

ANNUAL REPORT
OF
MADELINE BARLEY MCCONNICO
Home Demonstration Agent
From February 7, 1955 to November 30, 1955

Agricultural Extension Service
University of Arizona
Tucson

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ADULT PROGRAM

Apache County

Number of days in county - 3 - October 16 - 17 - 18
Number of days necessary to prepare for program - 1
Number of leaders' training meetings held - 2

Attendance - 15

Number of communities represented - 7

Subject of Demonstration - Clothing Construction Techniques

Circular used - "Give It the Professional Touch" by
Helen Church - Clothing Specialist

Number of circulars distributed to Leaders - 45

Clothing and Textiles

Fifteen leaders attended two clothing training meetings in Apache County. These leaders represented four different groups of homemakers in the county. They furnished their own sewing machines, small sewing equipment and fabric. The object of these meetings: to prepare leaders to help members of their respective clubs with construction techniques or problems. There were enough sewing machines so that each leader made for herself models of all the techniques demonstrated during the program. The agent demonstrated a certain principal. That process was followed by each leader repeating it for her own experience. The demonstration meeting lasted from 10:A.M. to 3:P.M. During that time the leaders were successful in preparing the following illustrative material:

1. How to put in a zipper using an easy method.
2. How to cover a belt.
3. How to cover a buckle.
4. How to hem a garment on the machine with no special attachment and still have it look like a handmade hem on the outside of the garment.
5. How to make professional looking cording for loop button holes and corded buttons.

These homemakers seemed to be eager to learn or improve their sewing practices. They showed this eagerness in the way they worked in making their models. The young mothers present were happy to have been included in the leaders training program. These young mothers were clothing project leaders.

Coconino County

Number of days in county - 2 - October 9 - 10

County Fair

The agent judged foods at the Coconino County Fair. The quality of the products was very good. There was not very much home canned products which was explained by the fact that there had been a late frost which destroyed the fruit. What was there was good.

There was evidence that homemakers were very active in the activities of the fair.

G I L A C O U N T Y

<u>Subject of Demonstration</u>	<u>No. of Days in County</u>	<u>Dates</u>	<u>Days required for Organization and Planning</u>	<u>Meetings held</u>	<u>No. of Attendance</u>	<u>No. of Communi- ties</u>	<u>Circulars distributed</u>
<u>Clothing</u>							
Your figure and your clothes	6	Mar. 13-18	3	5	102	7	125
Sewing Machine Clinic	2	Mar. 21-22	2	2	25	3	none
Give It A Professional Touch	5	Oct. 10-14	2	3	75	5	110
	5	Nov. 14-18		4	55	6	12
	<u>18</u>		<u>7</u>	<u>14</u>	<u>257</u>	<u>21</u>	<u>247</u>
Food Selection and Preparation	6	May 15-20	2	5	65	7	75
Home Furnishings	5	Sept. 18-22	3	4	89	7	90
County Fair, Young, Arizona	2	Sept. 30- Oct. 1	--	--	300		

Gila County

Clothing and Textiles

There were three different projects regarding clothing and textiles in Gila County during 1955. They were: Your Figure and Your Clothes, Care of the Sewing Machine and Give It A Professional Touch.

Your Figure and Your Clothes.

Demonstrations prepared and presented to 102 women in five meetings dealt with the selection of ready made clothes or the selection of patterns and fabrics best suited to the individual figure. Letters were sent to homemakers telling them of the nature of the demonstration. Each was asked to wear the dress she liked best and to be prepared to indicate why.

During the course of the demonstration pictures of comparative figures were shown. The different features were discussed. The discussion of these figures suggested a sort of classification of the women present. They began to study figures and types. Before we knew it they were in groups, each representing one of the figures discussed. Also each of these groups was headed by the most representative of the figure in question. We had

1. The tall ones headed by the tallest in the room.
2. The short ones headed by the shortest in the room.
3. The largest - not necessarily the fatest.
4. The thinnest ones.
5. The ones with large shoulders - yet with small hips.
6. The ones with narrow shoulders - yet with wide hips.
7. The ones with wide shoulders - medium hips and small waistline.
8. The ones with medium shoulders, medium hips - wide waistline.
9. The ones with high waist and long legs.
10. The ones with low waist and short legs.
11. Well proportioned tall ones.
12. Well proportioned medium ones.

All classes were not represented in all the groups. At Hayden and Globe there were all groups represented.

The object of the lesson: to study construction lines and decorations in garments and relate them to a given figure so that as the end result any figure would give the illusion of being well proportioned. Masking tape was used to simulate the lines desired. After each type of figure present was examined and studied the homemakers concluded that a better proportioned figure can be achieved by lines and designs in clothing.

One wonderful factor was established - the women served as models and did not mind having things tried on them. They were good sports.

There was a question and answer period.

Some of their questions were in regard to color, design, length of skirts, length of jacket in a two piece dress and squaw dresses. The Arizona favorite, the squaw dress is still as popular as ever. Who can and who can't wear it does not concern some homemakers because some who can't or shouldn't were wearing them. The agent took time to explain the good features and poor features of squaw dresses in relation to figures.

Some of the material used in this demonstration was taken from "Clothes Make Magic", by Emmi Cotten.

Care of the Sewing Machine - Sewing Machine Clinic

There were sewing machine clinics in two communities in Gila County, at Hayden and Globe. Twenty five machines were cleaned by twenty five homemakers under the guidance of Mr. Sam Armstrong and the agent. Most of the machines were Singers.

Homemakers learned to take apart, clean and put back together again their own machine. How to oil and the quality of oil was stressed. Adjusting the machine was the major problem in this project. All but one person did a fine job. This one needed extra attention in adjusting the bobbin and tension.

Give It the Professional Touch

Learning better clothing construction practices was the object of the demonstrations called "Give It the Professional Touch". Miss Helen Church prepared the material. This agent presented them in Gila County during October and November.

Many farm and ranch women have learned to sew by the trial and error method. Because they aim at good standards they are successful in achieving good workmanship in their sewing program. However, there is never a time when they do not want to learn the processes by methods other than trial and error. These demonstrations were presented with that in mind. Some of these homemakers have stated that as the result of having attended the demonstration they have gained time with less effort and achieved better results in finishing their garments.

To make sure that each homemaker or leader present was actually learning the process she was asked to make a model showing the technique. They were happy and pleased to learn how to do the following things easier and to have a more professional look. Models were made showing

1. How to put in a zipper
2. How to cover a belt
3. How to cover a buckle
4. How to hem a garment by machine with no special attachment
5. How to make professional looking cording - this has many uses such as trim, loops for buttons and for making corded buttons
6. How to remove fullness when putting in a hem in a cotton dress
7. How to put in a hem so that stitches do not show on either the right or wrong side of garment
8. What to do so that the seam above slit in a skirt cannot rip
9. Many other similar tricks were presented.

Because there are homemakers of varied experiences present at demonstration meetings other questions arise. These should be answered for those with less experience. An idea of problems that confront young sewers: use of seam gauge or a good substitute, adjusting the gatherer, changing the pressure on the presser foot for various weights of fabric, importance of machine basting and stay stitching, pin basting, use of good measuring guide, (How big is 1/8 inch?) and adjusting the size of the stitch on the machine.

Although Arizona boasts of electricity in most all of the farm communities, at one demonstration near Young there was no electricity. The electric portable

and steam iron which the agent carried were soon forgotten and in their places were treadle machines (3) and 2 irons - one a gasoline the other a set of sad-irons. The latter were heated on a gas range. So far as the agent knows the the hostess was never aware of the electrical equipment stored in the agents car.

Food Selection and Preparation

Long Range Meal Planning

Homemakers indicated by writing that some of their problems in planning meals and buying food are:

1. "Buying for long time keepability in fresh vegetables and meat, staples such as flour, etc."
2. "Planning to suit five everyday. Yesterday they wanted the food planned for tomorrow.
Members of the family resist trying new dishes.
They want the same thing over and over.
My best way planning is to surprise them."
3. "I need a non-fat food to keep me from being hungry."
4. "How to stop eating when you have the correct information regarding protein? or calories? Will "Ade" help in holding the weight down?
"Ade" was described as a commercial pill used to help a person from getting hungry."
5. My husband is overweight and I also watch my weight. The problem is how to prepare high protein meals that aren't so expensive. Also, I'm allergic to all citrus. How can I make up for it?
6. "How to interest husband in more vegetables rather than to fill up on bread."
7. "2 members of family are underweight, 3 are overweight."
8. "Variety in cooked vegetables."
9. "Convincing the family to eat a good breakfast other than pancakes."
10. "Planning low calorie meals."
11. "To get them to eat things beside ham, sausage & eggs.
Don't like salads or new things."
Never eating dinner on time, so what can you cook that's as good for 5: P.M. to 8: P.M.

The above questions represent a sampling of what homemakers are up against when the family meals are to be planned. Anyone or a group of the problems could very well be the basis for demonstrations in the future.

Farm and ranch women live far away from the source of supply. In many cases there are no kitchen gardens nor family cow to help with the supply of food. We discussed the problem of long time planning from the standpoint of

1. Availability of food - fresh, frozen, canned and home grown.
2. Cost of food in proportion to income.
3. Family food pattern
4. Proper storage

We used as our basis the amount of food purchased the week before by each homemaker. The women paired off and compared their purchases and consumption to the requirements as given in the "basic seven" plan. This made it possible to note where, if any, there were deficiencies in their planning.

How can these deficiencies be corrected without too much change in the family food pattern? We tried to make the discussion as personal as possible so as to get the most good out of it. During the discussion at Hayden, Globe, Miami and Payson we found that consumption of protein was not deficient as was the consumption of vegetables. At Young where kitchen gardens do exist vegetables were no problem during the growing months but during the winter unless the women have canned a good supply of vegetables they were dependent on purchasing them in distant markets (70 miles to Globe).

Several homemakers confessed to having members of their families who are strictly "meat, potatoes and pie" consumers. One homemaker stated her husband ate everything set before him so long as there were children sharing the food. Now that they are grown and gone all he wanted are eggs and ham meat and potatoes. She does have a problem!

It was noted that some homemakers do have success in changing the family diet and habits. There were several who were proud to announce that they have been successful in getting members of the family to eat a good breakfast (one that includes a protein). It took a great deal of planning and a little nutritional education to cause the change.

Another interesting change in food patterns was the successful inclusion of salads for the men. They resisted "rabbit" food (green salads) "ladies food" congealed salads. A little planning and nutritional education brought them around to seeing the need for fresh vegetables and fruit in the diet. All of this change is due to previous extension experiences and to the wide spread indirect nutritional education done by other sources.

Simplified Slip Cover

A simplified slip cover is one in which the main parts are left separate. The separate pieces are constructed in such a way that each one can be fitted on to the chair and held fast because of "tabs" and "tags". The "tabs" and "tags" are sewed on the various pieces so that they are slipped into or forced into the vents of a chair. Dowels are also important features of a simplified slip cover. Dowels are inserted into the especially constructed hems of some parts of the cover. Pushed into the vents at the end of a part of the cover it helps keep it from coming out because it cannot slide out of the vent easily.

Eighty nine women attended four demonstration meetings. Miss Grace Ryan, Extension Specialist guided the agent in the preparation for these

demonstrations. The illustrated demonstration consisted of a miniature chair and the five parts nearly completed. At each demonstration these parts were fitted together. The part representing the back of the upholstered chair was partially completed to show how it will look. One half was left to be demonstrated.

Probably the most difficult was fitting the front panel to the part which covers the arms of a chair. By the use of colored pencils, pins, and pressing, the panel was applied to the pieces making up the arms. It was later basted and stitched on the machine (long stitches for easy ripping).

Putting on the flounce was also part of the demonstration. Models showing two styles were demonstrated. How to attach it to the slipcover was suggested and discussed.

There was a question and answer period at the end of each demonstration to help homemakers with other style chairs. This type of slip cover was very acceptable to the modern farm and ranch women because it is practical.

1. Smaller pieces to handle in laundering.
2. Easier to handle while making them.
3. Any one piece can be laundered if necessary.

Ten homemakers made slip covers during the period between demonstrations in September and October. Eleven of them helped others remodel or make slip-covers.

Gila County Fair

The Agent visited Gila County two different times during the month of October.

Fair - The County or community fair was held October 1, at Young. This agent judged the foods entries and Miss Virginia Twitty judged the home arts and clothing entries. It was a very nice fair. It represented the work and enthusiasm of the farm and ranch people living in the surrounding country near Young and as far away as Globe. Guided by Sam Armstrong, the County Agent, they organized the various features of the fair. Part of this organization work was done during the noon recess of a homemaker's meeting at Young the month before.

Mrs. Art Morrell, President of the homemaker's club appointed the various committees and superintendents. In some cases the women volunteered showing fine community spirit. It was a pleasure to note, on the day of the fair, how quickly the entries were taken in, classified and placed ready to be judged. Each person responsible for a given job manned it with enthusiasm.

An estimated 300 or more were in attendance.

Greenlee County

Number of days in the county - 2 - October 6 and 7
Greenlee County Fair - Attendance about 350

The Greenlee County Fair was well organized. The homemakers helped in all departments. The superintendent who lives in Morenci was working in the foods division. She was eager to see that the fair was progressing smoothly. Open class entries at this fair included foods such as biscuits as well as jubee jam.

Some of the outstanding products were the homemade bread, cakes and homemade pickles. The quality of the bread was good but the loaves were poorly shaped. Some was made with water instead of milk. In evaluating the results after the judging was over there was evidence of a history of bread-making in this county. Some of the women believe that milk is not necessary to produce good bread.

Navajo County

Number of days in county - 5
Number of days necessary to prepare for demonstrations - 1
Number of leaders' training meetings - 2 - October 18 - 19
Number of communities represented - 10 Attendance - 30
Subject of demonstrations - "Give It the Professional Touch" by Helen
Church, Extension Clothing Specialist
Number of bulletins distributed - 155
Navajo County Fair - September 15-16-17

Clothing and Textiles

Ten machines at Holbrook and 5 at Lakeside were kept busy by 30 clothing project leaders representing 10 communities in Navajo County. Three of the communities, Second Mesa, Polaca and Chinle part of the Indian reservations in the county. Demonstration for these project meetings was "Give It the Professional Touch." Leaders brought small sewing equipment, zippers and scraps of fabric as well as machines.

The purpose of these training meetings was to help leaders learn practices in sewing which they in turn can help homemakers in their respective clubs. Leaders learned by "doing" as we say in extension. The agent explained and showed how to do a given technique. This was followed by each leader repeating the process. There were a few who need extra help because of their inexperience. Miss Anne Shute, County Home Demonstration Agent and Miss Imo Jean Harris, Home Economist at Chinle gave the extra help.

The agent demonstrated the techniques and the homemakers made models showing:

1. How to put in a zipper using an easy method. (The seam under the zipper is basted.)
2. How to cover a belt.
3. How to cover a buckle.
4. How to hem a garment by machine with no special attachment and still have it look like a handmade hem.
5. How to make professional looking cording to be used for loop button holes and corded buttons.

The homemakers seemed to be eager to learn all the techniques demonstrated. Those who worked with Mrs. Church in previous meetings did not mind repeating because there were some changes made since the former meetings.

Leaders showed enthusiasm for some of these practices because they were trying to make models to send relatives and friends living in other states such as Texas, Utah, New Mexico, and California.

Navajo County Fair

Navajo County Fair was held at Holbrook. The agent judged foods both

in the open class and 4-H Club entries. Judging started at 9: A.M. and continued through the day until about 8:30 P.M. There seemed to be more clothing than foods.

There were entries in classes representing canned vegetables, fruits, and meat, baked goods including different varieties of bread and frozen foods. The quality of the baked goods was very good. Pickles and related preserved foods were also good. There was interest among homemakers in watching the judging. After the judging we had a little evaluation session of cakes, pies and bread. Two Indian women from Chinle were the most observant present. There had been superior chocolate cake and fruit pies among the entries. These two women claimed them and stated they had been baked in an oven heated by wood.

Yeast bread and rolls were very nice. There was various kinds of bread such as, white, 50% whole wheat and 100% whole wheat. Bread became a topic for discussion after the judging.

The other topic for discussion was foods preserved with sugar. How to distinguish jam from preserves? Scoring jelly made with commercial pectin in comparison with the natural fruit pectin. Of course, homemakers want quantity as well as quality. They also like the easier method, therefore they make a lot of jelly with a little fruit juice plus a lot of sugar. The agent enjoyed talking with the homemakers in this informal situation.

As a whole the food entries were of high quality.

Miscellaneous Information

Other activities in which agent participated worthy of mention:

1. Demonstrations showing how to prepare meat with emphasis on broiling - This training program was for demonstration agents.
2. Tabulating data from surveys made by Mrs. Elsie Morris with the help of county home demonstration agents.
3. Assisting Miss Helen Church from time to time - preparing illustrative material for clothing demonstrations.
4. Assisting Miss Grace Ryan - preparing illustrative materials for home furnishing demonstrations and training programs.
5. Assisting Mrs. Morris - getting ready for the in-service training program for 4-H Club agents.
6. Planning and developing crafts program for the two State 4-H Club Camps.
7. Fairs

<u>County Fairs - Including 4-H</u>	<u>Estimated Attendance</u> <u>(day judging took place)</u>
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<u>County</u>	<u>Month</u>	
Yuma	April	1000
Navajo	September	300
Yavapai	September	300
Greenlee	October	300
Gila	October	300
		<hr/> 2200

<u>4-H Club Fairs</u>		
Cochise	April	350
Pinal	April	1000
State Fair (4-H Club Division)- Nov.		1000
		<hr/> 2350

<u>Number of Fairs</u>	<u>Open Class and 4-H</u>	
Yuma	April	1000
Greenlee		300
Navajo		300
Gila		300
State	Nov.	1000
Yavapai		300
Cochise	April	350
Pinal	April	1000
		<hr/> 4550

8. Number of bulletins - 588 (Extension Clubs)
9. Five Achievement days and contests (4-H Club) 136 - attendance

MONTHLY STATISTICAL SUMMARY HOME DEMONSTRATION WORK IN ARIZONA

Adult 47 Days in office _____ Adult 42 Days in field _____
 4-H Club 93 _____ 4-H Club 59 _____ Bulletins and Mimeo distributed 588 _____
 Home visits _____ Different homes visited _____ Press articles published _____
 Office calls _____ Telephone calls _____ Radio talks _____
 Leave: Kind Annual Days 8 _____

ADULT SUMMARY

Achievement Days: No. _____ Attendance _____ Fairs: No. _____ Attendance _____
 Tours: No. _____ Attendance _____ Camps: No. _____ Attendance _____

PROJECT	Number of communities participating*	Days State Staff helped	Days agent devoted to projects	Days leaders assisted	Project leader training meetings			Discussion and method demonstration meeting				Other meetings		Result demonstrations				
					Num-ber	Attend-ance	No. of leaders	By agent		By leader		Num-ber	Attend-ance	Number conducted		Number of meetings	Attend-ance	
								Num-ber	Attend-ance	Num-ber	Attend-ance			Started	Continu-ing			
Organization and Planning			25															
Home and furnishings			12				4	89				1	90					
Production																		
Preservation and Storage																		
Selection and Preparation			8				5	65										
Health and Safety			1									1	19					
Home Economics & Home Management																		
Knitting and Textiles			32		4	45	43	14	257									
Public Relations																		
Education and Community Life			4															
Identification																		
Identification																		
Days given to special project			7															
Total			89		4	45	43	23	411			2	109					

* should equal sum of column minus duplications.

Signed Madeline Barley McConnico
 Home Demonstration Agent

Attach to this blank three copies of a narrative report of activities for the month, reporting under project headings all methods and results. Cooperative Extension Work in Agriculture and Home Economics, the University of Arizona College of Agriculture and the U. S. Department of Agriculture Cooperating.

4-H STATISTICAL SUMMARY

Achievement: No. 2 Attendance.....

Fairs: No. 8 Attendance 5550

Tours: No..... Attendance.....

Camps: No. 2 Attendance.....
 Boys.....7
 Girls.....11
 Others.....2

	Number of communities participating	Days State Staff helped	Days agent devoted to project	Clubs organized		Method Demonstration		Leaders' training meeting		Other meetings		Club meetings attended		Leaders visited	Members visited	Meeting by leader
				No.	Members	No.	Att.	No.	Att.	No.	Att.	No.	Att.			
Ext. Organization and Planning			79½					4	28	3	59					
Clothing and Textiles			19					2	11	2	34					
Food Selection and Preparation			24½													
Food Production																
Food Preservation																
Health, Home Nursing and First Aid																
Home Management			1													
Homemaking and Room Improvement			10					3	39							
Recreation Fairs			15													
Home Beautification																
Junior Leadership																
Days given to no special project			3													
Total			152					9	78	5	93					