is almost impossible to extinguish.

To minimize the danger, the National Board of Fire Underwriters suggest the following simple rules:

1. When you set it up, stand it in water, or use a live tree in a pot of earth.
2. Place it in coolest part of the house, away from heaters or fireplaces. Don't let it block exit.
3. Don't smoke near the tree.
4. Be sure all electric lighting is in good condition. Look for the UL label which means that they have passed Underwriters Laboratories tests for fire and shock safety.
5. Never leave light on tree burning when everyone is out of house.
6. When needles start to turn brown, remove the lights.
7. Don't let Christmas wrappings pile up under or near the tree and light cords.
8. Take tree down when needles begin to fall.

Slip a spoonful of lemon sherbet into a glass of chilled Cranberry Juice Cocktail. Serve it as an appetizer before lunch or dinner.

FRIDAY, NOVEMBER 2, 1956



## Chatting

With Your  
Home  
Demonstration  
Agent  
Mildred O.  
Eaton

Miss Helen Church conducted the leader training meetings for the lesson "Sewing Centers and Cabinets" this week. Tuesday the meeting was held at the York Club House for the Greenlee leaders and on Wednesday in the basement of the Methodist Church for the Graham County leaders. The leaders will give this lesson to the members of their Extension Homemaker clubs during November. Miss Church is extension clothing specialist from the University of Arizona.

Next Wednesday Mrs. June McBride will conduct the training meeting on "Care and Use of the Sewing Machine" for 4-H clothing leaders in Graham and Greenlee Counties. This is a new service offered throughout the United States for the first time this year. Instruction will be given the leaders on how to teach their 4-H club members so that they may become accomplished machinists.

The Greenlee County 4-H Awards program will be next Thursday night, November 8, in the cafeteria of the Duncan High School. The program will begin with a pot-luck supper at 6:30 p.m. Parents and friends are invited to attend.

**ATTENTION ALL HOME-MAKERS:** The Cancer Movie—"The Breast Test" will be shown next Thursday morning, November 8 in the Gila Theater here in Safford. This is the long version of the movie, not the short one shown in Thatcher during August. A physician will be present to explain and answer questions. Every homemaker should attend this movie at ten o'clock next Thursday.

More copies of the material on "casserole Meals" has been mimeographed. All lesson leaders for the L.D.S. Relief Societies that would like copies for their members, may obtain them by calling at our office or writing me here in Safford. Please state the number of copies desired. This material is available to all homemakers, as well as other bulletins and mimeographed materials from the University and the U.S. Department of Agriculture.

With dark cottons so popular right now, lint has become a major problem. The answer lies in proper care of the clothes before and during washing.

Sort your clothes so that the dark cottons are washed together—away from towels, sheets, and linen articles. Use dry-cleaning fluid on grease spots before washing and give these cottons a gentle, short sudsing. This will insure a dark, even color.

Remove wadded cleaning tissues and paper napkins from pockets before soaking. Also, check pockets for tobacco shreds.

Too, lots of lint in your wash may mean you have committed one of the cardinal washing sins—overloading, overbleaching, or over washing. These common mistakes wear clothes out, make them go to lint faster.

The old-time campaign promise of "chicken in every pot" has become a reality this fall. Consumers are finding a bonanza in poultry during this fall harvest season. Turkeys, and tender broilers and dryers are in abundant supply and attractively priced in our markets.

About one-sixth more broilers and fryers have been marketed this month than were sold last year during this time, says the U.S. Department of Agriculture surveyors. There are about one-fifth more turkeys this year than last, also. This increase will make for lower prices.

Since poultry is always popular in U.S. homes, look around for new ways to prepare it so that you can take advantage of the predicted lower prices this fall. The scarcity of a food item makes it expensive, so always look for the farm products which are plentiful during certain seasons of the year.

Do you have copies of our



Articles on County Project Work  
Published in Arizona Farmer - Ranchman

June 23, 1956

ARIZONA FARMER-RANCHMAN

## HOME EC STEPS AHEAD

Progress Is the Key in Graham-Greenlee Counties  
Where 4-H and Homemaker Club Activities Vary



Miss Grace Ryan, right, home furnishing specialist at the University of Arizona, helps Mrs. Jean Jones of the Morenci Homemakers Club tie and bed her springs in making a foot stool. The picture was taken at the two-day workshop held in Clifton for Greenlee Homemaker Club members.

**T**HE 4-H GIRLS and members of homemakers clubs in Graham and Greenlee Counties are just what the various club names say: Happy 4-H'ers, Busy Maids and Willing Workers.

And for the first half of 1956, they all have been Busy Bees.

Accomplishments include two Saturdays of work — March 24 and 31 — during which the girls of Safford's two 4-H home ec clubs, the Lucky Klover Klub and the Happy 4-H'ers, went to work selling Easter lillies with proceeds going to the crippled children's fund. "When it was all over," says Miss Mildred Eaton, Graham-Greenlee home demonstration agent, "the girls had collected \$92.36. We are awfully proud of them, since that was the second largest amount ever collected for that work in Graham County."

And the women and girls of the two counties are just as proud of Miss Eaton. She has her hands full with a job that keeps her going strong just keeping track of the growth of home ec and homemaker clubs.

### Six Thatcher Clubs

In addition to the Safford 4-H clubs, there are six clubs in Thatcher. The Fashion Girls, led by Mrs. Cressa Nelson, are studying advanced clothing and have been named the most outstanding club in the County for the last two years. The Merry Maids, led by Mrs. D. S. Phillips, are studying second year clothing; Jolly Janes, Mrs. Derald Mulleneaux, first year clothing; Busy Teens, Mrs. Kennedy Curtis, first year foods; Willing Workers, Mrs. Leonard Thompson, first year foods; and Busy Maids, Mrs. Keith Smith, first year foods.

The two Rima clubs, Pima Pals and Busy Bees, led by Mrs. Lloyd Kempton and Mrs. Lynn Carter, respectively, are working on first year clothing.

The 4-Leaf Clover Club of Bylas, led by Mrs. Marybelle King, is engaged in first and second year clothing projects.

The Eden Community Club members have first and fifth year clothing as projects. This is a joint club, operating with a boys' agriculture club. The two girl members are

Lorraine Kempton and Marlana Douglas.

### Safety Project

The Fashion Girls entered a float with the Thatcher Cow Boys in the Sheriff's Posse Rodeo parade recently and are also working to get fluorescent tape on bicycles as a safety project.

"Enrollment among the young clubs," Miss Eaton points out, "has doubled. We had three clubs last year in Thatcher, and now have six there."

And progress is being made at the Bylas club where a new two-room building has been built at Bylas School. The home ec and ag clubs use the building during the school year.

In Greenlee County, progress is just as outstanding, with the Duncan Wildkittens Club a veritable volcano of activity. Mrs. Stanley Coons is leading first and second year room improvement projects.

Mrs. Bruce Miller and Mrs. Albert Williams are leading first, second, third and fourth year clothing projects, and Miss Martha Clayton

and Mrs. W. H. Brown are leading first, second, third and fourth year food projects. "Some of the girls in this club are really working," Miss Eaton points out, "and are engaged in all three projects."

### Activity Varied

The York Cow Girls, led by Mrs. Warren Foote and Mrs. James Sanders, are engaged in both food and clothing projects and, in addition to their regular meetings, meet once a month jointly with the York Cow Boys.

The Morenci 4-H Stars, headed by Mrs. E. C. Munkres, are working with second, third and fourth year and advanced clothing projects. The Morenci Cloverettes, engaged in a first year clothing project, are led

(Please Turn to Page 31)

## Home Ec Steps Ahead

(Continued from Page 27)

by Mrs. Thomas Patterson, a former Arkansas 4-H girl.

And the Stargo Copperettes, led by Mrs. William Cox, have first year food as their project.

"The Morenci 4-H Stars," reports Miss Eaton, "recently held a work meeting to make sewing cabinets. The meeting was held under the direction of Mrs. Munkres, and the cabinets were made with the assistance of the girls' fathers and mothers."

Participating at the meeting, which turned out some fine cabinets, were: Glenna Miller and her mother, Mrs. J. D. Miller; Sandra Cox and her parents, Mr. and Mrs. W. M. Cox; Joyce Morgan and parents, Mr. and Mrs. John N. Morgan; Irene Velasquez and her father, Henry Velasquez; Geraldine Allen and father, Donald Allen; Betty Hackney and father, Ray Hackney; Louise Fenzi and her father, Warren Fenzi; and Ann Rhodes and her father, J. C. Love.

### Homemakers Busy

The homemakers in the two counties have been just as active as the younger clubs. The Safford Young Homemakers is going strong after being organized in February. And the Aravaipa Club is one of the centers of activity around Klondike for the 12 members, most of them ranchers' wives. The Thatcher Homemakers has a membership of 20 while seven homemakers are engaged in club work at Eden.

In Greenlee County, the York Club has a membership of 26, the Clifton Club, 20, Plantsite, 15, and Morenci, 38.

"During National Home Demonstration Week," Miss Eaton says, "representatives from each of the four Greenlee clubs were interviewed by me during a 30-minute

radio program and club projects, plans and activities were discussed. Each club had a window display for the week and supplied information for newspaper stories about the work. And a spring council all-day meeting was held at the York clubhouse."

That club is an achievement in itself. In co-operation with the York 4-H clubs, the Homemakers have added a piano, a cooler, new drapes, have had the stove hooked up, improved the water system, have furnished dishes and silver, and are now trying to reroof the building of this community clubhouse.

### Still More

The Plantsite Homemakers now are working to organize a club for the Navajo women of the area. The Clifton Club is continuing its project of contributing clothes and food to needy families in the area, and the Morenci Club has many activities, including sponsorship of all 4-H clubs in Morenci.

One of the highlights of the year for the Homemaker clubs in each county was the two-day workshop on repair of furniture.

"The ladies learned all phases of repairing upholstered furniture while making a foot stool," says Miss Eaton. Graham County's two-day workshop was held at Safford. Attending were: Mrs. Maybelle Carpenter and Mrs. Lois Kempton of the Eden Club; Mrs. Bonnie West, Mrs. Leola Lundell, Mrs. Cressa Nelson, Mrs. Gertrude Painter, and Mrs. Nelya Mulleneaux, all from Thatcher; and Mrs. Donald Foote of Safford.

"The women from Duncan and Aravaipa," Miss Eaton reports, "couldn't get over the mountain to attend the meeting because of a

heavy snowfall that blocked traffic."

The Greenlee workshop was held at Clifton. Attending were: Mrs. Jean Jones and Mrs. Ruby Daimon, Morenci; Mrs. Edna Larremore, Clifton; Mrs. Virginia Sinclair, Plantsite; and Mrs. Ruby Sanders, Mrs. Iola McKean and Mrs. Dean Rapier, York.

Right now, if you asked Miss Eaton or any of the 4-H girls what their plans are, they would probably say: "To recover from 4-H Roundup."

As soon as they do, though, they will be right back in the swing of 4-H and Homemaker clubwork and progress.



## VISITING EDEN

### *Mrs. Albert Carpenter Manages to Spare Time From Busy Household Schedule for Outside Activities*



Mrs. Albert Carpenter particularly enjoys doing embroidery work, and the embroidered pillow slip which she holds is intended for the county fair.

that a tier cake to serve 150 people takes at least seven hours to ice and decorate.

(Incidentally, she said that her idea for that tiered cake came right out of the recipe column of the May 26, 1956 number of Arizona Farmer.)

"I have always baked bread," she says, explaining that eight loaves will usually do the family for about six days. That varies, depending on whether she makes hot biscuits or corn bread during the week for a change.

Frequently she makes whole wheat bread from a recipe which she prizes highly, one which won her a coveted first place ribbon at the county fair a few years ago. "That was my biggest achievement," she exclaims, "because everyone was trying for it that year. When I won I told them I would leave well enough alone and never enter whole wheat bread again."

The recipe, which she originally obtained from Mrs. Reid Ellsworth, isn't complicated and, for Arizona Farmer's readers, Mrs. Carpenter was happy to divulge it.

**H**OUSEKEEPING, cooking, washing and ironing for a family of five children and two adults seemingly would leave little spare time, but Mrs. Albert (Maybelle) Carpenter of Eden manages to find time for her favorite hobby — fancy handwork such as crocheting, embroidering, knitting.

She is noted for the excellence of that handwork too, usually managing to capture her share of top ribbons at the Graham county fair. But, like almost everyone who does fine handwork, she gives most of it away. "In other words," she says, "I kill two birds with one stone. After showing the items at the fair I give them as Christmas presents."

Although she is normally a quiet, shy woman, Mrs. Carpenter's eyes twinkle merrily and she becomes animated when discussing things she would like to do, hobbies she would like to take up, someday when the children are grown and there is more time.

"I am just living for the day," she laughs, "when I get old and can retire and learn to play the violin. But," she adds ruefully, "I don't suppose the time will ever come. I once read, though, where a lady became a doctor in her 70's, so that is what I am waiting for."

When the day comes, she won't be a novice, however, for she did play the violin in high school. And all the Carpenter youngsters who are old enough take music lessons at school. "They kind of like it," she says, "and their daddy missed it so he encourages them."

Born in Graham County, Mrs. Carpenter has lived in the area most of her life. Although their present farm home, where the Carpenters have lived for about 18 years, is a bit isolated, Maybelle says she never gets lonely. There is always something to do.

Naturally, cooking and baking take up quite a bit of her time, but Mrs. Carpenter admits she doesn't really like to cook. "I would much rather sit and do handwork if it came to a choice between the two," she says in an emphatic tone. But even as she made the statement, the smell of freshly baked bread permeated the house and she finally admitted that she likes baking.

In fact, she has made quite a few fancy wedding cakes for relatives and even a couple on order. "I love to make things like that," she smiles, "but people certainly don't realize how much time it takes." She figures

#### Blue Ribbon Whole Wheat Bread

12 cups flour  
3 tsp. salt  
4 tsp. shortening  
½ cup honey  
3 eggs, well beaten  
3 cups scalded milk  
2 cups water  
3 dry yeast cakes, or  
2 compressed yeast cakes.

Mix dry ingredients and add liquid and shortening. Let stand for ten minutes. Then turn out on a floured board and knead until elastic. Shape into loaves and let stand in baking pans for 20-25 minutes. Bake one hour in a 350° oven. You can add nuts to it as you shape the loaves, if desired.

Considering her busy life as a mother and homemaker, it's somewhat remarkable that Mrs. Carpenter has any time left over for outside activities, but she does. Besides being very active in regular church activities, she also teaches in the LDS primary school. "Right now I have the older boys in the Boy Scout program."

There are about six boys in the Scout group and when asked if she accompanied them on those five-mile hikes, Mrs. Carpenter grinningly replied, "Yes, the other teacher and I have gone with them."

#### Encourages Youngsters

Her own youngsters are almost as busy as she is, and Mrs. Carpenter encourages them in hobbies and club activities. One boy, Ray, is in 4-H work, and has even expressed an interest in cooking and embroidery. Daughter, Alberta also likes cooking and sewing and plans to enter some of her work at the county fair.

All of them help Mrs. Carpenter care for the chickens and do chores around the farm, for there is a truly "family" spirit in the Carpenter household. Probably this is because all of the things which keep Mrs. Carpenter and her family busy — hobbies and work — are the type of activities which promote family unity.



## HOMEMAKERS CLUB ORGANIZED MONDAY

A meeting to organize a Homemaker's Club in Safford was held Monday night at the home of Mrs. T. E. Jacobson. This club, along with other homemaker clubs in the valley, will be under the supervision of the University of Arizona Extension Service and the U. S. Department of Agriculture.

The aims of the club and a brief outline of activities and lessons for the coming year was given by Miss Mildred Eaton, Home Demonstration Agent, and Mrs. Raymond Pointer, representative of the County Council.

Club officers were elected and a meeting date set. Light refreshments were served.

Present were Mrs. T. E. Jacobson, hostess, Mrs. Claude Ledford, Mrs. Bill Stiner, Mrs. Thomas Pierce, Mrs. Henry Clifford, Mrs. A. A. Visconti, and Mrs. Bailey Woods, Jr.

## Thatcher Homemakers Club Holds Meeting

The Thatcher Homemakers Club held their monthly meeting at the home of Mrs. Donna Curtis Friday, Sept. 14, Thatcher, at 4 p.m. Mrs. Bonnie West, president, presided at the business meeting and presented the lesson which was Making Better Use of Our Kitchen Equipment, and what features to look for that fit your needs when buying new cooking utensils. She also made some delicious corn-bread waffles for a demonstration.

There were 13 members present. Refreshments were served by Mrs. Curtis and Mrs. Marilyn West.

FRIDAY, JUNE 1, 1956

## Country Life Conference To Be in Tucson

The Tenth Country Life Conference will be held on the campus of the University of Arizona June 19 through June 22. The theme this year is: The Land Grant College Serves the Family. Folders and registration forms are available from the county extension service office.

The first day will be given to getting acquainted. Each day starts off with a tour at eight and group meetings at nine. The following are some of the outstanding talks and activities scheduled:

### Wednesday

9:00 a.m. — Choice of one — Rights of Women under Community Property Laws in Arizona; Keeping Farm and Ranch Books and Accounts; Planning Your Outdoor Living Area, or News in Interior Decorating.

10:45 a.m.—A panel discussion —Developing Industry in Arizona and Its Relation to Rural Living.

1:00 p.m.—Choice of one—The art of Speaking, How to Paint a Picture, Education for Marriage, Learning to Talk, Role of Developing Speech, or Table Decorations.

2:45 p.m.—Panel on trends in education—What the High School has to do Considering that all Students do not go to College, and What High School Students Should Study if they are Planning on College.

5:00 p.m.—Tea as the guest of Mrs. Richard Harvill, wife of the University President.

7:00 p.m. — Your University discussed by President Richard Harvill, The College of Agriculture by Dean Harold Meyer.

7:30 p.m.—Rain: Where, When, Why, and How.

8:00 p.m. — Song and Stunt Night.

### Thursday

9:00 a.m. — Meat; Kind and Cuts, Preference, Price and Quality, Selecting Meat.

1:00 p.m.—Choice of one of the subjects missed the first day.

2:45 p.m.—Being a Child in My Country—Students on the campus from foreign countries.

6:30 p.m.—Banquet.

7:30 p.m. — Pageant, "Fifty Years of Family Living in Arizona," Graham and Greenlee Homemakers will portray the period 1940 through 1949 as their part of the program.

Homemakers will stay in Yuma Hall, a women's dormitory on the University campus, and have their meals at the college cafeteria.

FRIDAY, FEBRUARY 3, 1956

## COUNTY COUNCIL HOMEMAKERS MEET

The Graham County Council for Homemakers met Jan. 26 at the Thatcher Relief Society Hall. The meeting was called to order by the Council president, Mrs. Jerry Scott, after which the group was led in singing by Mrs. Jon Weathersby, vice-president.

The president of each club introduced the members of her club. Clubs having members present were Aravaipa, Eden, Thatcher, and Safford. Miss Eaton, Home Demonstration Agent for Graham and Greenlee Counties, talked to the members about the purpose of the day and led the groups in a discussion on the problems we have in the clubs and what steps could be taken to improve the clubs.

Miss Jean Stewart, State leader of Home Demonstration Work, talked to the members about the proper ways of holding a business meeting and the principle ways of parliamentary procedure. The members then divided into groups and the duties of each officer and project leader was explained to them. In the afternoon Miss Stewart gave to demonstrations to show the new project leaders how to give information to their clubs.

## ANNUAL OUTING HELD BY HOMEMAKERS

The annual spring meeting and picnic of the Graham County Council of Homemakers was held at Aravaipa Canyon Friday, May 11. Members from three of the four clubs from Graham County were present. No one from the Eden Club was able to attend.

Registration opened the annual affair, after which lunch was served. Mrs. Charlotte Weathersby of Aravaipa led the group in a community sing. A business session occupied the time from 1:15 to 2:00 when Miss Jean Stewart, state home demonstration leader, and John Sears, county agriculture agent, gave informative talks. Mrs. Lucille Griffin read a story of family life. A community sing was again held and the group adjourned until the meeting next year.



SUMMARY  
of  
HOME ECONOMICS 4-H CLUB WORK

## SUMMARY OF 4-H CLUB WORK

### ORGANIZATION

There were eleven 4-H Clubs in five communities which did home economics 4-H Club work during the past year:

Six in the Thatcher Community  
Two in the Safford Community  
One in the Pima Community  
One in the Eden Community carrying  
both agriculture and home economics  
project work.

Sixty-eight of the one hundred and two girls enrolled completed their project work.

Seventy of the one hundred and four projects started were completed.

The eleven clubs were lead by eleven adult leaders and three junior leaders.

A training meeting for 4-H Club officers was held in February. The presidents and vice presidents were trained by the County Agent, the secretaries by the office secretary, the reporters by a member of the newspaper staff and the recreation chairman by the Home Agents. Seventy five officers and leaders attended the training meeting. Eight of the eleven Home Economics Clubs were represented.

The Home 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 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 Agent arranged for and conducted the County Home Economics 4-H Demonstration Contest during April in the Home Economics Department of the Safford High School. Nine girls, Five senior, four juniors, participated in giving three team and three individual demonstrations.

The judging contests for senior and junior clothing, and junior foods was held during the April month by the Home Agent. Training was given on what to look for, how to select good and poor points, and how to use the judging cards.

The Home 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 March and October.

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

A 4-H Achievement Day was held in August in the recreation hall of the Thatcher L.D.S. Church. Each 4-H girl exhibited articles she had made as a part of her project work.

These were judged by Miss Jean Stewart, state leader of Home Economics Extension.

4-H Club leaders received the exhibits and assisted during their judging.

2/ girls gave demonstrations. Karla Turner, a junior leader presided during the demonstration contest. Roselyn Brown assisted with supplies. 4-H leaders - Mrs. Cressa Nelson, Mrs. Lois Kempton, and Mrs. Mary Belle King were judges.

The following is the afternoon Dress Revue Program:

Group Singing . . . . . lead by . . . . . Maurice Mickleson  
Pledge to the American Flag. lead by. . . . . Dianne Smith and Judy  
West (Busy Maids)  
4-H Pledge. . . . . lead by . . . . . Hortense Robles (Busy Teens)  
Demonstrations (Blue ribbon at state 4-H Round-up)  
"Covering a Buckle" by Connie Mickleson (Fashion Girls)  
"Making a Bound Buttonhole" by Nedra and Karen Daley (Fashion Girls)  
"Making a Covered Belt" by Maryleen Nelson (Fashion Girls)  
Introduction of Judges . . . . . by the Home Agent  
Comments on Demonstrations by a judge . . . . . Mrs. Cressa Nelson  
Dress Revue: Accompanst - Loa Jane Sutorius (Happy 4-H Club)  
1 First Year Clothing . . . . . Introduced by club leader  
Thatcher Jolly Janes by Mrs. Melva Mulleneaux  
Safford Lucky Klovbers by Mrs. Effie Sears  
Pima Busy Bees by Mrs. Lynn Carter  
Bylas Lucky Clovers by Mrs. Mary Belle King  
  
Second Year Clothing  
Thatcher Merry Maids by Mrs. D. S. Phillips  
Thatcher Fashion Girls by Mrs. Cressa Nelson  
Introduction of Foods Girls by leaders  
Thatcher Busy Maids by Mrs. Etta Smith  
Thatcher Busy Teens by Mrs. Donna Curtis  
Thatcher Willing Workers by Mrs. Virginia Thompson  
Safford Happy 4-H'ers by Mrs. John Sutorius and Mrs. Terrel Blake  
  
Tap Dance. . . by Connie Swenson and Carolyn McBride -- (Safford Happy 4-H'ers)  
Introduction of new 4-H Leaders and visitors . . . . . by Home Agent  
Announcement of Demonstration Contest Placings by judge . Mrs. Lois Kempton  
Introduction and comments by Exhibit Judge . . . . . Miss Jean Stewart  
Presentation of Demonstration Ribbons by judge . . . . Mrs. Mary Belle King

## CLOTHING

Fifty-five girls were enrolled in clothing projects in six clubs. Forty in four clubs were enrolled in Unit I, eight in three clubs in Unit II, two in Unit III, two in Unit IV, and three in Unit V.

Thirty-five of the fifty-five girls completed their 4-H clothing projects.

One Leader Training Meeting was held for the first year leaders. The two leaders of clothing 2, 3, 4, and 5, were assisted through conferences by the Home Agent.

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

The Home Agent attended the four day 4-H Clothing Workshop in Phoenix, which was conducted by Miss Helen Church.

The Home Agent took the older junior girls and senior girls on a tour of stores as a part of their training in judging ready-to-wear dresses. Garments were examined for construction, quality of fabric, trimming, design, and information of label.

Ready-to-wear clothes were borrowed from one store, and 4-H garments from 4-H'ers. These were used by the girls during their training on judging of clothing by the Home Agent.

The tour on buying of sweaters had to be postponed until sweaters were on display by the stores. This is yet to be held by the Agent for the girls and their leaders.

Six girls, (four seniors and two juniors) participated in clothing activities at the State 4-H Round-Up in June. The following are the activities and ratings:

Maryleen Nelson - Senior individual demonstrated - "Making a Covered Belt" blue rating. At the banquet she received the High Point

Nedra and Karen Daley - Senior team demonstrated - "Making a Bound Button Hole" - blue rating.

Connie Mickleson - Junior individual demonstrated - "Covering a Buckle" - blue rating.

Senior Clothing judging team - third place rating. Karla Turner was fifth high individual, and Nedra Daley was 6th high.

Blue ribbons were received at the State Fair on: Two sewing boxes, two mitts, four aprons, two draw-string bags, one sport shirt, one cotton dress, one party dress, and two party slips.

Red ribbons were received at the State Fair on two aprons, one draw-string bag, one sport shirt, one cotton dress, one garment protector, and one party accessory.

Only one article sent to the State Fair didn't receive a blue or red rating.

## FOODS

Forty-five girls were enrolled in first year 4-H Foods. Thirty-Three of these girls completed all of their work.

One girl was enrolled in Foods III and jams, jellies and preserves in food preservation. She completed work in both projects.

A leader training meeting was held by the Home Agent

Assistance was given leaders and to their clubs through conferences and while attending club meetings.

Five demonstrations (one senior bread baking; two junior individual and one junior leader) were given at the County Contest in April.

girls gave demonstrations on 4-H Demonstration Day in August.

4-H girls exhibited biscuits, hard cooked eggs, and baked custard at the County Fair.

Six girls participated in activities at the State Round-Up:

Karla Turner entered the senior bread baking contest - red rating.

Evelyn Nelson gave a junior food demonstration - preparation of apples for baking.

Ann Lofgreen gave a junior dairy food demonstration on making cocoa.

Three juniors participated in the foods judging contest. - no rating.

## RECREATION

8 4-H girls and the Home Agent attended the State 4-H Camp near Prescott.



## 4-H NEWS

### Thatcher Fashion Girls Meet

The Thatcher Fashion Girls 4-H Club held its final meeting August 20 at the home of Mrs. Cressa Nelson. The meeting was called to order by Karla Turner. Maryleen Nelson said the prayer and Karen Daley led the pledge and motto. Nedra Daley called the roll and the minutes were read and approved. We all checked our record books to see if they were finished. Jan Hartnell gave a demonstration on How to Cut Bias Binding. We then looked at the garments made by the girls this year.

The ten girls went to Penney's store in Safford where they learned how to buy bobby sox, and foundation garments. Many points were shown about buying these articles.

Achievement Day is Thursday, August 23. An invitation is extended to everyone to attend and see what the 4-H'ers did this year. In the morning the clothing and food will be judged. Demonstrations and dress review will be held in the afternoon. It will be held in the Thatcher Church recreation hall beginning at 8:30 a.m.—Roselyn Brown, reporter.

### Busy Maids Finish Work

The final meeting of the Thatcher Busy Maids 4-H Club was held at Mrs. Etta Smith's home August 13 at 2:30.

Dianne Smith called the meeting to order. Kay Meacham said the prayer, and Larue Roseberry led the pledge and motto. Betty Romero called the roll and the minutes were read and approved. Mrs. Smith told the girls what they would exhibit on Achievement Day. The following girls gave demonstrations: Andrea Turner, Judy West, Sylvia Spicer, Dianne Smith, Marilyn Larson, Kay and Fay Meacham, and Betty Romero. Karla Turner, junior leader from the Thatcher Fashion Girls 4-H Club, gave helpful criticisms on the demonstrations. Sylvia Spicer and Andrea Turner served refreshments, and the meeting was adjourned.—Andrea Turner, reporter.

## FASHION GIRLS 4-H CLUB REORGANIZES

The Fashion Girls 4-H Club met at Mrs. Cressa Nelson's January 5 at 4:00 to reorganize their club.

Karla Turner called the meeting to order. Nedra Daley led "The Ploughing Song," accompanied by Maryleen Nelson, who also called the roll.

Mrs. Nelson gave out the project manuals and explained the club requirements. Connie Mickelson was appointed chairman of the illuminous tape committee, and Roselyn Brown, Maryleen Nelson, Karla Turner, and Nedra Daley are on the committee to make plans for a party. Karla Turner, junior leader, read the yearly club program. A buyman-ship tour is planned for the last week in January.

The assignment is to pick out a demonstration to give in the club meetings. The meeting was adjourned at 5:30.

### BUSY TEENS HOLD MEET

The Busy Teens 4-H Club met at the Curtis home in Thatcher Tuesday, Feb. 21. President Donna Curtis called the meeting to order. The prayer was given by Sandra Thompson after which the pledge and motto were led by Dorothy Pollock. Sylvia Watson, secretary, read the minutes of the previous meeting. During the business discussion the name of the club was changed from Cooks of Tomorrow to Busy Teens. Present at the meeting was Miss Eaton, Home Demonstration Agent, who gave a demonstration on preparing citrus fruit for eating. Sheets for the record books were distributed, and a recreation period was enjoyed. Refreshments were served and the meeting was adjourned with a friendship circle. Several new members were accepted into the club. The next meeting will be held March 20. Kay Adams, reporter.

### 4-H NEWS

The Lucky Klover 4-H Klub met at the home of their leader, Mrs. John L. Sears on January 5. After refreshments were served, the election of officers was held. The following persons were elected: President, Jesse Goodman; vice president, Patricia Smith; secretary, Pauline Goodman; reporter, Judith Sears; recreation leader, Margaret Worden.

## 4-H NEWS

### JOLLY JANES MAKE POT HOLDERS

The Jolly Janes 4-H Club held their regular meeting April 17, 1956, at the home of Mrs. Lea Hunt. Meeting was called to order at 3:45 p.m. by Pres. Maxine Watson. Ina Nelson offered the opening prayer. Marla Mullen-eaux led the group in the pledge and motto. Recreation leader Ina Nelson, led the group in singing "Little Tommy Tinker." Secretary Glynna French called the roll and led the minutes. Ina Nelson gave a demonstration on how to

make a Picnic Pot Holder. The time was turned over to the 4-H Club leader, Mrs. Derald Mullen-eaux, who also showed the group how to make a picnic pot holder. Refreshments were served, after which Ina Nelson led in the game "Crazy Hand Shake." The next meeting will be held at the home of Mrs. Derald Mullen-eaux, M-8, 1956, at 3:45 p.m.

## 4-H BUSY MAIDS ELECT OFFICERS

By ANDREA TURNER

The Busy Maids 4-H group under Mrs. Etta Smith met at her home Thursday afternoon, January 26 at 3:30 to study the goals for 1st year 4-H Foods. Rules of cleanliness while preparing food were also studied after which Mrs. Smith demonstrated how to prepare grapefruit and oranges for serving. These fruits were then served to the girls. Nomination and election of officers followed. These girls were elected: Dianne Smith, president; Judy West, vice president; Betty Romero, secretary - treasurer; Andrea Turner, reporter; Sylvia Spicer, song leader; and Patsy Ruth Shurtz with Nester Gallegos, as recreation leaders. Judy Larson, junior 4-H leader, assisted Mrs. Smith.



## EXHIBIT GIVEN BY 4-H GIRLS

Fifty-one 4-H girls exhibited 58 food products and 106 clothing articles during the Graham County Home Economics 4-H Achievement Day Thursday, Aug. 23.

Nine adult 4-H leaders, two junior leaders and three older club girls assisted the Home Agent, Miss Eaton, in setting up the exhibits and assisting the judge with the displays. The program was held in the Recreation Hall of the Thatcher LDS Church.

Miss Jean Stewart, State Leader of Home Economics Extension work in Arizona judged the food and clothing exhibits.

The 58 food products included 222 biscuit exhibits, 16 hard cooked eggs, and 14 baked custards, by the first year foods girls, and one jelly display and one plate of food for a party by an older club member. The clothing exhibits included 17 equipped sewing boxes, 16 hot pad mitts, 16 aprons, and 17 drawstring bags made by first year clothing girls; 6 blouse and skirt sets, and 6 garment protectors by second year clothing girls. There were two cotton dresses, shirts with convertible collars, and 2 skirts by third year clothing girls; 2 semi-tailored dresses, 2 wool dress cloths, and 2 pressing cushions by fourth year girls. The fifth year clothing exhibited two party dresses, two party slips, two accessories, two samples of mending by machine.

Mrs. Donna Curtis, leader of the Thatcher Busy Teens 4-H Club and Mrs. Etta Smith, leader of the Thatcher Busy Maids Club were in charge of food exhibits. Mrs. John Sears, leader of the Safford Lucky Clover Klub, and Mrs. Melva Mulleneaux, leader of the Thatcher Jolly Janes, were in charge of the first-year clothing exhibits. Mrs. John Sutorius, the leader of the Safford Happy 4-H'ers, and Mrs. D. S. Phillips, leader of the Thatcher Merry Maids, were in charge of the second, third, fourth, and fifth-year clothing displays.

Mrs. Terrell Blake, co-leader of the Safford Happy 4-H'ers, and Mrs. Lynn Carter, leader of the Pima Busy Bees, assisted with assembling records ready for checking.

There were 24 blue ribbons, 21 red ribbons and 9 white ribbons given on the food products.

## 4-H'ERS PRESENT DRESS REVUE

4-H club girls modeled the garments that they had made as a part of their 4-H project work during the afternoon program of the Graham County Home Economics 4-H Achievement Day activities. The program was held in the Recreation Hall of the Thatcher LDS Church.

The following program started at 2:00 p.m.:

Group singing, led by Maurice Mickelson, accompanied by Mrs. John Mickelson; Pledge to the American Flag led by Dianne Smith, president, and Judy West, vice president of the Busy Maids 4-H Club; 4-H Club pledge, led by Hortense Robles, vice president of the Busy Teens club.

Demonstrations:

Covering a Buckle, by Connie Mickelson, Fashion Girls Club; Making a Bound Buttonhole, by Nedra and Karen Daley, Fashion Girls Club; Making a Covered Belt, by Maryleen Nelson, Fashion Girls Club. Comments were given during the morning by one judge, Mrs. Cressa Nelson.

At the Dress Review each girl was introduced by her club leader.

First Year Clothing: Thatcher Jolly Janes, led by Mrs. Melva Mulleneaux, Maryleen Nelson, junior leader; Safford Lucky Clover Club, led by Mrs. John Sears; Pima Busy Bees, led by Mrs. Lynn Carter; Introduction of first year food girls by their leaders; Thatcher Busy Maids, Mrs. Etta Smith.

Thatcher Busy Teens, Mrs. Donna Curtis, leader, introduction by Donna Curtis, club president; Thatcher Willing Workers, Mrs. Virginia Thompson; Safford Happy 4-H'ers, Mrs. Terrell Blake and Mrs. John Sutorius. A dance was presented by Connie Swenson (Safford Happy 4-H'er) and Carolyn McBride.

Dress Review, Advanced Clothing—Thatcher Merry Maids, 2nd year clothing, Mrs. D. S. Phillips, leader; Thatcher Fashion Girls, 2nd, 3rd, 4th, and 5th year, Mrs. Cressa Nelson, leader, Karla Turner, junior leader.

New 4-H leaders and guests were introduced to the group. Miss Jean M. Stewart, State Leader of Home Economics Extension work in Arizona, gave comments on the food and clothing exhibits.

Announcement of demonstration placings and presentation of ribbons by judges: Mrs. Lois Kempton and Mrs. Mary Belle King.

Loa Jane Sutorius, member of the Safford Happy 4-H'ers Club, played "Winsom" and pieces from Hans Christian Anderson while the 4-H members were modeling their garments.

The three demonstrations given by members of the Fashion Girls 4-H Club were the demonstrations which these girls gave at the State 4-H Roundup in June. All three were blue ribbon demonstrations.

Over a hundred mothers, friends and 4-H'ers attended this afternoon program.

## 4-H GIRLS GIVE DEMONSTRATION

Seventeen 4-H Club girls gave demonstrations during the morning of the Graham County Home Economics 4-H Achievement Day. These demonstrations were judged by Mrs. Cressa Nelson, leader of the Thatcher Fashion Girls, Mrs. Lois Kempton, co-leader of the Eden Community Club, and Mrs. Mary Belle King, home demonstration agent for the San Carlos Indian Service.

Karla Turner, junior leader for the Thatcher Fashion Girls 4-H Club presided during the demonstration contest. Roselyn Brown, an older member of this club, assisted the demonstration girls with their supplies and equipment. The following lists the names of the girls who did the demonstrating, together with the name of their club and their ratings. Each girl received a ribbon.

Thatcher Fashion Girls: Lola Evans demonstrated How to Sew on a Button; blue rating.

Thatcher Jolly Janes: Maxine Watson, How to Equip a Sewing Box; blue rating; Marla Mulleneaux, How To Make a Hem Gage, blue rating; Janet Hunt, How To Thread a Needle, blue rating.

Thatcher Busy Maids: Andrea Turner, How to Measure Liquid and Dry Ingredients, blue; Dianné Smith, Mixing Custard, red; Kay and Faye Mecham, Setting the Table, red; Sylvia Spicer, Scrambling Eggs, red; Judy Larson, Ways of Using Hard Cooked Eggs, red.

Thatcher Busy Teens: Marjorie Pointer, Cooking Cereal, red.

Thatcher Willing Workers: Edith Taylor, Setting a Table, red; Mary Jane West, Preparing Grapefruit for Baking, red; Kay Adams and Becky Dodge, Making Baking Powder Biscuits, red.

Safford Lucky Clover Klub: Patty Smith, How to Thread a Needle with Double Thread, red; Judith Sears, How to Tie a Knot, red.



September 29, 1956

ARIZONA FARMER-RANCHMAN

## BUSY LEADER, BUSY CLUB

*Cressa Nelson Enjoys 4-H Club Work And Finds Time To Superintend 4-H Home Ec. at Graham Co. Fair Too*



Instructing the Thatcher Fashion Girls on making a covered belt, Mrs. Ed (Cressa) Nelson, second from left, has the rapt attention of, l. to r., Jan Hartnell, Maryleen Nelson, Lola Evans and Connie Mickelson. Nedra and Karen Daley, seated at right, are putting the finishing touches on garments they will enter in the forthcoming Graham County Fair.

**W**ITH THE GRAHAM County Fair scheduled for Oct. 10-14, there are some mighty busy people around Safford. And among those busy department heads is Mrs. Ed (Cressa) Nelson of the home economics 4-H exhibits section.

This will be Mrs. Nelson's third year as superintendent of this department, and represents just one of her many spare-time community activities. In addition, she is active in church work, is secretary of the Thatcher Homemakers Club, is a member of the Emblem Club (Elk's Auxiliary), and leader of the Thatcher 4-H Fashion Girls, a club which has consistently captured more than its share of blue ribbons in 4-H competition.

A normally shy person, Cressa Nelson blossoms when speaking of her 4-H club girls. To her they are not only an inspiration, but a challenge, and her reward is their success.

Primarily a clothing club this year, membership consists of two girls each in second, third, fourth and fifth year clothing. In second year work are Jan Hartnell and Lola Evans; Connie Mickelson and Karen Daley in third year; Karla Turner and Roselyn Brown in fourth year; and Nedra Daley and Maryleen Nelson, fifth year girls. And Mrs. Nelson has been their leader for six years.

### Cup Winners Twice

She is the first one to admit, however, that the girls have worked hard for their honors. Their efforts have not been in vain either, for they have won the county cup for being the best home economics group two years straight. If they win it again this year they will gain permanent possession of it. The winner will be announced during October, and until then they are keeping their fingers crossed and working hard to earn it.

All but two of the younger Fashion Girls have attended 4-H Round-up and they have quite a collection of pins, plaques and ribbons to show for their efforts there. "We have had some blues from the State Fair, too," says Mrs. Nelson. "We generally send all entries that get County blue ribbons on to the State Fair."

All the girls are planning to enter their clothing projects in the forthcoming Graham County Fair, but it will mean more than just competing for a ribbon. The Fashion Girls have a personal interest in their home economics department for they are Mrs. Nelson's biggest helpers in setting up the department, decorating it and making it a success. It's no small job either.

"This year," says Mrs. Nelson, "for the first time, we are going to have closed cupboards for foods, sewing

boxes and small items. We are going to have more and better room. Last year we had quite a lot of clothing entries but not many in foods. There are more food clubs this year, so we are looking for more entries."

### All Active

Perhaps one of the reasons Cressa Nelson finds 4-H leadership so rewarding is that the girls participate wholeheartedly in group projects. For four years they have had window displays during 4-H week, and have held candy and bake sales to raise money for charity. For their safety program this year, they conducted a highly successful campaign to put luminous stickers on bicycles in their town.

"We have really been trying to do everything we can; something in each division," says Mrs. Nelson. "Every time we have asked for help, the business people have really come through for us."

"For three years straight we have made a trip to the beauty parlor for a self-improvement project and a lecture on grooming," she says. "And for two years the doctor has given the girls an examination. This year we are planning to have an eye doctor check their eyes."

The girls have contributed to their community, too. For two years they have made stuffed toys for the L.D.S.

nursery school. Maryleen Nelson, Cressa's daughter, is a junior leader for another 4-H Club, the Jolly Janes, too. And Karla Turner, another junior leader, recently attended the 4-H leaders' conference in Flagstaff.

It isn't all work and no play however. For several years now the club has had a slumber party for the girls who complete their projects. It's usually held in the Nelson front yard, where the girls sprawl in sleeping bags and on cots. So far, there have been no mishaps except for one morning when the milkman almost stepped on one of the girls.

What induced Mrs. Nelson to become the leader of a group of high spirited teenage girls? "Well," she says, "I have always been interested in sewing and have done a lot of it. When the home demonstration agent asked me to lead a group, I said I would. I enjoy it," she adds. "I guess I do or I wouldn't be here. I don't know where I would find a stopping place now."

With another daughter in her first year of club work, it doesn't look like she will be stopping for a while anyway.

4-H L E T T E R S

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

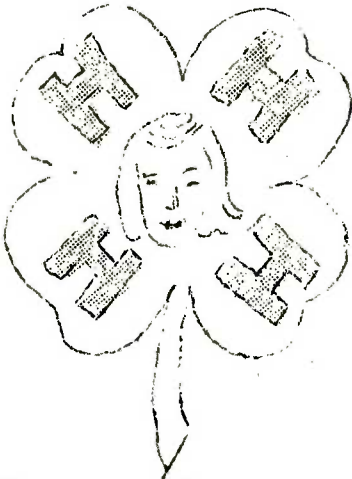
University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Graham County Cooperating

Safford

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

April 7, 1956

4-H ROUND UP is June 5 to 9 on the Campus of  
the University of Arizona



## Round-up Plans

During the meeting of home economics 4-H leaders plans for selection of delegates to participate in Round-up activities were discussed. It was decided to:

1. Hold selection contests in April for eligible 4-H girls who are interested in going to Round-up
2. Hold county contests for all home economics 4-H members during the last of July or early August. At that time each girl will be expected to exhibit.
3. Leaders are to notify me by the middle of April as to the activities that her girls plan to enter, so that I can set up judging rings for them and not for rings where no one plans to enter.

The following dates were set up for  
DEMONSTRATION CONTESTS:

Graham County - April 18 - place to be  
announced later

Greenlee County - April 28 - registration  
at 9:30 A.M. - in the meeting room of the  
County Extension Office

### Eligibility for State Round-up

1. 4-H'er must have passed her 12th birthday by January 1, 1956. (Juniors are 12 and 13 years of age; seniors are 14 years and older)
2. She must have completed at least one year of 4-H club work
3. Home Economics Demonstration and Judging contestant must have carried project work this year in field in which she is competing.

### DEMONSTRATIONS - for juniors and for seniors

Food Preparation  
Food Preservation  
Dairy Foods

Clothing  
Home Furnishings  
Baking (for senior only)

Our county can send one individual and one team in each of the above 5 fields (baking excluded) for junior and for senior.

If one member of the team is a junior and the other a senior, they will be classified as a senior team.

No member can give a demonstration which is the same as the one she gave in past years at Round-up

Demonstrations are limited to 20 minutes. Time will be counted from the time the demonstrators introduce themselves until the question period starts. Those



who run overtime will have one point deducted from their scores for each minute of overtime. Demonstrator will be penalized if others help set up equipment or in any way coach from the sidelines during the demonstration.

Demonstrators should give the judges an opportunity to ask questions. Demonstrators are not responsible for answering questions of others in the audience unless the question has been referred to the judges and they ask the demonstrator to answer them.

All demonstrators are expected to supply their own equipment and supplies. They are expected to remove all of their equipment from the demonstration area at the conclusion of the demonstration and to leave the area clean.

Posters, charts, sample products used in the demonstration must be prepared by the demonstrators.

A demonstrator's costume should be clean and well-pressed. The demonstrator should be well groomed. Girls are urged to wear crisp cool cottons.

#### HOME ECONOMICS JUDGING CONTESTS

Juniors and Seniors will give oral reasons on one ring and seniors will give written reasons on one ring of the following classes: (no information is available as to which rings will be written, oral, or placing)

CLASS	JUNIORS	SENIORS
I - Food Preparation Judging Rings	Muffins Biscuits Choosing Good Foods (menus) Table setting	Yeast rolls Cake, butter - no icing *Shopping for meat Table service
II - Food Preservation Judging Rings	Selection Fruit or Tomatoes for canning Canned Fruit or Tomatoes Equipment for canning (water bath) or freezing Labelling (labeled jars)	We don't have any seniors enrolled in this project
III - Clothing Judging Rings	Apron Blouse and skirt Dress - 4-H made Equipment - (scissors, pins, needles, etc.)	Accessories Dress - 4-H made Ready-made dress Fabric and findings
IV - Home Furnishings Judging Rings	*Color (simple principles) Dresser scarf Dusting mitten Tape framed picture	No one enrolled

\*SHOPPING FOR MEAT RING - a piece of meat will be exhibited with information giving grade, cut, inspection and four methods of cooking. Contestant will select which method of cooking is best for that piece of meat.

\*\*COLOR RING - will include 4 curtains and dresser scarf

## JUDGING CONTEST REGULATIONS

Judging teams will be composed of 3 members. If any one member of a team is a senior, the entire team will be classified as a senior team.

### SENIOR DRESS REVUE

1. SCHOOL OUTFIT -- of cotton, wool, rayon, blended fabric, or other suitable fabric. This includes such garments as one-piece dress or two-piece outfits.
2. ACTIVE SPORTS OUTFIT -- of cotton, wool, rayon or other suitable fabric. These complete outfits may be for working inside or outside. Examples are: slacks with blouse, or western shirt and frontier pants, or two or three piece combination play suits including a skirt.
3. DRESS OUTFIT -- a street length one or two-piece dress of cotton, wool, rayon, silk, blended fabric, or other suitable fabric for school parties or other social events
4. TAILORED OUTFIT -- of wool or other suitable materials. This includes such garments as tailored dresses, suits, dress ensembles, or coat and dress.
5. PARTY DRESS -- A ballerina or floor length dress and slip for special occasions. This outfit may be of cotton, rayon, silk, blended fabrics, or other suitable fabric.

Selection of undergarments and accessories, and their effect on the costume will be considered by the judges. Cotton school dresses do not require hat and gloves. The accessories would be those that you actually wear to school.

We may enter one contestant from our county from each of the above 5 classes.


Each contestant must be a regularly enrolled clothing club member during the current year and must have completed at least 3 years of clothing club work. All contestants must be at least 14 years of age on January 1, 1956.

Each contestant must have made the costume she will model.

### 4-H TALENT

For the first time, 4-H members who meet the age requirements, may attend Round-up as a talent entry. There will be no limit on the number from each county, but all members must have an outstanding talent in some field such as vocal, instrumental, novelty or dance routines. Individual or group talent is welcomed. Both juniors and seniors may enter this activity.

Sincerely yours,



MILDRED O. EATON  
Home Demonstration Agent  
Graham and Greenlee Counties

MOE:lg  
cc: 50

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

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

Safford

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

May 10, 1956

Dear 4-H Club Member and Leader:

We are glad to have you go to Tucson for STATE ROUNDUP, June 5-9, 1956.

The following information is important to remember. Keep this letter and check on all items before leaving:

1. Leave Safford Courthouse, TUES. June 5, at 9:00 A.M. by school bus
2. Return to Courthouse about noon SAT. June 9, 1956.
3. You will need to bring:

- a. your parent's release (enclosed in this letter)
- b. money - \$12.00 for meals and lodging (any money you will need - do not bring too much)
- c. clothing - usual school clothes, dressup clothing for banquet  
personal articles, soap, wash cloth, and towels  
tooth brush, comb, cosmetics  
bathing suits and flashlights if you want to  
BLANKET: girls sleep on screened porch, boys sleep in rooms)

Be SURE to have the things you will need check over this list.

We will be living on the University Campus in the dormitories. Meals will be served at the student union cafeteria. No entrant is permitted to leave the campus without permission of the county agent or the home demonstration agent.

Girls will wear dresses while at ROUNDUP.

The daytime program will be contests. There will be recreation and a program each night.

We will travel in the Duncan School bus, driven by a licensed driver. We expect to drive carefully, but the bus and all occupants are covered by insurance. There is also a policy to cover sickness, accidents, and polio. A nurse is on duty during ROUNDUP to take care of any ailments.

BE SURE TO BRING ALL EQUIPMENT NEEDED FOR YOUR DEMONSTRATIONS.

CHECK YOUR LIST CAREFULLY, AND BE SURE YOU HAVE YOUR PARENT'S RELEASE SLIP

Now we are all set to do our best in contests, and conduct, and to have a really good time as well.

MAIL: If it is necessary for you to receive mail while at ROUNDUP the address is: \_\_\_\_\_ name  
\_\_\_\_\_ county

4-H CLUB OFFICE  
UNIVERSITY OF ARIZONA  
TUCSON, ARIZONA

*Mildred O. Eaton*

MILDRED O. EATON  
Home Demonstration Agent

*John L. Sears*

JOHN L. SEARS  
County Agricultural Agent

MOE:JLS:lg  
Mailed under stamps  
cc: 50  
Enclosure

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURAL AND HOME ECONOMICS  
STATE OF ARIZONA  
SAFFORD

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

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

June 19, 1956

# LET'S GET ORGANIZED!

## COUNTY HOME ECONOMICS ACHIEVEMENT

August 1956

4-H



It seems advisable to hold an achievement day and have each girl exhibit, and the exhibits be judged before County Fair because:

1. Fair is after the finish-up report is due in the state office and each girl must exhibit her work before she is an achievement member
2. Space for 4-H exhibits at the Fair allows room for a limited number of exhibits
3. All girls didn't exhibit at last year's fair
4. More recognition can be given the individual club member
5. Mothers and friends can better see what the girls have done.

Plans for the Achievement Program are still tentative. More definite plans will be sent out as soon as possible.

We are trying to get judges for August 22 and 23 or 23 and 24 -- one day for Greenlee and one for Graham County. Information will be gotten to you as soon as information is received. If one day is better (in each group) than the other let me know. I will follow your wishes as much as possible in deciding which day will be used by each county.

Plans are as follows:

The morning will be given to:

1. Demonstration Contest (encourage girls to participate by giving a team or individual demonstration -- for the experience and for their ribbon).
2. Judging of Exhibits - a list of exhibits are given elsewhere in this letter in food, clothing, and room improvement

The afternoon will bring a program composed of the Dress Revue of all garments made this year (1st year clothing girls will model their aprons), music, and a few of the outstanding demonstrations.

## 4-H LEADERS' CONFERENCE

The 4-H Leaders' Conference is to be held this year in Flagstaff, August 27-29. I hope that you will plan to go. Let me know of your interest so we can plan transportation. Junior Leaders, who have completed one year or more of Junior leadership are eligible to also attend. Our first year junior leaders should have completed this year's work by then, since their records should be in my hands by August 24th.



## 4-H FINISH UP

I'm suggesting that each 4-H girl complete her project record report or reports and TURN them in TO YOU BY AUGUST 15. You may ask for them sooner if you wish.

This will give you a week to check each record for completeness before turning them in to me. Also, if a girl hasn't completed her record or it shows she hasn't made all of the required products, you will have time to have her do what is needed.

This year let's be sure that each girl meets her achievement requirements, as per the green cover 1956 requirement list. (If you have misplaced your copy of this leaflet, ask that another be sent to you right away). You can save yourself a lot of extra work by checking now as to whether your girls are keeping their records and work up to date.

The record books should be turned in to me the day of the Home Economics 4-H Achievement Program.

I'm sure you and your club members will find it easier to get these records out of the way before school starts, besides it will help me get the county report made on time. My September schedule will be such that I will have to do this report early in September. I will appreciate the cooperation of you and your girls in helping me make this possible.

### 4-H FABRIC AVAILABLE

The 4-H fabric is here now. This material is white with the green four-leaf clover and 4-H on it. It can be obtained from the Safford J. C. Penney Store -- yardage department in the basement for 49 cents per yard. The Clifton store doesn't carry it. This is a special order.

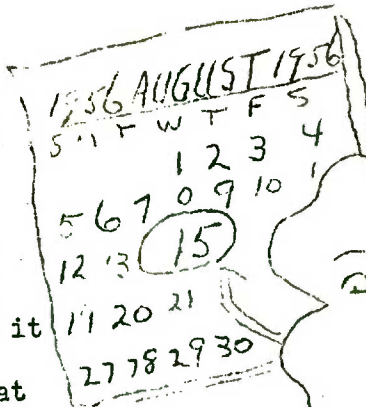
Will you tell your club members about this material so that they can get the material for their shirts, blouses, skirts, dresses, etc. Several have indicated an interest in having some. Tell them that if they don't see it on display to ask for it. It is being held for 4-H club members.

See attached page on exhibits

Sincerely yours,



MILDRED O. EATON  
Home Demonstration Agent  
Graham and Greenlee Counties



MOE:lg  
cc: 50  
Mailed under stamp

EXHIBITS TO BE MADE ON HOME ECONOMICS 4-H ACHIEVEMENT DAY

CLOTHING

First Year

Sewing box - equipped  
 Pot holder mitt  
 Apron  
 Draw-string bag

Second Year

Garment protector=  
 Skirt  
 Blouse - sleeveless  
 Skirt Hnager

Third Year

Sport shirt - convertible collar  
 Skirt  
 Dress - cotton

Fourth year

Dress - semi-tailored  
 Wool Press cloth=  
 Pressing cushion  
 Dress - cotton

Fifth Year

Party dress  
 Party slip=  
 Mending done by machine  
 Article of clothing purchased

FOODS

First Year

Baking powder biscuits - 5  
 Hard cooked eggs - in shell - 2  
 Baked Custard - 1 custard cup

Second Year

Muffins - plain - 5  
 Muffins - whole wheat - 5  
 Cookies - oatmeal - 5  
 Cookies - peanut butter - 5

Third Year

Yeast Rolls - plain 5  
 Butter cake - by conventional method  
 unfrosted  
 Cake - decorated for Birthday Party  
 FOURTH YEAR: TO BE ARRANGED

FOOD PRESERVATION:

First Year

Tomatoes - by water bath - 1 pint  
 Fruit - by water bath - 1  
 Tomato Juice - 1  
 Fruit Juice - 1

Second Year

Vegetable - set of 3 different kinds by  
 pressure

HOME FURNISHINGS

First Year

Dresser Scarf or set of scarves  
 Picture - framed  
 Storage item for dresser drawer  
 Dusting Mitt

Second Year

Pillow Slips - 1 pair  
 Pillow Protector  
 Room Arrangement - diagram ,before and  
 after

Each girl enrolled in Home Economics 4-H Club Work this year will be expected to EXHIBIT ONE OR MORE ARTICLES at our August Achievement Program. RIBBONS will be given on each Exhibit made by each 4-H achievement member.

Girls who will be gone on vacation or are ill should arrange from someone to bring their garment, article, or product. This should be included with a note from the girl telling why she was unable to attend.

Each girl should accompany her exhibit unless there's a good reason for her absence. Part of her club work is to attend an achievement program.

COOPERATIVE EXTENSION WORK  
IN  
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STATE OF ARIZONA

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SAFFORD

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

October 30, 1956

DEAR 4-H CLUB LEADER:

The Singer Sewing Machine Company is giving training on Care and Use of the Sewing Machine to 4-H clothing club leaders throughout the United States.

A training meeting for 4-H leaders in Graham and Greenlee Counties will be held Wednesday, November 7th from 9:30 A.M. to 3:00 P.M. This meeting will be held in the Safford Singer Shop on Highway 70. Mrs. June McBride will conduct the training and help you so you can train your 4-H girls.

This is a valuable training meeting - one you cannot afford to miss. I spent one day in Phoenix going through the training under the district lady from the Pasadena office. I will be there to help and answer your questions.

You may bring your own sewing machine, if you wish to do so. However, there will be plenty of machines for your use if you don't want to bring your own.

Will you please bring the following with which to work:

Scissors  
Hem gauge (a ruler if you have a metal gauge)  
Pencil and paper for note taking

Other supplies will be provided by the Singer Company.

Do make every possible effort to attend this meeting. If you cannot come, please let me know if you can.

Sincerely yours,



MILDRED O. EATON  
Home Agent  
Graham and Greenlee Counties

MOE:lg  
Mailed under stamp

cc: 40

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
Safford

University of Arizona  
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U. S. Department of Agriculture  
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Home Demonstration Work  
County Agent Work

September 19, 1956

Dear 4-H Leader:

County Fair time is almost here. I hope that your girls will each exhibit one or more articles or food products this year.

We have more exhibit space than last year. This includes glassed in cupboards for the food products and sewing boxes. Let's fill the space allotted to 4-H. If we don't we may not get so much space reserved for us next year.

Will you collect the clothing exhibits and enter them at the fair building on THURSDAY morning, October 11 by 12 noon. OR -- Mrs. Cressa Nelson (in Thatcher) or I will be glad to take them to the fair building Thursday morning, if you will get them to us before eight o'clock that morning. I live in apartment 3, at 1030 Fifth Ave., Safford. If I'm not home when you come, I'm sure Mrs. Phetaplace in apartment 2 will take them for me.

Each clothing article should be labeled with the name of the girl, so that articles aren't mixed up. Fair tags will be put on them at the fair building.

Food products should be entered early FRIDAY morning, October 12 before 8:30 A.M. Mrs. Nelson and I will be going to the fair building very early that morning, probably by seven. Food exhibits will be judged at 9 A.M. Friday morning.

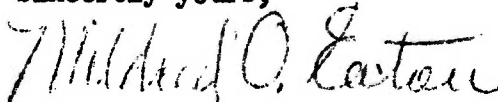
Mrs. Cressa Nelson, superintendent of the home economics 4-H fair would like for you to assist with the exhibits. I think she plans to phone each of you about time and type of assistance needed.

We plan to have the clothing judged on Thursday afternoon, October 11 from 3:00 until the judges finish. If you would like to be present and hear what is said you may come out. But we MUST HAVE THE EXHIBITS BY NOON in order to have them ready when the judges come. Last year too many things came in so late that we weren't ready.

Under separate cover I am sending you (those who don't have one) a County Fair book. The 4-H exhibits are listed on Pages 73 and 74. Some of your girls may want to make entries under the adult classes - Pages 47-61. I am also enclosing, or sending in some cases under separate cover, entry blanks for your girls. All of one girl's 4-H entries can be made on the same sheet, since both 4-H foods and clothing are under one department.

Each of you leaders have done a grand job this year with your girls. I know we are going to have an even better program this coming year. I appreciate all the help you gave to make the August Achievement program so successful. We couldn't have had such nice exhibits and day's activities without your help. So let me say THANKS for all your work, help, and cooperation.

Sincerely yours,



MILDRED O. EATON  
Home Agent  
Graham and Greenlee Counties

MOE:lg  
Mailed under stamp  
cc: 30



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA  
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Home Demonstration Work  
County Agent Work

August 17, 1956

Dear 4-H Members:

I hope you're all set for our county 4-H Achievement program on Thursday August 23, It's to be held in the Recreation Hall (west wing) of the Thatcher L.D.S. Church.

In order to complete your 4-H work for this year you will need to exhibit articles or products made as a part of your project work. Clothing girls should exhibit biscuits, hard cooked eggs and baked custard.

Your exhibits should be entered for judging between 8:30 and 9:00 A.M. THURSDAY morning. Let's be on time.

Are you going to give a demonstration? Don't forget to BRING ALL of your own EQUIPMENT and supplies needed. We will start giving these demonstrations at 9:30 A.M.

Dresses, aprons, blouses and skirts will be modeled in the afternoon beginning at 2:00 P.M.


If you are a clothing girl you should be there to model your garment. If you are a foods girl you should be there to see the dress revue and the three demonstrations that received blue ribbons at the STATE 4-H ROUNDUP.

Let's don't miss any part of this day. We hope your mother and friends can come too.

Don't forget I must have your project record book THURSDAY MORNING. If your leader returned it to you, then you should bring it with your exhibits.

I'm looking forward to seeing you Thursday, August 23.

Sincerely yours,



MILDRED O. EATON  
Home Agent  
Graham and Greenlee Counties

MOE:lg  
cc: 150

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

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

Safford

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

August 6, 1956

DEAR 4-H LEADER:

The 4-H Achievement Day activities will be held Thursday, August 23 in the Recreation Hall of the Thatcher B.D.S. Church. The Recreation Hall is on the west side of the church. Have your girls enter through the doors on the south side of the hall.

Since some have misplaced their copy of the suggestions for exhibits, I am enclosing another copy. They are the same as the one for the County Fair.

4-H exhibits should be entered between 8:30 and 9 A.M. on the 23rd. If the girls will have a piece of paper with her name and the name of her club, attached to each exhibit, it will speed up the entering process.

Demonstrations will start at 10:00 A.M. All girls do not have to demonstrate. I hope you will encourage your outstanding girls, girls who may want to try out for ROUNDUP next spring, to demonstrate. This experience will make them better demonstrators and give them a better chance to qualify for ROUNDUP. Demonstrations will be judged and rated - blue, red, and white, as will the exhibits.

Dress Revue will start at 2:00 P.M. All clothing girls should model their dress, blouse, and skirt, or apron in this revue.

I hope that each of your girls who have otherwise completed their project work will exhibit. All girls should attend the achievement day activities. In case that a girl cannot exhibit let me know and arrangements will be made for her -- that is, is she completed all other requirements for completion.

After you have checked each girls record with the achievement requirements, will you

1. Make a list of girls in your club and the projects carried by them. Then after each project mark "complete" if the girl has completed all requirements for that project, and "incomplete" if she hasn't. If she moved away - use "moved" instead of incomplete

2. Turn in to me on or before 9:30 A.M. August 23-  
Project Record of each girl for each project

Sheet with names of girls, their projects, and completeness or incompleteness  
Club Secretary's Book - completely filled out (up to date of Achievement)  
This will later be returned to us, at which time further information can be added.

If you have any further questions about the plans please call me. Leave your number, if you don't reach me, and I will call you. In order to make the day's activities go more smoothly, I would like for each of you to help in some way. I am attaching a slip stating the specific job.

Sincerely,



MILDRED O. EATON

Home Agent

Graham and Greenlee Counties

MOE:lg  
cc:30