

ANNUAL NARRATIVE REPORT
OF
MRS. ISABELL PACE, HOME DEMONSTRATION AGENT
MISS VIRGINIA E. TWITTY, ASS'T. HOME DEMONSTRATION AGENT

MARICOPA COUNTY
ARIZONA
From December 1951 to December 1952

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SUMMARY OF ADULT HOME DEMONSTRATION WORK

Isabell Pace, Home Demonstration Agent
Virginia E. Twitty, Ass't. Home Demonstration Agent

Maricopa County - December 1, 1951 to November 30, 1952

Both agents served the entire twelve months. Miss Twitty attended the Extension short course at Colorado A. & M. at Ft. Collins and she also attended the National Home Demonstration Agent's Convention at Ft. Worth, Texas, where she and 52 others was honored for continued outstanding service.

Miss Twitty's assignment is supervision of the Homemaking phases of girls 4-H Club Work, working in close cooperation with the Assistant County Agent assigned to 4-H Agriculture Club Work. The Agent is responsible for the adult program and general over-all supervision and administration problems. Both agents participated in adult leader training meetings and cooperated in 4-H contest and training events as seemed advantageous.

The county-wide program is the result of careful planning by Homemaker Club members and Home Demonstration Agents. Past programs are reviewed to determine to what extent they have met the needs and as to need for further activity in these fields.

Delegates come to council planning meetings informed as to local current problems and with program suggestions out of which the program evolves. Recommendations then go to the State Leader's office for calendaring in relation to specialists time to prepare bulletins and assist counties with leader training in their respective fields.

Briefly outlined, the 1952 program representing the three major areas of homemaking and special interests, follows:

A. Home Furnishings and Home Management

1. Improved Home Lighting - Health and Attractiveness Emphasized
2. Making Simple, Attractive Lamp Shades - To Further Develop the Goal

B. Nutrition, Food Selection and Preparation

1. Stretching the Food Dollar to Get Adequate Nutrition for Families
2. Proper Storage for Foods in Central Arizona Climate - Supply to meet Possible-Emergencies
3. Food Preservation Problems - Especially meet requests of new people relative to processing specialty crops and with proper use of modern equipment, etc.

C. Clothing and Textiles

1. Mending Techniques to Extend Life of Garments
2. Trims and Finishes for Garments to Take Away the Made-at-Home Look.

D. Special Interests

1. Suggested programs for summer months (open months).
 - a. Agent conducted - Sewing machine clinics
 - b. Agent conducted - Use of sewing machine attachments

CLEAR-THINKING MARICOPA COUNTY COUNCIL

Maricopa Homemakers Put a Premium on Practicality in Their Requests for Up-Coming County Program



The chairman of a discussion group writes down the latest group vote, while other members ponder over what services they will ask next from their HDA and the Extension Service.

PRACTICAL minded? Economy-minded? You bet! Interested in hobbies, craftwork, and ways to keep home life cheerful? Absolutely!

Those are the members of the Maricopa Homemaker Clubs and other Homemaker groups throughout the State too. Proof came at the program-planning meeting of the Maricopa County Council, held Friday, Oct. 10, Riverside School, with about 70 women present. Fifteen of the 16 groups in the council were represented, with Washington Homemakers carrying off honors for having the most members in attendance.

Here are the principal program requests made by the group:

In the foods and nutrition field, Selection and Packing of Food for Freezing, and Salads and Types of Dressing.

In clothing, Children's Clothing, and Selection of Clothing to Suit the Individual.

In home furnishings and management, Cleaning of Upholstery and Rugs, and Care and Laundry of Woolen Blankets.

According to Jean Stewart, State home demonstration leader, those requests from Maricopa fit generally into the pattern of interests expressed in other counties. Interests in other counties also include menu planning for cheaper cuts of meat and other high protein foods, short cuts and basic techniques in sewing, clothing accessories, and budgeting of time and money.

Freezing Interest

Possibly most widespread request of all is the one dealing with freezing foods. If the Maricopa meeting is representative the Homemaker members are not concerned only with preparing home-grown vegetables, fruits and meats for the freezer. They also want to know more about how to buy foods for freezing and especially how to prepare cooked and baked goods for freezing. Many said they are interested in learning how to use the freezer so they only have one day a week of baking and roasting.

Others who work or who have many community activities pointed out what a boon it would be to be able to come home late and still have a well-prepared, home-cooked, nutritious meal on the table in half an hour or so. Some spoke of the few times when it is necessary for the youngsters to prepare the meal.

The salads and dressings request possibly reflects a growing knowledge of nutritional needs. Most of the remarks this reporter caught tended to be somewhat wistful in regard to getting husbands and growing boys interested in fresh green vegetables. An undercurrent also present was the recognition of the

high vitamin and low calory content of salads.

Sewing for Junior

The top request for home extension help in learning how to make children's clothing was no surprise. For a number of years the younger members of the Homemaker Clubs have been asking for such a program. This year the members who have teen-age or grown sons and daughters acceded cheerfully, with one remarking, "It doesn't really matter. I always learn something new and useful and if it works for children's clothing, it ought to work for mine too."

In choosing the selection of clothing to suit the individual, members seemed to be bent on being practical without conceding better styles to ready-made clothes. They want to know more about how to buy not only clothes, but cloths and patterns and accessories with an eye as to who will wear them.

As for the home management re-

quests — cleaning of upholstery and rugs, and care of woolen blankets — both reflect the economy angle that appeared to be uppermost, or almost so, in the minds of the women.

In what is known in Maricopa as the "special interests" field, the group did not choose two most-wanted items. They simply listed a variety of "special interests," and it really was a variety!

Rug making, cake decorating, painting ceramics, making small storage items, leathercraft, making lamp bases, landscape gardening, etching of glass.

Many of these items might be chosen by only one or two clubs, and it is probable that instead of asking for Extension Service demonstrators for some of the work that local experts will be asked to make the demonstrations. Either way it works out, the Homemaker Clubs profit and learn something new and different at each meeting.

Health Discussion

Though none of the topics were put to formal vote, there was considerable discussion of health projects at the Maricopa council meeting. Mrs. Isabel Pace, home demonstration agent for the county, pointed out several statistics relative to overweight persons and the incidence of heart disease among them, and also discussed the higher mortality rate among overweight persons.

This reporter made a request that an infant health project be included by as many clubs as possible, asking for an educational program that will help keep Arizona babies alive.

Miss Stewart also had several comments on health education and there were many questions and remarks from the Council group. — Jo.

October 10, 1952
Program Planning Meeting
(Oct. 25th Ariz. Farmer)

A THUMBNAIL SKETCH OF YOU AND YOUR FAMILY

Please check () in the space provided for the following questions.



It is not necessary to sign the slip.

Send this sheet to Isabell Pace, Home Demonstration Agent, Maricopa County, Box 751, Phoenix, Arizona, before August 30th.

Community Maricopa County Date Sept. 15 to October 5, 1952

1. We live on a farm: (24) Yes (29) No
2. Our main income is from: (19) farming (30) other? 4 reported 1/2 each

3. We own the house we live in (48) Yes (5) No
4. Our fuel for cooking is: (3) Wood (26) Gas
(21) Electricity (-) Oil (6) Other? - Bu-Gas

5. The following number of people live in our house

- (111) Adult over 18 years & out of school & under 65
- (7) Adult 65 years and over
- (9) Infants under one year
- (22) Pre-School children
- (36) Elementary school children
- (16) High School children
- (1) Out - of - school children under 18 years not listed above.

202

Total

6. We own a sewing machine (49) Yes (4) No
7. We own a home freezer (27) Yes (26) No
8. We own a washing machine (46) Yes (8) No
Automatic (25) Other? (21)
9. We own a refrigerator (53) Yes () No
Ice () Other? (53)
10. Refrigerator has freezing compartment (26) Yes (27) No

(1950 Census of Arizona's 10,412 Farm Homes, 12% were without electricity in June 1952. Rural Electrification Administration reports that in Arizona, 9,163 farms have electric current. For U.S., 88.1% of Farms are electrified.) Arizona Farmer October 25, 1952

- c. Agent with trained leaders - Making dress forms. Local leader responsibility.
- d. Book reviews
- e. Crafts - Rug making, ceramics, metal etching, leather crafts, weaving, needle work
- f. Western shirts
- g. Recreation, picnics, community activities, swim parties, family dinners and get togethers
- h. Health discussions - Professional people

Methods employed to put over the adult program included, distribution of mimeographed and printed bulletins, County, State and Federal sources, telephone and office contacts, Specialist, Agent and leader demonstrations, leader training meetings, method demonstrations and work shops, publicity, circular letters, reports. Recreation and community events also are a part of the years activities. Both adult and 4-H councils gave year round cooperation and helpful support. Three adult council meetings were held, January, April and October.

The Annual Homemaker's Rally Day was a truly recreational event held at South Mountain Park on May 2nd., one-hundred forty-four women attended. A western type dinner was served. A program of skits from the several clubs entertained the group. National Home Demonstration Week was featured.

In March, Mrs. Lydia Ann Lynde, Family Life Specialist from the National Office, conducted a most appreciated discussion with representative delegates from county clubs and Extension personnel. Delegates carried back to their local members salient values from this meeting.

County Life Conference, a state event held on the University campus at Tucson, was attended by both agents and 37 women from 15 communities of Maricopa County. All phases of the program were enjoyed.

The following summary indicates further methods employed with statistical facts and estimates to show results and distribution of time and efforts of agents. It includes 4-H and adult figures.

Months of service			24
Days devoted to adult work			315
Days devoted to 4-H Homemaking			237
Home visits			239
Different Homes Visited			226
News Paper Articles			35
Telephone calls			891
Office calls			582
Bulletins distributed			4,482 (estimate)
Radio Broadcasts			7
Television			3
Adult Leader Training Meetings	23	Attendance	329
4-H Junior Leader Meetings	15	Attendance	480
Adult method demonstrations	25	Attendance	513
4-H method demonstrations	96	Attendance	2,599
Adult (County-wide Rally Day)	1	Attendance	144
4-H Club Achievements	16	Attendance	1,554
4-H Camp	1	Attendance	36

Other meetings including organization,
program planning, cooperation with other
agencies not already reported

Adult	62	Attendance	1,639
4-H	37	Attendance	9,058
	109	Attendance	1,784

Voluntary local leader meetings

An estimated 2,375 families were reached by one or more phases of the service this year and an estimated 535 for the first time.

Bulletins were used extensively to answer requests for information from people not enrolled in organized groups. Many such requests related to preservation of specialty crops such as, dates, figs, olives and citrus were taken care of. Food freezing was also a popular request.

Adult education classes conducted in the Phoenix area regularly recommend Extension subject matter bulletins to their enrollees, hence constitutes another avenue for distribution.

Forecast for 1953

Program recommendations for 1953 as a result of the council meeting held October 10th at Riverside School has for the most part been scheduled and specialist assistance arranged for.

The program has a most practical emphasis and represents projects in the three major fields of homemaking.

Agents participate in State and County events and programs of related agencies whenever time permits; such as, Arizona Home Economics Association; Woman's Forum; Civil Defense, etc.

State and County workers cooperate in every way to make the planned program a success.

Due to a pretentious church program and hence heavy load for local leaders, the Latter Day Saint Relief Societies (except for three groups) are dropping the Extension work, which cuts the number of groups considerably.

There may in time be requests from these areas for organization of Homemaker's Clubs. We stand ready to give any assistance requested.

Plans for 1953

The same general procedure for program planning, review of past programs, evaluation as to need for further pursuing projects, weighing suggestions currently brought in as a result of local clubs considerations, will be followed.

State Leader of Home Demonstration Work, Jean M. Stewart, attended the Homemaker Rally Day. Other guests were Mrs. Lucile Pintz, Salt River Indian Service Home Agent, Miss Jo Perrill, Woman's Editor, Arizona Farmer Magazine. The meeting was this year again held at the Riverside School. Luncheon was served by the school lunch room. These facilities are truly appreciated since there is a dearth of meeting places in the Phoenix area which is centrally located in the County.

Eighty-two club delegates participated, representing 16 communities of the County.

After discussion in six groups, followed by vote of recommendations by the six

chairmen, the program given below resulted and has been referred to the State Office for scheduling of specialist assistance by way of reference and subject matter, agent or leader training. The agent will present two projects, probably one directly with the clubs and one by leader training.

House Furnishings

Extend the life of and keep the value of expensive household items, especially woolen blankets, carpets and upholstered furniture.

- A. Treatment of hard water areas and selection of detergents and reagents to get approved results.
 - 1. Actual laundry processes to use, restoring methods for badly damaged blankets, proper storage for summer months.
- B. Cleaning rugs and upholstered furniture - selection of reagents use, follow-up care, etc.
 - 1. Leader training meetings in three areas of county - Specialist and Agent cooperating.
 - 2. Local follow-up demonstrations and work shops conducted by local leaders.
 - 3. Distribution of leaflets and leader helps, also to members.
 - 4. Reports of leader meetings.
 - 5. Final reports showing use of recommendations by members and extension to relatives and neighbors and other groups.

Nutrition, Food Selection, Preparation and Storage

- A. Selection, packaging foods (especially cooked foods) for the home freezer. Approved storage temperatures and pointers on serving. Better service from home freezer.
- B. Salads and salad dressings for all occasions.

Objective: Study home freezer in relation to family nutrition, food cost, homemakers time and convenience. More fresh fruits and vegetables in the family meals through more and better salads the year-round.

Freezing:

- 1. Leader training meeting for County-wide foods leaders; Agent in charge, cooperation with Arizona Public Service Company where demonstration kitchen, auditorium and freezing facilities are available.
- 2. Leader guide leaflets, subject matter.
- 3. Exhibit of approved packaging materials.
- 4. Present results of current research in field of food freezing.
- 5. Demonstrate basic techniques.
- 6. Exhibit of types and varied frozen foods.
- 7. Exchange of ideas on frozen foods.

Salads:

- 1. Leader training in 3 areas of County if possible. Specialist assistance, Agent cooperating or conducting.
- 2. Mimeographed material, subject matter and recipes.

3. Teach selection, care and preparation of salads, attractive service for varied occasions.
4. Reports of meetings, follow-up reports on both projects later in the year by leaders.

Clothing

- A. Construction techniques for childrens clothing, including self help ideas, boys shirts, little girls dresses, Two training meetings, specialist assistance.
- B. Style selection for individual types. One training meeting, Specialist assistance, two areas of county for each series.

Special Interest

Special interests include a vast number and a variety of projects, some of which extend over a period of time, others for one meeting only. Leaders from one club often go to another club to get such projects underway. This is a source of developing congenial relationships and community interests.

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of
HOME DEMONSTRATION WORK
in
Maricopa County
From December 1, 1952 to November 30, 1952

Isabell Pace, Home Demonstration Agent
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Adult Organization and Planning

The Home Demonstration Program for adult groups in Maricopa County, for the year 1952, was developed at the Annual Program Planning meeting by members of the Maricopa County Homemakers Council, composed of officers and project leaders and other designated representatives from local clubs and affiliated groups.

The Agent supplied local groups with a summary of recent programs, suggestions of trends and developments relating to homemaking problems, for consideration. September meetings were devoted to discussion and evaluation of past programs, current problems and needs, in relation to ways the Extension Service might assist with solution of the problems.

On October 12, the Annual Program Planning meeting was held. Eighty-seven delegates, divided into small groups, presented the suggestions from their local groups, and discussed and recommended project topics which were voted upon. Projects are intended to give help in the major areas of homemaking to better meet the interests of club members. An outline of the program as planned and the methods employed in its achievement, follows:

House and Furnishings Projects

- I. Making homes more attractive while improving health situation through "Improved Home Lighting."
- II. Making Lamp Shades
 - a. Leader Training Meetings in four areas of the County. Specialist conduct 2, Agent 2.
 - b. Provide leaflets and illustrative kits to be used by leaders in local meetings.
 - c. Local follow-up demonstrations and work shops for shades.
 - d. Reports of meetings and later follow-up reports.

Nutrition, Food Selection and Preparation Projects

- I. Adequate Family Nutrition - Stretching the Food Dollar to Achieve This Goal.
 - a. Method - Leader training meetings in 3 areas of County. Specialist 2, Agent 1.
 - b. Provide leaflets, leader guides and report forms.
 - c. Local demonstrations and workshops, recipes and leaflets.
 - d. Reports
 1. Meetings
 2. Later use of material and extension of ideas and skills

II. Food Storage in Central Arizona Climate

- a. Open discussion meetings in 3 areas of County.
- b. Talks and discussion, Civil Defense State Supervisor Exhibit of Foods Recommended to Have on Hand.
- c. Storage of food in home, proper use of modern equipment.- State Extension Nutritionist.
- d. Household Pest Control Related to Storage of Food in The Home.

Clothing Projects

- I. Mending Techniques to Extend Life of Garments - Agent Training, Clothing Specialist at Tucson, Agent demonstrations directly with local groups.
- II. Trims and Finishes for Garments made at Home.
 - a. Leader training meetings, work shops.
 - b. Illustrative material, kits for leader use at local meetings.
 - c. Leaflets for leaders and members.
 - d. Patterns - illustrative techniques.
 - e. Leader demonstrations and work shops.
 - f. Reports of meetings - later follow-up reports. Both Agents participated in the agent training on mending given at Tucson, by Clothing Specialist.

Special Interest Projects Suggested

- a. Sewing Machine Clinics - by Agent
- b. Sewing Machine Attachment Use - by Agent
- c. Making Dress Forms - Agents and trained leaders
- d. Health - Talks and Discussions. Professionally trained people.
- e. Book Reports - members, outside people
- f. Recreation and Community Cooperation Projects
- g. Family Events - Dinners, swim parties, picnics
- h. Crafts, such as, metal etching, ceramics
- i. Textile painting, weaving, rug making
- j. Lamp shade making, western shirts
- k. Tours of interesting places and industries

Local clubs made their own plans for summer programs and generally recruit their own trained leadership, except where agent supervision is indicated. Family type of recreational events predominate where membership is largely the mothers of young children. Husbands and children join in and enjoy swim parties, picnics, etc.

Twelve Homemaker Clubs carried the county-wide program. Nineteen Latter Day Saints Relief Societies of the East and Central areas participated in all or a part of the program. The same general procedure was used in putting over projects. However, close supervision relative to Relief Societies was not practical.

The Homemaker's Council is made up of club presidents, vice-presidents and secretaries, elected annually. Local Homemaker Club officers are automatically voting members as are project leaders, for program planning. Affiliated groups assist with program planning and selection of officers through nominating committee action, delegates vote on program decisions.

Council meetings are held in January, April and October. There were 292 regularly enrolled Homemaker Club members and an estimated 550 active Relief Society members participating in the Extension Service program for women in Maricopa County.

Two anticipated new clubs failed to materialize for two apparent reasons. Too many children to permit adequate leadership training participation and transportation difficulties for young mothers.

The following statistical summary presents a picture of the Agent's program development and the distribution of time:

Months of service	24		
Days devoted to adults	315		
Days devoted to 4-H Club and Older Youth	237		
Days in the Office	294		
Days in the Field	258		
Home visits	239	Different Homes	226
Office calls relating to Extension Work	582		
Telephone	891		
Number of News or Information articles	35		
Number of bulletins distributed	4,482		
Number of radio talks	7		
Number of Television presentations	3		
Number of leader training meetings (Adult)	23	Attendance	329
Number of Leader training meetings (4-H)	15	Attendance	480
Number of adult method demonstrations	25	Attendance	513
Number 4-H Club method demonstrations	96	Attendance	2,599
Number adult achievement days (Annual County-wide)	1	Att.	144
Number 4-H Achievement days	16	Att.	1,554
4-H Encampments	1	Att.	36
Other meetings of Extension nature (adult)	62	Att.	1,639
Other meetings of Extension nature (4-H)	37	Att.	9,058
Local leader meetings (adult)	109	Att.	1,784
Local leader meetings (4-H) (estimate)	937	Att.	16,850
Number Communities organized to do Extension work (adult)	33		
Number Communities organized to do Extension work (4-H)	27		
Days State Staff helped in County	60 $\frac{1}{2}$		

All projects considered, and with the best possible evaluation and effort to eliminate duplications, an estimated 2,375 families have made changes or improved practices as a result of the Home Demonstration program, with an estimated 535 reached this year for the first time. The County population has increased greatly; this influx of new people and the interest shown in the specialty crops, citrus, dates, figs and olives, contribute to the vast number of requests for information which pour into the office. An increasing number of food freezers introduced into rural and urban homes also have contributed. Telephone, office calls, bulletin service and publicity to some extent are chief ways employed in meeting this demand.

There was a drop of six in number of communities which participated in the adult program. Five of these were Phoenix area Relief Societies whose church program did not leave time for Extension projects. There were thirty-three adult groups, twenty-seven 4-H Home Economics groups, and seven of these carried both adult and 4-H Club Work.

Year books presenting the county-wide program and other pertinent information and suggestions were prepared in the office for all Homemaker Club members and to officers and project leaders of L.D.S. Relief Societies participating. A copy of the Homemaker's Year Book is included elsewhere in this report.

The State Extension Staff, County Agent and Assistants have cooperated in their respective fields to assist with problems whenever approached.

Information Specialists have been most helpful with a consistent flow of timely information to newspapers and radio stations; also sending to Home Demonstration Agents prepared topics for their use. The Agent regrets that local papers seem not to have space for anything except strictly local stories, hence Agents loose interest in sending material that does not get printed.

Project Reports - 1952

House and Furnishings, Home Management

Improved Home Lighting was the major home furnishing project. The health angle of home lighting was emphasized along with the possibilities lighting holds for making homes more attractive and comfortable.

Three leader training meetings, attended by 43 home furnishing leaders from 22 communities, were held. Miss Grace Ryan, Home Management Specialist directed. Three demonstration kits were prepared to be used by local leaders in presenting the project at their club meetings following training meetings. A leaflet, Tested "Recipes" for Safe and Attractive Home Lighting, also a sheet presenting types of Lamps, Bulbs and Bowls were prepared by Miss Ryan and mimeographed in the County Office to be distributed to leaders and to members at follow-up meetings. "Making Lighting Work for You" a U.S.D.A. bulletin was also provided for those interested. Five hundred copies were distributed at meetings, fifty by subsequent requests. A leaders guide and report forms were other helps provided leaders.

This project was enthusiastically received; 31 local club meetings were reported with 592 attendance.

One lighting demonstration was presented by special request at a Woman's Club meeting with 19 women in attendance.

Lamp Shade Making was the second and logical project in connection with the "Good Lighting".

Training of leaders in continuation of the "Improved Lighting Project" took the form of a lamp clinic. Schedules were worked out in 5 areas of the County for leaders to bring in their lamps for evaluation. Good and bad features were pointed out by the Specialist, and suggestions for improving quality of lighting and for making lamps more attractive. Orders for materials to be used in making lamp shades at a later date were taken, including metal rings, water colors or plastic paper. Suggestions for trims were also worked out. Forty-four women came in with their lamps.

Fifteen communities, including eleven Homemaker Clubs and five Relief Societies came into 9 work shop type meetings. Total attendance, 90. Each leader made a lamp shade and in a few instances trims not available in the area hindered completion at meetings. Water color and plastic shades, mostly fabric covered and trimmed with braids were chosen by leaders.

The onset of hot summer weather served to slow up the project for local groups and individuals. The project is one which will be revived from time to time and as replacements are in demand. Leaders say time will tell. Even though all groups did not carry the project as was planned, a summary of reports received follows:

LEADER'S FINAL REPORT - LIGHTING IN HOME

Maricopa County

	Club Members		
How many checked lighting in home?	(incomplete report) 292		
How many improved "quality of lighting?"	77		
How many improved "quantity" of lighting?	63		
How many secured some piece of lighting equipment for better light in home?	22		
How many changed or selected wall and ceiling colors for good lighting?	11		
Number club meetings on lighting	31	Attendance	592
Number other meetings on lighting	1 (Woman's Club)	Attendance	19

Comments: Members showed much interest in demonstration. General comment from leaders

LEADER'S FINAL REPORT - LIGHTING IN HOME
LAMP SHADE MAKING

Maricopa County

	Club Members		Neighbors
Lamp Clinic - Number of lamps evaluated	70		2
Shade Making - Total shades made	73		2
Type of Shades Made - paper only	41		
Type of Shades Made- fabric covered	32		2
Number of work meetings held	24	Attendance	340
Is there a request for further meetings on this project	Yes <u>9</u>	No <u>5</u>	

Comments: Others expressed anticipation of increased and more activity. Where interest had not been evident, there probably was a lack of lamps.

The office receives many requests for information pertaining to the home furnishings angle of homemaking which is met largely by our bulletin service; Furniture repair and refinishing, storage kitchen and other areas. "In Furniture The Finish Counts", "Furniture Repair", "Tailor Your Drapes", bulletins prepared at the State Office have been an especially popular demand. Others much called for were, "Re-Upholstering a Chair", Oregon State College, "Storage for Your Home", Washington State College and U. S. D. A. Miscellaneous Publication #646, "A Step Saving 'U' Kitchen", provided by the State Extension Office. Exact count is not available. "

Another service not included in the planned program, and which received enthusiastic appreciation from 12 families of the Litchfield District was use of a collection of home building, storage and interior treatment books, clippings and illustrations gotten together by the Home Agent while attending the Housing course at Colorado A. & M. Extension course and in preparation for building her own home, two years ago. The box (a large one) returned after a full year in the field, and in the absence of the Agent, had the following note attached:

"The above number of families wish to express our sincere thanks for your box of plans. They were most helpful in so many ways." Names were attached.

Three sets of plans for the "U" Kitchen were provided home builders, and 6 cut-out books also were given on request to homemaker's doing remodeling or building.

Four Farm Account books were provided women who previously had used one.

Nutrition, Food Selection and Preparation

The two projects planned for the County-wide program for 1952 were:

- I. Adequate Nutrition - Getting More For Your Food Dollar
- II. Problems of Food Storage in Central Arizona Climate

Project I was conducted as a leader training meeting with State Extension Specialist Mrs. Elsie H. Morris directing two and the Agent one.

Three training meetings in the West Central and East County areas were attended by 47 local leaders representing 27 communities.

Selection of foods to meet basic nutritional needs, approved methods of preparation with least possible loss of food values, emphasis on foods of high food value and in the lower cost bracket were employed in the luncheon prepared and served to put over the project. The menu was evaluated by the women as to food value and cost and calories.

A leaders guide report form for local meetings and a report form to be used after a period of several months to learn of the use club members had made of material presented were supplied. Subject matter bulletins, Basic Seven Food Guide Charts, Family Fare Food Management and Recipes, U.S.D.A., The Road to Good Nutrition, Childrens Bureau Publication and U. S.D.A., Nutrition Up to Date Up to You, were supplied to leaders; the latter in sufficient numbers for distribution to all members. Its popularity has demanded a re-order. Also a sheet "A Food Plan For Good Nutrition" a shopping guide was distributed.

Seventeen local group meetings were reported (13 Homemaker Clubs and 5 Relief Societies) with an attendance of 232. The overall supervisor of Relief Societies reported the demonstration with a luncheon using foods recommended at the training was the program for all work and business meetings the second Tuesday or Thursday of April, local leaders failed to return cards giving attendance or details of the day.

Summary on following page:

Project II, Food Storage presents a problem in the warm area of Maricopa County for families who have limited refrigeration facilities. Rarely do houses have basements or so called cellars or pit type storage.

The Civilian Defense Council, Churches, leaders and others have long urged storage of foods to tide families over in case of an emergency and too often such supplies, after a time, were spoiled, even canned products.

Meetings were held which proved interesting to the extent that some of those who attended were asked to pass on the information to local organizations. The Home Agent presented reports of humidity and temperature records gotten from the Weather Bureau, those of Maricopa County were compared with records of other areas of the State. Since Arizona has perhaps the widest range of humidity and temperature of any state in the Union, these facts were interesting and informative.

Representatives from the State Civil Defense Office presented in attractive and informative manner, the Factors of Food Supply in normal and emergency situations and exhibited a suggested food supply recommended for families of 4 or 5 persons. The importance of turnover and replacement of this food was emphasized.

Mrs. Elsie Morris, Extension Nutritionist, demonstrated and ably discussed, the responsibility of the homemaker in relation to care of the family food supply, and care and proper use of the refrigerator and home freezer and general storage.

Dr. J. N. Roney, Extension Entomologist discussed "Insect Control in Relation to the Home Food Supply", he stressed the importance of good sanitation, especially as a measure for fly control. Dr. Roney's new Household Pest Control bulletin and Fly and Mosquito Control posters were distributed.

The food storage project was conducted through open meetings as a new innovation and because it was felt the specialists would put over this project more effectively than could possibly be done through leader training. Almost epidemic influenza struck two areas accounting for small attendance. However, the attendance was not up to expectations. Those attending were keenly interested and discussion of the material was carried out in local meetings. Other ways of extending the information was brought out by the Agent in her summary of talks presented at the meetings. One hundred sixteen attended the 3 open meetings.

Miscellaneous food work by the Home Demonstration Agents centered chiefly around food preservation, which comes as individual requests and deals especially with specialty crops as figs, dates, citrus and olives.

New people coming to the Phoenix area find these fruits on city lots and rural areas alike and are anxious to preserve them for their own use and to send back home to friends and relatives.

Many requests for information is met through telephone calls, office calls and distribution of leaflets.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

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

State of Arizona
P. O. Box 751
Phoenix

Agricultural Extension Service
Home Demonstration Work
County Agent Work

August 27, 1952

Dear Homemaker Club Leader:

The time is here for evaluating your work with your local Homemaker Club members or Relief Society members in furthering the nutrition and Food Preparation program to improve home conditions and well being of members.

A rather comprehensive report form on the project "Getting More For Your Food Dollar" is enclosed. Since last February you and your members have had an opportunity to put into practice ideas and information presented at the training meetings.

Will you please contact as many members (at meetings, by neighborhood calls, or other ways) to get as complete a report as is possible and return to my office by the date indicated on the enclosed form.

Sincerely yours,

Isabell Pace

Isabell Pace
Home Demonstration Agent

IP/tc
Enc.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

University of Arizona
College of Agriculture
U. S. Department of Agriculture
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State of Arizona
P. O. Box 751
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Agricultural Extension Service
Home Demonstration Work
County Agent Work

Leader's Report on Getting More For Your Food Dollar
prepared by
Elsie H. Morris, Extension Nutritionist

Leader's Name - 1 _____ Date of Meeting _____
2 _____
Mailing Address - 1 _____ Attendance _____
2 _____
Club _____ Type Meeting: Check Here
Homemaker Club _____
Hostess _____
Relief Society _____
Actual time given to presenting the project _____ hours. Other _____

As a Result of This Project	Club Members	Other Relatives, Friends, Neighbors, 4-H Mem- bers, etc.
1. Did you use A Food Plan for Good Nutrition, p.p. 14-15, Home and Garden Bulletin # 1: "Nutrition Up to Date Up to You" in planning and purchasing food for the family?	364 Yes	4 4-H Clo. Girls 25 Friends & Relatives 29 Total
2. Did you use the mimeographed sheets "A Food Plan for Good Nutrition" for a shopping Guide?	121 Yes	
3. List the things you did to get more for your food dollar: <u>Planned menus ahead, checked against Basic Seven Chart, used dried milk, bought fruit in bulk, watched for specials, buy seasonal fruit</u>		
4. What recipes included in this project did you use? Chilles Rellenos once more times popular Leaders Carrot Dressing Well liked <u>checked</u> Whipped Topping Much used <u>gave no</u> Baked Custard <u>Yes</u> <u>figures</u> Scotch Toffee <u>Yes</u> <u>here</u>		

Comments:

Leader's Signatures _____

Leader's Addresses _____

Directions: Please fill out at your next meeting and return to
Isabell Page, Home Demonstration Agent, P. O. Box 751, Phoenix,
not later than October 30, 1952

8/27/52
IP/tc
52 c

Home freezing has long since surpassed the interest in home canning.

Community canning centers are operated in the County. Patrons may bring their products to these centers, help prepare them under supervision and have them processed either in cans or their jars brought from home, at a nominal charge. Two large centers are operated by the Latter Day Saints Welfare Department, one at Mesa and one at Phoenix.

Special recipes, such as, cactus candy, candied citrus peel, making raisins, date and honey confections, are frequent requests.

Clothing and Textiles - Final Report 1951 Project

I. New Fabrics - How to Know and Care for Them

II. Clothing Accessories

The above were the final projects considered in the fall of 1951, so it was necessary the women should have time to use the information relative to new fabrics on the market and check their own and others experiences; likewise to make and acquire accessories, etc. Leader training meetings followed by local club meetings with kits of fabric swatches and bulletin material, had been used in putting over the fabrics and finishes project.

Four accessories leader training meetings were conducted. The J. C. Penney Company graciously loaned garments, plain and dressy type dresses and types of suits with scarfs, bags and other accessories to supplement those supplied by the Clothing Specialist and Agent such as costume jewelry, dickies, collars, flowers, belts, gloves, hats and shoes. Kits were provided leaders who in turn arranged for the basic garments. The women were profuse in their expression of appreciation and the fact they learned much of worth especially relative to making a good quality basic garment serve several purposes through variation of accessories worn with it.

Clothing and Textiles - 1952

I. Mending Techniques to Extend Life of Garments

II. Garment Finishes and Trims to Take Away That "Made-at-Home" Look

Mending Techniques was the chosen project for Pinal County as well as for Maricopa. In Maricopa County it was the project to be presented by the Agents directly with Homemaker Club groups, hence Extension Clothing Specialist, Helen L. Church gave two days training at Tucson for Mrs. Mae Baldrige, Pinal County Home Demonstration Agent and Virginia E. Twitty, Assistant Agent and the Agent.

Techniques emphasized included over-all patch (set in on machine), matching set-in patch (gingham or other designed fabric), glued-on patch, darned on patch, mend for knitted garment, weaving and trouser and coat cuff repair.

Illustrative material was prepared by the Agents and given to local groups directly between February and November as dates could be dove-tailed into the local meeting schedule and as Agents could get time. Since the Relief Societies hold only one meeting a month through the summer and mending was scheduled early for them, it

COOPERATIVE EXTENSION WORK
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University of Arizona
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and Maricopa County Cooperating

State of Arizona
P. O. Box 751
Phoenix

Agricultural Extension Service
Home Demonstration Work
County Agent Work

August 30, 1952

Dear Homemaker Club Clothing Leader:

This is an excellent time to check on our Homemaker's accomplishments. Will you please contact your club members, not only at the meetings but in several ways to learn if the demonstrations presented have given help or better ways of doing the ordinary tasks of members?

Try using telephone calls, postcards, letters, neighborhood calls, to get the answers. You may be surprised to learn how happy the women will be to know you are interested.

Certainly your Home Demonstration Agents and Specialists are anxious to know if the program had value and reached people. Send completed reports to my office by October 30th.

Sincerely yours,



Isabell Pace
Home Demonstration Agent

IP:mn
40 c

LEADER'S PROJECT REPORT

BUYING TEXTILES

County _____

Club _____

Date _____

Leaders _____

Check (x) below the method or methods used _____

I. How information was given to others:

1. Showed by doing 3. Had others do
 2. Showed by completed article or illustration only 4. Only discussion

II. Number of days you (leader or leaders) spent in helping with this unit of work _____

Ist. **SUMMARY OF FINAL REPORT - FABRIC AND FINISHES PROJECT**

(11 Clubs Reporting)	CLUB MEMBER	OTHERS *
1. Number in your club who have learned to identify fibers	257	109
2. How many asked for specific labeling when buying fabrics: sanforized cotton, permanent crease resistant	389	22
3. What garments or textiles have you found most often without labels. <u>LIST</u> Women's dresses (lower cost bracket) Rayon dresses Coats - Men's trousers on sale, Cottons, Seersucker, Men's shirts, socks, flannels, crinoline, slip covers (commercial)		
4. Comments Helped us understand laundry and dry cleaning results better. We have determined to keep on asking for labels. Local sales people are woefully uninformed and indifferent to our requests.		

* Relatives, neighbors, 4-H leaders, friends you may have helped.

LEADERS' REPORT SHEET

ACCESSORIES FOR SELF AND OTHERS

County _____

Club _____

Date _____

Leaders _____

Check below (x) the method or methods used

I. How information was given to others

- | | |
|---|------------------------|
| ___ 1. Showed by doing | ___ 3. Had others do |
| ___ 2. Showed by completed article or illustration only | ___ 4. Only discussion |

II. Number of days you (leader or leaders) spent in helping with this unit of work _____.

2nd. SUMMARY OF LEADER'S FINAL REPORT - ACCESSORIES PROJECT

16 groups reporting	CLUB MEMBER	OTHERS *
1. Number of women who made use of accessory information in purchasing accessories for self.	467	26
2. Children's accessories made		
Hats	31	
Purses	129	15
Belts	111	21
3. Accessories made for self	224	7
Accessories made for gifts	208	30

Comments ~~XX~~ other accomplishments
 Accessories was the highlight of the year for our club group. Changing a costume by changing accessories was to us a new idea. It gave us confidence to select and wear accessories.
 Many women cut patterns to make at home who did not report articles made. Bags and nylon corsages were most popular.
 Extra meetings were held locally to make accessories not included in the report.

*Relatives, neighbors, 4-H leaders, friends that you may have helped

became necessary to provide leaflets and special help to leaders for them to carry on this project independent of Agents direct help or the illustrative kit used otherwise. A complete report of local leaders was not available, hence four groups reported 11 mending work meetings with 409 women participating.

All Homemaker Clubs, except one have been served. This group cancelled the meeting because of a death in the family of a club officer and it has not yet been possible to reschedule the demonstration.

Miss Twitty, Ass't. Agent, presented the demonstration with one club and answered a request of Fowler Woman's Club and a Sorority group for this demonstration. One of the Clothing leaders borrowed the Agent's kit of materials and presented the demonstration to 23 young mothers of her Church Auxiliary. A half-dozen or more calls came as a result of this demonstration expressing appreciation (especially for the "jiffy overall" patch and requesting leaflets for close friends). This type of Extension Service by trained leaders is not uncommon, however, seldom reported so as to be recorded.

The Agent gave the demonstration to 9 of the Clubs.

Clothing leaders were sent report forms and requested to check their members as to use they had made of the mending techniques and if they had passed information on to friends and neighbors.

"Mending Made Easier" was distributed to members, "A.B.C's. of Mending" and "Mending Men's Suits" were given to leaders and those specially interested.

Summary of 17 reports follows.

Project II was Garment Finishes and Trims to Take Away That "Made-at-Home" Look. Two leader training meetings were attended by 27 women representing 15 adult and 3, 4-H Clubs.

Miss Helen L. Church, Extension Clothing Specialist conducted. The Agent cooperated in preparing two kits of illustrative material which were loaned to leaders for their local meetings. Training meetings and follow-up meetings included demonstrations, checking of illustrative material, discussion and work shop. Making belts, covering belt buckles (repair of belt buckles from ready-made dresses), setting in gussets to insure smooth comfortable results, making cording and using same in various useful and decorative ways were included in the lessons. Decorative stitches and interfacings also were featured. All groups report high interest and practical value of this project.

Family Relations - A Guide For Working With Youth

This program conducted by Lydia Ann Lynde, Parent Education Specialist from Washington D.C. and arranged for by State Leader of Home Demonstration Work, Jean M. Stewart, was much enjoyed and much talked of by members who attended.

Two meetings were held in the County, one at the County Office, attended by the staff, several people from the State Office and Miss Mariel Hopkins, Home Demonstration Agent from Yuma County. The other one was held at Riverside School Auditorium, west of Phoenix. Eighteen communities were represented by 49 adult club leaders and 10 4-H Club leaders. Four leaders beside the Agent took notes from which she compiled a summary, of which copies were mailed to each leader. This in turn was used as a basis of a discussion meeting with local groups. Most mentioned items talked of in the Agent's presence were Mrs. Lynde's definition of personality and the importance of love and a feeling of being wanted in the development

PROJECT - MENDING MADE EASY

REPORT SHEET

Clothing Leader or person designated to furnish report:

Signed _____

Information was presented by the Home Agents in one of three ways or, a combination of methods as fitted the situation and time allowed.

1. Showed by doing

3. Work Meeting

2. Showed by illustration
or completed article

Please present these questions to your members and others and fill in the replies and return to the Home Demonstration Agent's office, P. O. Box 751, Phoenix, Arizona before October 30, 1952.

17 Clubs Reported	CLUB MEMBER	OTHER *
Were mending techniques of practical value to	Yes	96
Which of the following was used & by how many?		
1. Overall Patch (Set-in)	257	16
2. Matching - Set-in patch (gingham or other designed fabric)	146	15
3. Trouser or coat cuff repair	121	13
4. Glued on patch		12
5. Weaving	76	3
6. Darned on patch	137	15

*

Groups, relatives, neighbors, 4-H leaders, friends that you may have helped.

of a well adjusted child. We would like to have Mrs. Lynde again, the women say. A copy of the summary is attached.

Recreation and Community Life

Country Life Conference:

Fifteen communities of Maricopa County were represented by 37 women and the two Agents at the Country Life Conference held annually on the University Campus at Tucson. Women come from all areas of the State. It is looked forward to each year as an opportunity to extend new friendships, renew acquaintances, be entertained and to learn.

Programs especially talked of in the County were: (1) The Display of Indian Costumes. (2) The talk, "Women, the Biggest Political Minority" by Ernest A. Englebert, Ph.D., University of California; "The Talk on Parliamentary Procedure to Get the Club Job Done."

Most enjoyed of the classes seemed to be the "Potting and Care of House Plants" conducted by Nicholas Ponomareff, Plant Pathologist, Flowerland, Tucson. The Agent was unable to visit his personal garden, but the women were almost overwhelmed. Three interesting meetings were given locally by women who attended.

Homemaker's Rally Day:

One hundred forty-four women attended the Annual Rally Day, celebrated at South Mountain Park with a gala program and western style dinner. Orangeland and Northview Clubs prepared and served the dinner and provided High School girls to supervise the children.

Miss Stewart joined us. The weather was delightful and everyone enjoyed the day.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

University of Arizona State of Arizona
College of Agriculture P. O. Box 751 Agricultural Extension Service
J.S. Department of Agriculture Phoenix, Arizona Home Demonstration Work
and Maricopa County Cooperating County Agent Work

FURTHER SUMMARY OF NOTES ON
PARENT EDUCATION SPECIALIST TALK, MARCH 5, 1952
Mrs. Lydia Anne Lynde, Washington, D. C.

TOPIC - GUIDE TO WORKING WITH YOUTH

Personality defined -- the inherited physical and nervous structure, everyday experiences plus the reactions to same. Feelings are more important than thinking in the growing-up process and determines what one does.

Feelings control your behavior.

Stubbornness -- no one is ever stubborn unless someone else is also.

Government recognizes the importance of encouraging marriage. Has helped through G. I. Loans, etc., housing projects.

Privilege -- Each privilege carries a responsibility with it. Confusions and frustrations result because individuals demand privileges without assuming responsibilities.

Current outstanding confusions:

Military service - boys feel "What is the use planning?" They must accept military service with a chip on their shoulders. Proper attitude in homes could do much to encourage them to meet the assignment with courage and a determination to make the most of every opportunity to grow, develop skills, and acquire information and a possible trade.

HOW THE PROBLEMS OF THIS DISCUSSION MAY HELP YOUR GROUP AND COMMUNITY.

1. Over the fence -- conferences with neighbors.
2. In own home -- discussion and activities.
3. In your club - presentation and discussion.
4. Help parents and youth workers to better understand youth problems and offer understanding help and corrective measures.
5. Other groups -- church and social.
6. More courses in High School and Colleges.
7. Further study and reading of printed and mimeographed material.
A bibliography was distributed.

This is the summary that we promised you.

Joan Hill Rice
Home Demonstration Agent

SUMMARY OF GUIDE TO WORKING WITH YOUTH

	Independence	Initiative	Industry	Identity	Intimacy	Parental Sense	Integration Integrity
Trust							
Infancy							
Loving - kind attention. Cuddle. Develop feeling of security. Make comfortable:	Toddler Self-recognition. Exploring attitude. Learning at rapid pace. Patient, watchful care to give him what he can safely have. Guard him against danger. Learn what he may not have and do. Substitute when he says NO. Make it appealing. Give child time to accept decisions and ideas. Develop independence. Make chores appealing.	Pre-school Allow self-expression. Answer all questions, if possible. Be honest at all times. Proper, well-selected toys help to prevent destructive habits. Imaginative fantasy. Do not attach too much importance to tall stories. A game of it. Child very active. Selfish. Readiness quality. Encourage sharing. Make it pleasant experience. Companionship of own age. Encourage independence.	Early School Learns to work and play with others. Use own ideas and methods. Commend effort. Note differences in individuals. Do not reprimand in public or company. Trial and error workouts. Cooperative enterprises. Be sure to recognize a shy child for his successes. Away from parent direction and importance. Opportunity for his natural industry.	Pre-adolescent Period of rapid growth. Identifies self with other persons. A person. Gangs. Group urge help him reach his goal. Soon be adults. Learn to meet standards. Recognize and encourage his growth all ways. Set his own code of right. Give help. Togetherness.	Adolescent Period of intimacy. Intense preparation for marriage. Prefers to go steady. Close association with other than family. Encourage changing. Experience good to help him make good choice. Self-assurance. Parents help youth have pleasant experiences and associations in work and play between sexes. Companionship close and strong.	Young Adult Courtship and marriage. Attracted to children. Help when possible, finance and otherwise. Study and support allowances. Have and enjoy families.	Adult Result of all past experiences and behavior developments. If have been satisfactory a state of helpfulness and integrity exists. Fine relationship to family, community and larger society. Roll of helpfulness. Personality a growing developing thing. Integration of life. Well-balanced individual.

HOMEMAKER'S RALLY DAY - MAY 2, 1952

(Arizona Farmer)

FOUR GENERATIONS IN SAME CLUB



Mrs. William Feener, 65, her oldest daughter Mrs. Gerald Kirwin, Mrs. Kirwin's oldest daughter, Mrs. Leroy Campbell, and Mrs. Campbell's oldest daughter, Theresa Marie, all attend meetings of the Westwood Homemakers Club of Maricopa County. Four-year-old Theresa is the only non-member of the club, but her attendance is almost perfect, anyway. Does anyone know of any other rural women's group to which grandmother, daughter, and granddaughter all belong?

Homemaker Presidents

(Continued from Page 34)

it takes to do the job you'll find that yours is a voice of authority. Maybe it's because you've earned it.

"You Do It"

A third big job of a club president is to delegate responsibility — and then forget it! There's some tricks to the trade.

One most successful president does it this way: She appoints a committee of one or two or three or more, plus one or two alternates, specifically names a chairman. Then she says, "If for some reason you or the alternates can't do the job, then call me." But the president never calls the committee chairman or members! Not even the day before the meeting or the hour before. She assumes that if she hasn't heard from them the job has been done. It works.

The presidents we have talked to seem agreed that the question of appointing a committee or calling

for volunteers is something you have to learn by experience. And they say it doesn't take long!

But, they say, when you do make an appointment, do it firmly. Say, "You're appointed — and you and you." Don't make a question of it. And always designate the chairman quite clearly, even for a group of three.

Missing Members

Probably all presidents put in some "worry time" because all too many members miss all too many meetings, because interest seems to be lagging, because there seems to be too much internal dissention.

If it's any consolation, all clubs have those problems. One president pointed out that a practical way of looking at the attendance problem is simply to acknowledge that a certain percentage of women never will take much interest. Just accept the fact that some members won't come very often and that others never will volunteer for committee jobs.

Here is a method that has been tried — and worked successfully in some clubs — to keep as many active members as possible:

Almost everybody in the club is on a standing committee of some kind — hospitality, new members, sunshine, Extension projects, special projects, and so on. Each committee makes a report, however brief, at each meeting.

Incidentally, that helps solve the problem of members talking throughout the meeting. If a member knows she's going to have to make a report soon, she usually stays quiet through other reports in the hopes that bread cast upon the water will come back when she stands up to speak.

Making everyone a committee member helps keep members who do attend the meetings interested. What about those who come infrequently? One Homemaker Club has an "inactive" list for all members who miss three meetings in a row

without good excuses. All that inactive list means is that members have to pay up all their back dues when they do return. Strangely enough, it keeps the attendance up.

Does it sound if a president's job is nothing but trials and tribulations? 'Tain't so! Most women enjoy their term of office, end feeling that they have learned a great deal, not only about organization but also

about human nature. And most of them want you to know they're right proud of their club and the co-operation they receive, even if they do have an occasional gripe.

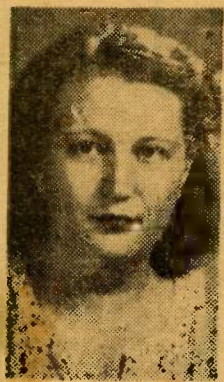
Finally — every Homemaker Club president we've heard has been thoroughly convinced that pounding the gavel was a job worth doing because she "got so much out" of the meetings.—Jo.

The Arizona Homemaker

A Diversity — On Gavels and Babies, Recipes and Reading

By JO PERRILL

TELL you what we're going to do every once in a while. We're going to use this space right here to mull over problems that women's clubs meet up with every once in a while — problems of procedure and co-operation and co-ordination.



To get started we rounded up a few club presidents and came up with the story that is just next to this. To make it worthwhile our plan is to keep an eye open at the various club meetings we attend to see how a particular club solved a particular problem. Then we'll tell you. Does it sound like something worth reading — even if you're "just a member," and never intend to become an officer?

Another item of course that's going to continue to get space is the campaign to help save the lives of Arizona babies. Right now, our foremost thought on that is — Get Your Entries In! We know several who intend doing it, but haven't yet. It's really simple enough — just write us a letter, telling what your club is doing for infant health and what it's going to do for the next six months.

You know of course that Arizona Farmer is offering a \$100 award to a rural group which makes a major contribution to infant health, that First National Bank of Arizona is offering a \$75 award, and that another contributor has put up \$75 as an award to an Indian group which does a job for keeping babies alive and healthy.

In hearing the considerable discussion about the infant health campaign, we have found individuals who thought the job seemed just too big and too difficult to tackle. One answer, of course, is just to tackle one phase of the problem — and do it in your own neighborhood. A little investigation and discussion will reveal what your club could do in its own area to help. Too many baby deaths occur in every segment of our population — an education job needs to be done throughout — not just for the labor camps, the Indians or the smaller communities.

HOMEMAKER PRESIDENTS LET THEIR HAIR DOWN

Four Club Officers Condone, Console and Consult Each Other on Various Problems and Responsibilities



Sitting in at an informal conference were, left to right, these Maricopa club presidents: Mrs. T. P. Morgan of Alhambra, Mrs. Theo Rogers of Washington, Mrs. W. N. Davidson of Northview and Mrs. Max Farquer of Westwood.

HAVE your club set up its rules and procedures early — and then you hang on to them for dear life!

That's the advice four experienced Homemaker Club presidents hand out to any new president looking for help.

These four presidents of Maricopa County clubs recently were trusting enough to let Arizona Farmer's women's editor maneuver them into an informal conference on presidents' problems and practices. If they didn't "divulge all," they certainly came close to it.

At the session, held in the home of Mrs. W. N. Davidson of the Northview club, were Mrs. Max Farquer of Westwood, Mrs. Theo Rogers of Washington, Mrs. T. P. Morgan of Alhambra, and, of course, Mrs. Davidson. Now don't think for a minute we're going to quote any one of these obliging women directly. There's always the possibility of misinterpretation and we're not going to run the risk. The conclusions presented here are a summary of not only what was said by these four, but also of various comments the women's editor has heard from other presidents around the State.

Rules Are Rules

If you're a new president going into office, cut and dry everything that can be cut and dried. That is, if your club doesn't follow an orderly and well-known procedure, make that your first responsibility. You will solve half your problems before you know you have them.

A specific illustration: What does a club do when a member has a baby — send a card, give a present, hold a shower? Make a decision — before the next baby is born — and stick to it, even if a member has quintuplets!

What about children at meetings? Have the club decide how the baby-sitting chore will be rotated — and stick to that decision! And so on, right down the line.

Experienced presidents are agreed that the stick-to-it-ness determination is a president's responsibility, once the decision is made. It's her job to remind members that rules have been made for the situations that arise.

If those rules have been made and regularly enforced the always-present possibility of personal affront to members is greatly diminished.

Another big responsibility of a

president is to see to it that every issue is brought to a vote. If conscientiously followed, it too will solve a lot of problems before they ever come up.

One of the mistakes almost every president makes sooner or later is to decide on her own that a general sentiment exists in favor of something and to therefore rule in favor of it.

Don't do it! Get that vote!

Moreover, get that vote by a show of hands or on paper and not by a voice vote. That makes it clear and

unequivocal. The club has decided. No member can say later that the president and her little "clique" did the deciding.

Probably there isn't a club around that doesn't have its so-called "ruling clique." As nearly as we can determine that bunch consists of the women who are willing to work for the club. There's nothing to getting into the clique. Just volunteer two or three times for the job that nobody else wants. In less time that

(Please Turn to Page 37)

The Arizona Homemaker

Pioneer Recipes Of Desert Plants Will Be Welcome

BY JO PERRILL

WE'VE BEEN leafing through "Roundup Recipes" for perhaps the thousandth time, and it brought on a thought that's been popping in and out of my mind for several months. "Roundup Recipes," you



know is the book edited by Bonnie and Ed Peplow with recipes supplied by the Arizona Cowbells.

Anyway, for curiosity's sake, we'd like to go back farther and specialize a little more. We would very much like to acquire some recipes or directions for preparing foods which are native to Arizona. That is, we'd like to know what desert and other plants the pioneers, and the Indians too, found edible and just how they prepared them. We're sure that somewhere in the State there are persons who know one or a dozen or two dozen, and we sure would like a letter. Or, if we come by your way one of these days, don't forget to tell us personally.

Any that come in will of course be printed in the column for the benefit of those like ourselves who would like to know more about the everyday life of our pioneers.

Broken Promises

The women's editor is completely exasperated with the leave-out editor, and in fairness we must add that the l-o. e. is equally exasperated with the w.e.

For six weeks the l-o. e., who in the process of putting each issue of the Farmer together has the chore of leaving out the most essential stories until 'next time,' has left out one story the w.e. happens to consider most essential. You now can make it eight weeks, because the infant health story still waits.

And the l-o. e. splutteringly says, "Well for Pete's sake, stop writing so much copy! My rules say if the story has a time element, it has to go first. I'm just following the rules!"

All the w.e. can do is put a curse on rules and regulations and hereby resolve not to write anything more until the baby story finally rolls off the presses.

Trivia

Most every reporter eventually finds his mind cluttered up with little fragments of thought, idle musings, unusual quotations, bits and pieces that somehow never fitted into the expanded paragraphs of stories. Lucky the ones like us who can just plunk down all the hodgepodge every now and again and start over. And here's the present collection:

There's the 4-H mother in Santa Cruz County who says her son's 4-H beef project "is just like having another baby." Seems they have to fit the family plans into a rigid feeding schedule once again. You too?

Our friend, Bill Lester of KOY, yarning once on the dangerous life of the pioneers, said, "It's all a matter of what you're used to. We'd be wide-eyed with fear if we had to scout through hostile Indian country, but we thread through traffic without giving it half a mind. Who says we don't live dangerously?"

Here's a puzzler — why is it a
(Please Turn to Page 51)

MARICOPA HOMEMAKERS HOLD BIG RALLY DAY

New Officers Installed in Afternoon Ceremonies Held at South Mountain Park



New officers of the Maricopa Homemakers County Council are Mrs. Thelma Mueller, vice-president; Mrs. Isabel Dungal, secretary-treasurer; Mrs. Mildred Henry, president.

MARICOPA County Homemaker Club members rallied most effectively Friday, May 3, at South Mountain Park. Almost 200 women showed up for a day that included skits, club reports, a super barbecue-picnic lunch, achievement awards, and installation of new County Council officers.

The hostess clubs, Northview and Orangeland, had the day so perfectly planned that baby-sitters were included for the children who accompanied their mothers.

New officers of the Maricopa Council are Mrs. Mildred Henry of the Liberty club, president; Mrs. Thelma Mueller of the Washington

club, vice-president; Mrs. Isabel Dungal of the Orangeland club, secretary-treasurer.

They were installed in a ceremony conducted by Jean Stewart, state home demonstration leader, who was assisted by the outgoing Council officers: Mrs. Edith Currie of the Washington club, president; Mrs. Henry, vice-president; and Mrs. Evelyn Fry of the Orangeland club, secretary. Mrs. Isabel Pace, county home demonstration agent, presented the new officers for installation.

Corsages Presented

Members of the Washington Homemakers Club provided corsages for incoming and outgoing officers and all guests. Guests included two members of the Lehigh Club from the Salt River Indian Reservation, Mrs. Rhodes and Mrs. Wilson.

The flowers for the corsages were made by club members of nylon, and were studied and admired throughout the rest of the day by almost every member there who had never seen them before.

Homemaker clubs in Maricopa which won achievement awards were Alhambra, Buckeye, Liberty, Paradise Valley, Palo Verde, Washington and Westwood.

Style Show Parody

During the morning there was laughter echoing from the surrounding hillsides because of the hilarious

(Continued on Opposite Page)

WESTWOOD CLUB RECIPES

Dairy Foods Used in Main Dishes, Desserts, Beverages — Everything

From Custard to Relish

MEMBERS of the Westwood Homemakers Club of Maricopa County kindly aided the women's department of the Farmer in observing June as dairy month by contributing dairy food recipes.

Chocolate Bread Pudding

Mrs. Norma Downing says she thinks she got this recipe from an almanac she had when the family homesteaded in northern Arizona many years ago. At any rate it is an old Southern recipe and "very economical and tasty."

4 cups milk
4 cups stale bread crumbs
1 1/2 cups sugar
2 squares baking chocolate
1/2 cube butter

Soak bread crumbs in scalded milk. Add sugar, melted chocolate and butter. (Cocoa may be substituted for chocolate.) Pour into buttered baking dish. Bake in slow oven one hour. May be served hot or cold with plain cream, whipped cream, ice cream, or plain.

Cheese Relish

Mrs. K. Nesmith of 730 W. Mariposa says, "This recipe is from a cook book compiled by the ladies of the Presbyterian church some 25 years ago in Longmont, Colo."

1 cup bread crumbs
2 cups milk
1 cup grated cheese
2 eggs, beaten lightly
2 tsp. melted butter
1 scant tsp. salt and a little pepper

Soak bread crumbs in milk and add a pinch of soda. Beat all together very hard and turn into a buttered dish. Bake 30 min.

Cottage Cheese Custard Pie

Mrs. Clovis C. Stockwell reports, "I got this recipe from my mother, Mrs. Gertrude Powell, 2038 N. Dayton St., who in turn got it from my grandmother, a Civil War bride, Mrs. Maryellen Dale Powell, Collinsville, Ill. My grandmother originated it, probably because they had a cow and had so many dairy products to use up."

2 1/2 cups milk
3 eggs
1 small pkg. cottage cheese

3/4 cup sugar, or sweeten to taste
Juice of half lemon
Grated lemon rind (optional)

Use plain pastry for bottom crust. Beat eggs slightly; add milk, sugar, cheese and the lemon last. Pour into unbaked pie shell and bake at 425 degrees F. for ten minutes. Reduce heat to 300 degrees and bake 20 minutes more or until custard is

firm. When done, a silver knife inserted will come out clean.

Pineapple Custard Pie

Mrs. R. Haggard submitted this unusual fruit custard pie.

2 1/2 cups milk
4 eggs, separated
1/2 cup sugar
5 slices pineapple, cut in small pieces
1 tsp. vanilla
Few grains salt

Use plain pastry for bottom crust. Beat egg yolks slightly, add milk, (Please Turn to Page 34)



Mrs. Julia Nesmith and Mrs. Eleanor Holter, nutrition leaders for the Westwood Homemakers, mix up a dairy products recipe.

Maricopa Homemakers

(Continued from Page 32)



The Liberty Homemakers Club presented a "soap opera" and the camera caught this just before the sudsy finish. Left to right are Mrs. Henry who announced the program; the villain, the hero, the cow, and daughter, Ma and Pa.

skits presented by the clubs.

One of the outstanding presentations was the fashion show by the Valley Heights group, which included a "waffle weave" frock hung with waffles; a "metallic cloth" dress decorated with jar lids; a "box coat" of cardboard, and several other models of similar nature.

Another funny skit was the Liberty group portrayal of a "mellowdrammer." Cast of characters included the rural family who couldn't "pay the mortgage on the cow — the cow — THE COW!" The cow was there too. And of course the villain who eventually pulled a gun to shoot the cow. But it ended happily ever after when the entire group chorused, "Never say die — say all-purpose rinse!"

Several readings and musical num-

bers were given and one dance by Mrs. Joyce Rasmussen of the Washington club, who did the Charleston as she had learned it by watching television.

The lunch served at noon by the hostess clubs had almost everyone coming back for seconds.

The day moved all too quickly and strictly according to schedule so almost before those present could realize the time they had spent they were hopping into cars and driving home, Maricopa County Rally Day for Homemaker Club members over for another year.

Stains, such as from blood, alcoholic beverages, eggs, ice cream and ink, will become set if not soaked in cold water before being immersed in hot suds.

The Arizona Homemaker

**A Salute to 1952,
A Hope for 1953
Regarding the Fair**

By JO PERRILL

WE DIDN'T believe it till we read the story again, but in our vocabulary-racking search for the proper adjectives to describe the domestic arts and science building at the State Fair, we didn't so much as mention the name of the person most responsible. Who but Mrs. Dysart Murphy, the sweet and quiet-voiced superintendent with a tremendous flair for showmanship.

The innovations this year in the women's building aren't really innovations as far as Mrs. Murphy is concerned — she has dreamed about some of them for years. But the exhibits were crowded into that one small building up until this year and the dreams could only be dreams.

We don't say that the temporary addition which just about doubled the space is any work of architectural beauty. And the floor was simply deplorable! But it did provide the room to show exhibits to much better advantage and it did provide room for those innovations — the Christmas tree and the demonstrations. We are duly appreciative.

Please

Next year it is our hope that the authorities can provide the domestic arts and science department with glass-front freezer display cases. Throughout Arizona freezing is rapidly supplanting canning in many homes. Many homemakers in fact have almost discarded the pantry shelf in favor of the home freezer. The science deserves far more recognition at the state fair, and the best way to encourage the recognition is to provide real display cases. There, that's all.

It's just possible that you might notice this page and then some, that the first prize winners listed at the end of this page. There is a faint hope in us that it might cause some women to determine that their home town will make a better showing next year.

Out Yonder

We all know that Phoenix doesn't have a monopoly on the best cooks, best seamstresses and so on. It's mostly just that it is so much easier for them to get their entries in. But we can hope that the rural women and those from the smaller towns will make the extra effort to get entries in next year. It would be quite a feather in the cap of a town, say like St. Johns or Patagonia to walk off with some major honors in the competition. It could be done!

It took a little doing, but the women's editor did get around to seeing most of the rest of the fair. Not all, we'll confess.

In talking with Mrs. Max Green over in the livestock department as her son, Hayden, competed in showmanship, we learned that the Greens are one 4-H family who try mighty hard to avoid even the possibility of collusion. Hayden is forbidden to have the same kind of animals in his 4-H projects as the rest of the family have. Mrs. Green, for instance, has New Hampshire Red chickens and so when the boy tried a chicken project he started with Indian River. Sounds like a good idea when it can

(Continued on Opposite Page)

Doubled Space, Dazzling Spectacle

At Long Last the Domestic Arts and Science Department Has Room for Exhibits, Demonstrations, Entertainment and Special Displays

By JO PERRILL

THIS WAS the year! With just about twice as much space as ever before, the domestic arts and science building at the Arizona State Fair was absolutely splendiferous!

New this year were the demonstrations, held morning, afternoon and night, the eye-catching Christmas tree, the table settings presented every day.

The new features, however, could

ROSETTES GIVEN FOR SPECIAL AWARDS

Mrs. Addie Cahill of Winslow, knitted lady's blouse.

Sue McDaniel of Phoenix, street dress.

Georgianne Hussey of Phoenix, lady's knitted dress.

Eva Tyler of Mesa, crocheted edge on handkerchief.

Kathleen Waddell of Tucson, smoking on any garment.

Mrs. Helen Waldman of Phoenix, crocheted doily.

Gladys J. Busby of Chandler, centerpiece.

Mrs. Earl F. Gieseke of Glendale, hooked rug with other than yarn.

Mrs. Pearl A. Wrinch of Phoenix, appliqued quilt.

Mrs. Joseph Mark of Phoenix, candy.

Susan E. Jarvis of Phoenix, white cake.

Mrs. Al Stovall of Phoenix, chocolate pie.

not detract in the least from the high quality of the cases and cases of exhibits of super sewing and super cookery. There was so much of that quality, in fact, that it would be presumptuous to single out any one or one hundred exhibits for special comment. We just have to let it go, regretfully, by listing at the close of the story those who won first awards with their exhibits.

It's probably a good thing that the home-making and crafts demonstrations weren't competing for blue ribbons — the judges had a very difficult time anyway.

Those demonstrations, held in the

new addition to the women's building, drew crowds, and crowds, and more crowds. Press time hit the Farmer mid-way through the Fair, so the women's editor can't report that she watched all the demonstrations, but the first four days were proof enough that it was a wonderful idea.

When Marie Rousseau of the State Department of Vocational-Education finished her cake judging demonstration, a lot of fair viewers knew a lot more about what wins a blue ribbon for baked goods. And they knew what good cake tastes like too!

Onlookers received a bonus too when a group of girls from the Santa Rosa community showed them how to make paper flowers, distributing the products among the audience.

Several 4-H girls had a part too. Margaret Heffelfinger and Oleta Wood of the Washington Club in Maricopa County did "Sandwiches Go to a Party." Betty Boggio of the Scottsdale Club demonstrated packaging of foods for the freezer, while Billie Jane Narramore of the Palo Verde Club showed how to iron a shirt in a minimum amount of time, and still do it well.

One of the most popular demonstrations of all was fabric painting by Mrs. Joe Hancock of the Oak Creek Canyon country whose story was chronicled in Arizona Farmer on August 2.

A number of Homemaker Clubs got in on the acts also, Westwood Homemakers making aluminum tray designs, Northview Homemakers doing Swedish weaving on huck towels, Avondale Homemakers making lampshades, Washington Homemakers using old nylon hosiery to make artificial flowers, Orangeland Homemakers making plastic boxes, Alhambra Homemakers, making belts and buckles, Greenlee County Homemakers doing wheel rug making.

Other individuals who amazed the audiences with their skills were Mrs. Wayne Heffelfinger, cake decorating, Mrs. Sam Joy, mixing a crab



Marie Rousseau shows how a cake judge cuts a cake.

meat salad; Mr. and Mrs. Gerald Kirwin, making woven mats. Mrs. Lucy Knox of Laveen and Mrs. Ruth Bohnee of San Tan, cookie making; Edna Hood and Nancy Moser of Palo Verde, making frosted decorated candles.

On the schedule, but still waiting as press time arrived, was a demonstration of weaving and spinning by

NATIONAL CROCHET AWARDS

Mrs. H. H. McCurdy of Phoenix, table cloth and best of fair crochet award trophy.

Mrs. Ernest Bottler of Glendale, bedspread.

Mrs. Adolph Bottcher of Phoenix, luncheon cloth.

Gladys J. Busby of Chandler, vanity set, chair set, centerpiece, edgings and insertions.

Isabelle G. Corner of Douglas, pot holders and place mats.

Mrs. Helen Waldman of Phoenix, doilies.

Emma J. Fitzwater of Phoenix, wall panel.

Mrs. Clarence J. Leen of Phoenix, household accessories.

Frona Parr Drumm of Winslow, fashion accessories.

Virginia Lee Rains of Buckeye, teen age girls' contest.

Mrs. Faustina Santone of Phoenix, women over 65 contest, speed contest, and original design contest.

the Desert Weavers organization.

Other entertainment wasn't lacking in the domestic arts and science building, with the emphasis on music. Most of it was furnished by high school soloists and ensembles, both vocal and instrumental, in Salt River Valley. Among those represented were Phoenix Christian, Phoenix Tech, West Phoenix, North Phoenix, Phoenix Indian, Phoenix Union, and Glendale. For the first time Arizona State College at Tempe contributed to the show with three instrumental ensembles.

Also represented were Phoenix College and the American Institute of Foreign Trade.

Of special interest and a great contribution to the Mexican theme of the fair were the boys and girls from

(Please Turn to Page 32)



These four youngsters didn't know for sure whether to look at the camera or keep their eyes glued on that tree.

Double Space, Dazzling Spectacle

(Continued from Page 30)

Grant Park, sponsored by the City of Phoenix recreation program. The girls presented Spanish dances; the boys, also in costume, gave both vocal and instrumental Mexican numbers, and teen-agers of Los

bet hundreds of women went home with new ideas on what to make for Christmas.

Another feature this year was the table settings, with a new theme every day, presented by Phoenix firms.



Mrs. Edith Eisenhower works on an aluminum tray design.

**Amigos band played patriotic music.
Merry Christmas**

Biggest attraction for the children who streamed through the building was the Christmas tree. Not only was it attractive, but also as educational as any exhibit there. The dozens and dozens of gifts decorating it were all made by hand, and we'll

Farm Women Workshop Set For April 14-17

Workshops on five modern homemaking subjects will be one of the features of the Eighth Country Life Conference for rural women at the University of Arizona, April 14-17.

Practical instruction by recognized authorities will be presented in two 1½-hour morning sessions, April 15 and 16, announces Miss Jean M. Stewart, state leader of home demonstration work.

The new and modern skill of combining art with embroidery will be introduced to Arizona women by Mrs. Mary Mercer White, of the University of New Mexico, in a workshop in "Creative Embroidery."

The knack of having thriving house plants will be demonstrated in detail by Nicholas Ponomareff, Tucson nurseryman. He will discuss care and potting of plants and will explain how to locate them in the home.

Studies on applying color, line and design in the home will be conducted by Berta Wright, designer for Desert House Crafts, Incorporated and instructor in the university's Extension Division.

Youth' privileges and responsibilities will be discussed with farm and ranch women who attend a workshop under the direction of the university's Department of Psychology.

A fifth workshop on library management will be introduced by Louis Ledger, manager of a California library supply house. Homemakers who attend this workshop will learn how to assist in their local communities as volunteer librarians, including such skills as how to bind books and how to select books for children.

The Arizona Homemaker

**COMING SOON,
WITH US NOW
AND PASSING BY**

By JO PERRILL

THIS was to be the issue in which the already once-postponed big story on baby health in Arizona would appear. Now it's postponed once again, but scheduled for certain for the May 24 issue. Seems you can go so far within space limitations and no farther. The "no farther" point was reached early for this particular issue of the Farmer. Anyway, next time comes a detailed outline on what we can do to help save the lives of Arizona babies.



It might be noted that there is little identification by name in the picture captions in the story of the Country Life Conference. There's a reason. We took more than two dozen pictures during the meet and didn't pose a one of them, so all too often the women whose pictures were taken were off and gone somewhere else almost before we could get the slide back in the camera. Yes, we do know the names of most everybody in the pictures, but not always the last names; we don't know for sure how they spell their names, and there are just a few whom we cannot identify.

Here's news for those of you who requested — but didn't get — a pattern for the "Easy to Make Apron" which was pictured in the April 12 issue. We ran out of those patterns almost at once and believed we would not be able to re-order since the expiration date had passed. However, we made a try — and sure enough we obtained another supply. So, if you will re-request for the apron pattern we will be happy to send it to you.

In a short course of time we've managed to attend several 4-H fairs and that experience combined with other events we have attended for the Farmer makes very certain an impression we received early. That is that 4-H youngsters are the best behaved we've ever seen. They have an enviable amount of poise.

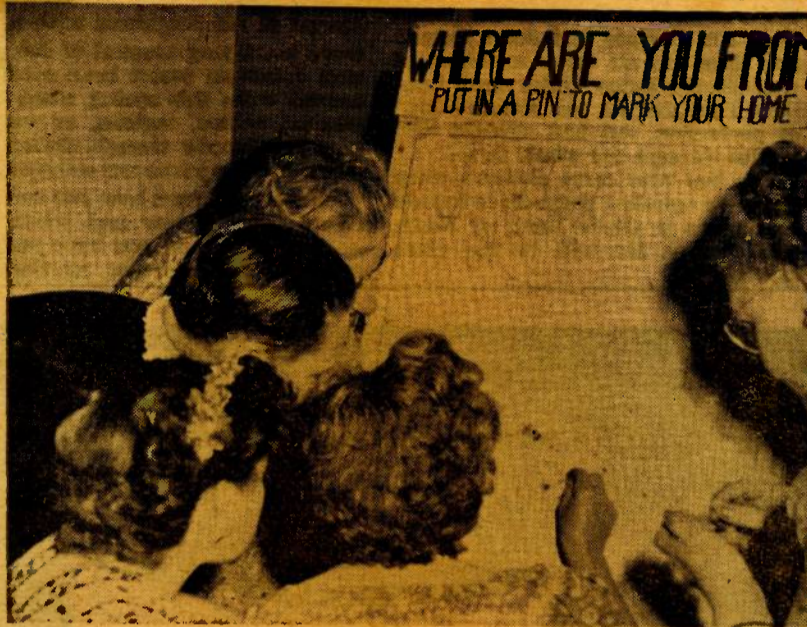
While we're handing out the good words, let's also add that we're most grateful to the women of Arizona for never, at any time, letting us in on their local disagreements. We know they have them. And, having been in the newspaper business a number of years, we have found ourselves uncomfortably listening to tales of local feuds. But never yet while reporting for the Farmer. And for that courtesy, we extend our thanks!

A final word on a favorite subject — Arizona. We found ourself in parts of southern Arizona for the first time recently, and were we happy about it! What a country! And what a year and season to see it in — with the grass almost belly-high to the calves, the yuccas in bloom on the hillsides like candleflames, the poppies, lupines, thistles and other flowers, the ocotillo and cacti in bloom, the flash of oriole and redbird wings. We could go on and on, but you gather that we liked it!

Flat silver will tarnish less if kept in a rack in the dining room drawer.

EXCLAMATION MARKS—!!!—ARE ONLY POSSIBLE DESCRIPTION

County Life Conference Takes the Cake and Sponsors Can Take a Bow



Those attending Country Life Conference begin putting pins in the map. Before it was over the state was well covered, with five pins up in Mohave County, for example, and five more on the Navajo reservation, as well as many from more populated and less remote areas of Arizona.

THERE isn't any single one impression that stands out over and above the others received from the Eighth Country Life Conference of Arizona Women, held April 14 to 17 on the University of Arizona campus.

It would be easier to put down if we could say, "Highlight was the classes — or talks — or the tours — or the social get-togethers — or the formal entertainment." But it just wasn't that way. So where do you begin?

Possibly with the fellowship generated there. Fellowship is an old-fashioned word, but a good one, and it was abundantly present. However, it doesn't encompass the conference, because even if (impossible thought) we had all taken a vow of silence and blank faces for three days we still would have come from the conference considerably richer.

There was, for instance, the talk by Dr. Phil S. Eckert, dean of the college of agriculture, and the two-word phrase that was repeated frequently — "conspicuous consumption."



Director Pickrell expounds (probably on Arizona) at the chuckwagon dinner.

That's an economic term for keeping up with, and going beyond, the Joneses. Happily, he said it is not yet very evident in Arizona.

Dr. Eckert spoke on "Farm Income and Progress," principally pointing out that they are not necessarily the same thing. He told us point-blank that increased income should also mean more responsible planning so the full benefits may be gained from better educational opportunity, better health and improved recreation.

He Told Us

One of the bluntest speakers at the conference was Dr. Ernest A.

Engelbert, dean of political science department at UCLA, who gave us women "what for" in vigorous words and soft tones for our neglect of politics. He cited the long battle made for equal political rights and said, "The majority of you women simply don't take your political privileges seriously. . . You have the poorest voting record and less knowledge than any other political minority in the country." In his talk, "Women — The Biggest Political Minority," Dr. Engelbert also pointed (Please Turn to Page 36)



This was the "great-great-grandmother" who brought applause at the Pima Homemakers skit presented the evening of the chuckwagon dinner.

EXCLAMATION MARKS-!!!

(Continued from Page 34)

out that women make up 52% of the population, comprise one-third of the labor force, control 75% of the corporate wealth and from 80 to 90% of the family spending, but are less than 10% of the political office-holders of the country. He also pointed out that of that 10% most hold appointive, rather than elective, offices.

However, it appeared Dr. Engelbert pushed his opinion of women and politics up a little higher when after his talk he was corrected on a few errors in fact and several women expressed polite but decided differences of opinion with his conclusions.

On that same program delegates to the conference heard an address of welcome by Dr. Richard A. Harvill, president of the university, and a talk on "Student Self-Government and Housing on the Campus" by Dr. Karen L. Carlson, dean of women. You could gather from Dr. Carlson that the younger women of the state might soon be reversing some of the sad political facts cited by Dr. Engelbert.

Theme Stands Out

From this first general program a conference theme began to emerge, perhaps to be summed up this way—family living and community service.

The hour and a half classes, held each of the two full days of the conference, continued with the theme.

The classes were: "Potting and Care of House Plants," conducted by Nicholas Ponomareff, plant pathologist; "Creating Design for Everyday Use," conducted by Berta Wright, designer; "Library Workshop," conducted by Louis Hedger of a library supply house and Mary E. Foster, library science instructor; "Creative Embroidery," conducted by Mary Mercer White, New Mexico university graduate student; "Youth's Privileges and Responsibilities," conducted by Dr. Dorothy Marquart of the U. of A. psychology department; "Women and Politics," conducted by Dr. Engelbert.

The women's editor kept pretty busy taking pictures and eavesdropping momentarily on each class, picking up such comments as, "I didn't think I had a drop of creative blood, but I'm learning to make my own designs!" and, "She says we can be embroidery artists—and I believe her." And, "Did you know that



At the square dance a Maricopa Homemaker Club member dances with the mustachioed leader of the Arizona Farm Bureau Women's Federation, Mrs. Alice Stallings, while a delegate from the Navajo Indian reservation stands by.



Members of the "Library Workshop" pay rapt attention to Louis Hedger as he explains the repair of books.

you actually bore holes in books when you fix them?"

There was not one disparaging word heard about a single class.

Arizonology

Other talks later in the conference carried on the theme of better family living and more community service. Charles Pickrell, director of agricultural extension service, poured out so many facts and figures on Arizona he left us gasping. He finished off by saying, "Successful agriculture is dependent upon happy people and happy people are the result of a good home life."

Pat Paylore, acting librarian



The class on "Potting and Care of House Plants," held on the arcade of the student union building.



A Cowbelle from northern Arizona cuts the apple pie at the chuckwagon dinner as a 4-H leader from Pinal county looks on.



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For the full story on the Berkeley Series 200 "EXTRA-DEEP—EXTRA-STEEP", ask for Bulletin 510.

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May 10, 1952

university, reported on new public libraries begun in Arizona this year — there are at least 10, a fold of the help the university is giving, and asked for more information from those present.

The Arizona Farmer's women's editor spoke on "Infant-Maternal Health," and here we quote from another reporter, Judy Williams of the Tucson Star, "Miss Perrill told of the drastic need for improving infant-maternal health in Arizona. . . Mentioning the fact that improving these conditions is not an easy task, Miss Perrill did give some suggestions on how these conditions can be improved.

"Pre-natal conferences and well-baby classes can overcome the first cause (prematurity and birth injuries); better sanitation and sanitation-education the second (dysentery). Further information can be secured through the state health department. . . ."

Dr. Mary E. Caldwell of the university bacteriology department reported on the cancer campaign in Arizona, urging the women to see the latest movie, "Self-Examination for Breast Cancer," and telling us of the latest discoveries in cancer diagnosis.

Principal speaker one afternoon was Dr. Henry C. Schumacher of the U. S. Public Health Service who spoke on "The Parental Role in the Raising of Children and Youth." Dr. Schumacher summed up his talk with these words, "The most important part of rearing children is to give the infant a definite sense of warmth, affection and love. A baby has to feel wanted in order to feel secure, and this confidence in parents, established in the infant, is the underlying basis for trusting older people when the infant reaches adolescent and adult stages." At the same time the speaker stressed repeatedly that children should not be overprotected.

Reports on "Happenings Back Home" included some of the most interesting time spent at the Country Life Conference. The varied activities of the rural women's organizations in the state were almost unbelievable, and it would be an impossible task to attempt even to give a bare-bones outline of those reports. We'll just have to try to follow up with Farmer stories throughout the year on some of the most interesting.

At that same session we had a glimpse of "Behind the Rules, Madam Chairman," a revealing talk by James D. Lambert of the university speech department on just why parliamentary procedure is necessary for meetings.

At another session Eleanore Johnson, director of the home economics school at the university, spoke on "Storage Space for Toys in the Rural Home," and followed it with a tour of the nursery school, showing storage units in use.

Other tours taken during the conference included those to the botany greenhouse, to the nutrition laboratory, the Kress art exhibit, the museum, the observatory, and to San Xavier Mission.

Formal entertainment provided included a two-piano recital by Edna Church and Andrew Buchhauser and, as a part of the Tucson Festival, a magnificent costume show, "One Hundred Years of Indian Fashions."

The informal entertainment, which seemingly went on most of the time, ranged from a square dance on the tennis courts to a chuckwagon barbecue and pillow fights in the dormitory, as we reported on last issue.

The entire conference went off like clockwork and it's difficult to remember just when you had time to look at the club exhibits and the children's books exhibits in the student union building, but there was time and well worth it too.

Certainly Jean Stewart, state home demonstration leader, her staff, the county home agents and the club members who helped deserve every word of the many congratulations they must have received by now.

The Arizona Homemaker

CONFERENCE IS A COMIN'

Rural Women Confab at Tucson Is Almost Here

THERE'LL be dancing that night! Not on limbo boats, but the Country Life Conference is headed our way! April 14 through 17, Monday through Thursday. With those two days to travel in. On the University of Arizona campus at Tucson. For all rural women in Arizona!

Jean Stewart, home demonstration leader for the State dropped by the Arizona Farmer office, absolutely stuffed with enthusiasm for the Conference, the eighth in Arizona.

She hardly knew which to talk about—first the recreational plans—then the workshops—the talks by prominent authorities—or the entire combination of stimulating work and good fun which she hopes will permeate this coming Country Life Conference, as it has the previous ones.

What was the state leader doing in Phoenix? Among a million other jobs she was getting mustachios so we could distinguish the "men" when square dance time comes at the Conference.

Now let's see if we can brief you on just some of the plans for the Conference.

Are you handy with embroidery? Then you'll be interested in the session on "Creative Embroidery," which will go a long way in helping you make up your own designs and patterns.

How to keep your house plants thriving will be the subject of another workshop. A related class will be one on flower arrangements, and we gathered that it might concentrate on the use of the desert motif in flower arrangements, but the plans weren't "laid" yet.

Freedon Needs You! That's another subject in which you will get a chance to hear a prominent political science professor give you the "inside dope" on how to make your voice heard in local, county, state and national government.

Are you a club of... with inner doubts about handling a meeting? "Behind the Rules" will take up the whys and hows of parliamentary procedure, the key that winds up a

club to a steady tick-tock instead of the whirl of a broken spring.

Still another question—~~are you~~ grown all the way up? That's all that mental health is concerned about, so don't let any formidable words throw you off. That session will be devoted to helping you know what an adult is, and how to attain an adult outlook.

Rural health problems will have their time at the conference too.

And rural women who attend will get a chance to discuss youth's responsibilities and privileges in this complicated world, with the U of A's psychology department helping out.

Rural librarians, who are beginning to bring books to Arizona's rural areas will have their special workshop. They will learn how to be the best possible rural librarian, including such skills as how to bind books and how to select books for children.

The Tucson Festival of Arts is scheduled in Tucson at the same time the Conference will be held, and there will be time allowed for you to attend some of the displays and shows at this unique Southwestern celebration.

A chuck wagon dinner, good music, kite workshops, tours, movies, and time to get acquainted with other Arizona rural women—it's all planned for the Country Life Conference. If you plan to attend, get in touch with your county home demonstration agent for reservations and practical advice on what to bring with you.—Jo.

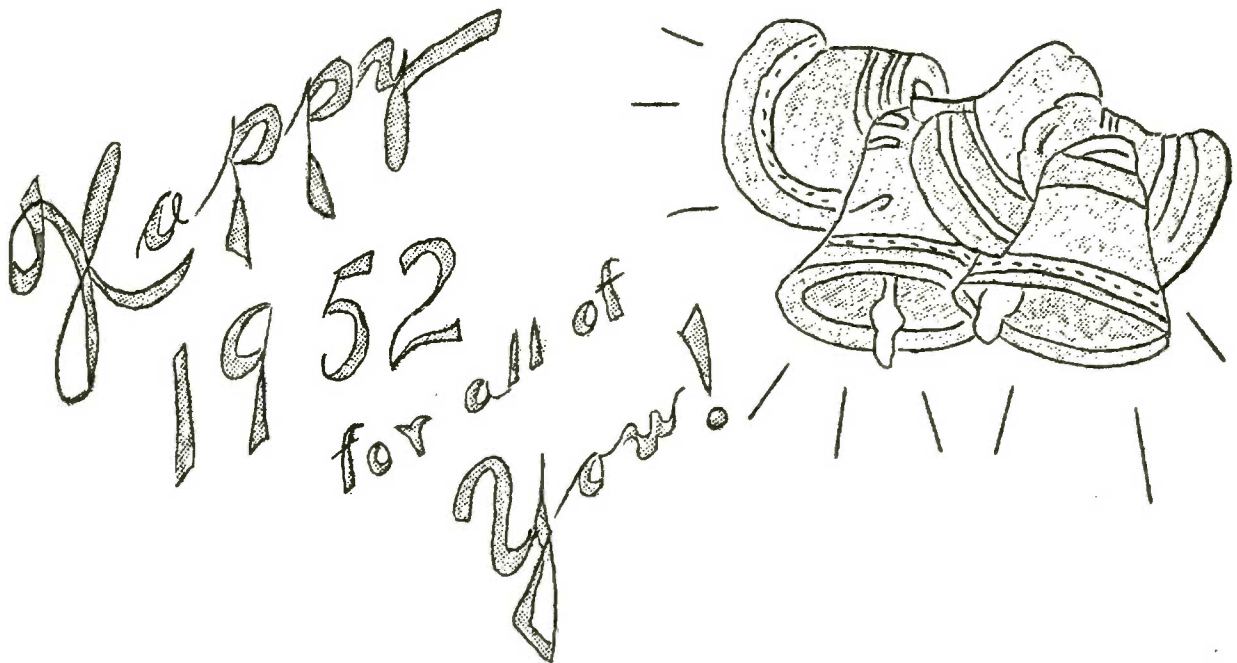
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in
AGRICULTURE AND HOME ECONOMICS

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State of Arizona
P.O. Box 751
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Agricultural Extension Service
Home Demonstration Work
County Agent Work

January 12, 1952



DEAR HOMEMAKER'S:

To you and all our friends, a New Year rich in achievement and the fortifying comradeship of kindred spirits in maintaining and strengthening our precious heritage of freedom, keeping ever in mind our theme--

"TODAY'S HOME BUILDS TOMORROW'S WORLD"

Let us all work together to make this a banner year for Homemaker Clubs.

Circle these dates on that new calendar NOW.

A. Your local club meeting if not already held.

B. LEADER TRAINING MEETINGS (3 areas).

Project -- "Improved Home Lighting" for ALL Home Furnishing leaders.
Miss Grace Ryan, Home Furnishings Specialist, directing.

1. Tuesday, January 29th, 9:30 a.m. -- Liberty Community House.
Bring your lunch. Clubs of West County area groups.
2. Wednesday, January 30th, 10:00 a.m. -- First Ward Relief Society
Room, South Center, Mesa.
Bring your lunch or plan to eat out - 45 minutes noon recess.
For all leaders Maricopa and Mesa Stake Relief Societies.
3. Thursday, January 31st, 9:30 a.m. -- County Agent's Building,
1201 West Madison, Phoenix. All central area clubs and Relief
Society Leaders.
Bring your lunch or plan to eat out - 45 minutes noon recess.

C. LEADER TRAINING MEETINGS (3 areas).

Project -- BETTER MEALS FOR OUR MONEY for ALL Foods Leaders
Mrs. Elsie Morris, Extension Nutritionist, directing. A low cost
luncheon will be prepared and served as part of the participation.

1. Tuesday, February 5th, 10:30 a.m. -- Carnation Company Hostess
Building, 4140 North Central, Phoenix. Central area club leaders.
(Good parking area).
2. Wednesday, February 6th, 9:30 a.m. -- Mesa Sixth Ward Relief
Society Assembly and Kitchen. Leaders of Relief Societies
Maricopa and Mesa Stakes.

D. HOMEMAKERS COUNCIL MEETING

Date - Friday, February 8th,

Time - 10:00 a.m. to 2:00 p.m.

Where - Washington Homemaker's Club Building, 25th Avenue and
Northern (will be well marked)

How to Get There - West area people go north on 27th Avenue to
Northern, turn right two blocks to Building.

Others - Follow any through street north to Northern,
thence west to Club House.

Who Goes - All Officers and Project Leaders expected. Members
are urged to attend.

Luncheon - Furnished by Washington Homemakers at nominal cost.

(Plans made to care for those not wishing meat).

If possible notify either of the two ladies listed below
to let them know whether you are coming. Phone or send card.

Mrs. Theo Rogers, 2330 West Augusta, Phone - 5-3998

Mrs. F. E. Bledsoe, 2901 West Augusta, Phone - 5-9051

Business of the Day

1. Select Nominating Committee
2. Plan for RALLY DAY place, program and arrangement committees
3. Homemakers Constitution Study - minor changes suggested.
4. Talk - Mrs. Ellen Kightlinger, Assistant State Leader, 4-H Club Work -- "Strengthening Relationships between Homemakers and 4-H Clubs."
5. Year Books - "A Help to Local Club Planning"-- Home Demonstration Agent

Available helps from the Extension Office:

1. If you plan to build or remodel, ask for U. S. D. A. Misc. Publication 646 - "A Step-saving U Kitchen."
2. Farmers' Bulletin No. 1865 - "Closets and Storage Spaces."

These two bulletins are brimfull of good ideas.



Isabell Pace
Home Demonstration Agent

IP/a
375 c.

COOPERATIVE EXTENSION WORK

IN

AGRICULTURE AND HOME ECONOMICS

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

State of Arizona Agricultural Extension Service
P. O. Box 751 Home Demonstration Work
Phoenix County Agent Work

February 25, 1952

Dear Homemaker Club President:

To date only two of you have sent in the names of delegates to the meeting with Mrs. Lydia Ann Lynde, Extension Specialist in Parent Education.

This is indeed an unusual opportunity for us all; I'm sure your representatives will get something worthwhile to bring back to your club group.

The meeting is on Wednesday, March 5th at 1:30 in the Auditorium of the Riverside School, just south of Buckeye Road at Lateral 17. The building is plainly visible from the highway. (Where the October Planning Meeting was held.) Please name your delegates soon and make sure they do know how to reach the place of the meeting.

REMINDER: Food Storage Problems in this Area. Remember, three open meetings will be held in the Valley. All members are urged to attend and bring friends and neighbors. Dr. J.M. Roney, Extension Entomologist and Mrs. Elsie H. Morris, Extension Nutrition Specialist will be the Speakers; bring your problems for discussion.

<u>DATES</u>	<u>PLACES</u>	<u>TIME</u>
Tuesday, March 4th.	Alsop Hall(3 miles W. of Litch- field--2 miles North)	2:00P.M.
Thursday, March 6th.	Mesa First Ward-S. Center Bldg.	Mesa 2:00P.M.
Tuesday, March 25th.	We are looking for an adequate bldg. Give the office a tip. County Agent's Assembly Room is too small.	2:00P.M.

Sincerely,

Isabell Pace
Isabell Pace
Home Demonstration Agent

IP:js

45 copies 2/ 5/52

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

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

State of Arizona
P. O. Box 751
Phoenix, Arizona

Agricultural Extension Service
Home Demonstration Work
County Agent Work

FURTHER SUMMARY OF NOTES ON
PARENT EDUCATION SPECIALIST TALK, MARCH 5, 1952
Mrs. Lydia Anne Lynde, Washington, D. C.

TOPIC - GUIDE TO WORKING WITH YOUTH

Personality defined -- the inherited physical and nervous structure, everyday experiences plus the reactions to same. Feelings are more important than thinking in the growing-up process and determines what one does.

Feelings control your behavior.

Stubbornness -- no one is ever stubborn unless someone else is also.

Government recognizes the importance of encouraging marriage. Has helped through G. I. Loans, etc., housing projects.

Privilege -- Each privilege carries a responsibility with it. Confusions and frustrations result because individuals demand privileges without assuming responsibilities.

Current outstanding confusions:

Military service - boys feel "What is the use planning?" They must accept military service with a chip on their shoulders. Proper attitude in homes could do much to encourage them to meet the assignment with courage and a determination to make the most of every opportunity to grow, develop skills, and acquire information and a possible trade.

HOW THE PROBLEMS OF THIS DISCUSSION MAY HELP YOUR GROUP AND COMMUNITY.

1. Over the fence -- conferences with neighbors.
2. In own home -- discussion and activities.
3. In your club - presentation and discussion.
4. Help parents and youth workers to better understand youth problems and offer understanding help and corrective measures.
5. Other groups -- church and social.
6. More courses in High School and Colleges.
7. Further study and reading of printed and mimeographed material.
A bibliography was distributed.

This is the summary that we promised you.

Isabel Rice
Home Demonstration Agent

SUMMARY OF GUIDE TO WORKING WITH YOUTH

Trust	Independence	Initiative	Industry	Identity		Intimacy		Parental Sense		Integration Integrity
				+	+	+	+	+	+	
<p>Infancy</p> <p>ing - kind ention. de. velop feel- of secur- . Make fortable: Feeding Dry Physical well-being Child cries for reason ld feels e and ple are d. all his ds. oluntely endent so t learn to st through ing care.</p>	<p>Toddler</p> <p>Self-recogni- tion. Explor- ing attitude. Learning at rapid pace. Patient, watchful care to give him what he can safely have. Guard him against danger</p>	<p>Pre-school</p> <p>Allow self- expression. Answer all questions, if possible. Be honest at all times. Proper, well- selected toys help to pre- vent destruc- tive habits.</p>	<p>Early School</p> <p>Learns to work and play with others. Use own ideas and methods. Commend effort. Note difference in individuals. Do not reprim- and in public or company. Trial and error workouts Cooperative enterprises. Be sure to recognize a shy child for his successes. Away from parent direc- tion and im- portance. Opportunity for his natural indus- try.</p>	<p>Pre-adolescent</p> <p>Period of rapid growth. Identifies self with other per- sons. A person. Gangs. Group urge Games. Clubs help him reach his goal. Soon be adults. Learn to meet standards. Recognize and encourage his growth all ways Set his own code of right. Give help. Togetherness.</p>	<p>Adolescent</p> <p>Period of intimacy. Intense prep- aration for marriage. Prefers to steady. Close association with other than family. Encourage changing. Experience good to help him make good choice. Self- assurance. Parents help youth have pleasant ex- periences and associations in work and play between sexes. Companionship close and strong.</p>	<p>Young Adult</p> <p>Courtship and marriage. Attracted to children. Help when pos- sible, finance Study and sup- port. Allowance have and enjoy families.</p>	<p>Adult</p> <p>Result of all past exper- iences and be- havior devel- opments. If developments have been sat- isfactory a state of help- fulness and integrity exists. Fine relationship to family, community and larger society. Roll of help- fulness. Per- sonality a growing devel- oping thing. Integration of life. Well- balanced indi- vidual.</p>			

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State of Arizona
P. O. Box 751
Phoenix

Agricultural Extension Service
Home Demonstration Work
County Agent Work

November 14, 1952

Dear Homemakers Club Foods Leader:

Plans for a demonstration to prepare leaders for the "Home Freezing Project," of our 1953 program have been made in cooperation with Miss Ruth Kruger, Home Service Department, Public Service, at her demonstration center, 501 S. Third Avenue, Phoenix. It is adequately equipped with freezing facilities which she generously offers us.

The date is Thursday, December 4, at 1:30. There is a space for 65 or 70 people, so if you do not own a home freezer contact a club member who does and bring her with you. If it should be none of your club members have a freezer, get a neighbor who does to share the meeting with you and she will likely be eager to cooperate fully in putting over the demonstration to your local group in January.

This is to be a county-wide meeting so make plans now to come to Phoenix for this demonstration; come prepared to take notes, ask questions; we may find a little time for exchange of ideas on freezing.

What we plan to consider:

1. How a Home Freezer can help you.
2. What may be prepared for the freezer.
3. Selection and proper preparation for various foods; containers, etc.
4. Equipment and wraps for packaging.
5. Storage, thawing. Preparation for serving.

This should be an excellent training demonstration and allow ample time for your making ready for your local presentation. Mimeographed material will be provided you.

Be seeing you at 1:30, Thursday, December 4, 1952, at 501 S. Third Avenue, Phoenix. Enter the building at the East side in the rear; parking lot across the street may be available.

Sincerely,

Isabell Pace

Isabell Pace
Home Demonstration Agent

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

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

State of Arizona
1201 West Madison
Phoenix

Agricultural Extension Serv
Home Demonstration Work
County Agent Work

BY
Isabell Pace, Home Demonstration Agent
December, 1952

YOUR HOME FREEZER CAN WORK FOR YOU

The home freezer, properly cared for and well stocked, is a homemakers best friend. You can have on hand, ready to serve, the foods members of the family like best. You freeze home produced foods at their peak of perfection, buy foods when are plentiful and cost less. You prepare them at your convenience and store them ready to serve.

What May Go Into The Freezer

1. Garden fresh vegetables and fruits
Reference: "Home Freezing of Fruits and Vegetables", Home & Garden bulletin #10, U.S.D.A.
2. Choice meat, game, fish or poultry.
Reference: "Freezing Meat and Poultry Products", U.S.D.A. Bull. A.W.I. 75
3. Favorite breads, pastries and cakes.
4. Dairy products, ice cream, other desserts.
5. Lunch box food already to snatch.
6. Delicious "planned overs" to thaw and eat weeks later.
7. Entire meals for your family's use

PROPER SELECTION OF FOODS AND TESTED METHODS ARE IMPORTANT.

FREEZING PRESERVES FOODS AT PEAK OF GOODNESS.

Proper Preparation of Foods

Foods are properly prepared when they are in a moisture-vapor proof container package - minus air. Moisture does not get out to dry the food, air cannot get in to the package to dry the food, as well as flavor it with odors from the other food

Good Tools Make Light Work

Little special equipment is needed for freezing foods. You will find, however that the quicker you are able to package most foods, the better flavor they will have when you serve them. It is important to have everything on hand so no time will be lost once you start.

Freezing Equipment

Cellophane

Fish
Hamburger
Pies - Cakes

Pliofilm -Freezer Wrap
bags - rolls -tubing

Meats
Fish
Cakes - Cookies

Cartons

Fried Chicken
Fish, Chops
Fruits,
Vegetables

Foil Wrap

Hamburger
Pies
Rolls
Cakes
Cookies

Pail Packs

Planned Overs
Mashed or French
fried potatoes
Fruits & Vegetables
Fried Chicken

Glass Jars

Fruits - Juice
Vegetables
Soup & Soup St
Sauces

Pie Plates

Baked and unbaked pies

Helps

Stockinette protection
stand, funnel, iron for
sealing certain wraps,
wax pencil for labeling

Unfrosted layer cake should be separated by a round of cellophane between each layer before wrapping and freezing.

Package in cellophane, aluminum foil. Protect with Stockinette.

Storage time: Cakes 4 months to 1 year (fruit cake)

How to thaw: Remove wrappings, let stand at room temperature for 2 hours.

PIES

Double crust pies freeze best. Fruit, apple, cherry, and berry pies are most satisfactory. Sprinkle a little sugar and flour on the lower crust. Freezing draws more juice. It is not worth the effort or storage space to attempt to freeze pies with meringue.

How to wrap: Cellophane and stockinette or aluminum foil.

Storage time: Unbaked pies, 2 months. Baked pies, 4 months.

How to thaw: Place in preheated oven at 375° F. for 1 hour.

OTHER DESSERTS: Chocolate eclaires, ice cream, lemon refrigerator cake, sherberts, fancy ice cream pie, ice cream roll. Package carefully in cardboard cake box, wrap with cellophane and stockinette.

Storage time: 2 to 3 months.

DELICIOUS LEFT OVERS: French fried potatoes, mashed potatoes, sweet potatoes, candied or baked with marshmallows, soups, baked beans, chicken or beef stew, baked ham and meat loaf.

Package: In convenient containers such as freezer jars or freeze them in loaf pans forming bricks. Wrap in cellophane and locker paper (laminated cellophane)

Storage time: 4 to 6 months

How to thaw: Reheat according to food. Ham, roast or meat loaf, heat at 350° F. for 1 to 1½ hours according to size or thaw and serve cold. Stews, sauces, etc., remove from package and reheat a very low heat.

CITRUS JUICES: Extract juices - add sugar if desired and pour into containers.

Allow $\frac{1}{2}$ inch head space. Heating juice to 165° F. insures against a jell like pectin clot forming.

Sections - peel fruit and section with a sharp stainless steel knife.

Sections may be covered with juice or with juice to which sugar has been added if desired. 1 lb. sugar to 5 lbs. fruit, dissolved in juice. Allow head space, freeze.

SANDWICHES: Plan to prepare sandwiches for lunch boxes to last a week or two. Set up a sandwich assembly line. Make and wrap a week's supply, package and store. Wrap immediately, individually or several in a carton. Wrap as tightly as possible without squeezing. Fold tightly with "drug store" type of fold. Heat seal or tape. Cellophane or foil are good packaging materials. Day old bread is preferred.

Fillings: Some ingredients are not suitable for frozen sandwiches.

1. Certain salad dressings separate when they are frozen and when defrosted soak into the bread and make it soggy. To test dressing: put some in small jar, cover, freeze over night; if it separates upon defrosting, it should not be used for freezing.
2. Crisp greens, tomatoes, onions, etc. These may be added after defrosting if desired.
3. Jelly and jam tend to soak into bread unless the bread is well buttered.

Any favorite sandwich spread may be used provided it does not contain any of the unsuitable ingredients mentioned.

Storage: To help avoid sogginess, keep sandwiches away from side walls and bottom of freezer. (Ice crystals form when in contact with metal surfaces causing sogginess.)

MENUS OF WHOLE MEALS FROM THE FREEZER

- Dinner:
1. Mixed fruit cup, meat loaf and gravy, broccoli, mashed potatoes, (tossed salad), Parker house rolls, pumpkin pie and coffee.
 2. Baked haddock with cheese dressing, asparagus, potato cakes, slaw, peach pie and coffee.
- Lunch:
1. Chicken casserole with rice, buttered green beans, fruit salad, cookies and milk.
 2. Chicken livers in scrambled eggs, green peas, tomato aspic salad, ice cream with peach sundae and ice tea.
 3. Noodle dish, potatoes au gratin.

MISCELLANEOUS SUGGESTIONS

1. Freeze soup in bread pan, freeze quickly, turn out the block of soup on foil or other freezer paper, package carefully and store.
2. Place fish in bread pan cover with water, freeze as block, wrap carefully as a block of fish.

3. Form ground beef or sausage into 1 lb. rolls, wrap, freeze. A heavy sharp knife will cut the frozen meat into round patties.
4. Make up garlic butter, $\frac{1}{2}$ lb. at a time, divide into small packages and freeze. Thaw and spread on French bread or use to season green beans or broccoli.
5. If a member of your family requires a special diet, prepare the food ahead of time and serve as necessary.
6. Slice lemons and store and serve as needed. Very good.
7. Store nut meats in the freezer.
8. Stretch a bottle of whipping cream by whipping the whole one-half pint. Drop the rest in big serving-size blobs on cellophane covered cardboard. Chill in the freezer for an hour or more. Package in bags or other containers and store in freezer.
9. Fresh pineapple. Slice off top and bottom, peel down from top. Remove core and eyes, cut in spears. Package spears in plastic bags, add 1 tablespoon sugar for each 2 spears and seal. Freeze for salads or dessert.
10. Wash plastic bags with detergent and warm water.
11. Paper milk containers make good freezer containers. Wash with detergent and warm water. Open by removing large staples instead of punching holes.
12. All meats with the exception of pork and pork products, such as sausage will freeze well already cooked as roasts.
13. Fried meats lose their crispness, become soggy and develop a "warmed over" flavor during storage.
14. Fresh fruit pies top the list as favorites.
15. Cornstarch or tapioca thickened cream-filled pies also freeze well, including lemon and chocolate.
16. The custard type filling of pies does not freeze very well.
17. Do not freeze hard cooked eggs. The white will become gummy and tough. Yolks are satisfactory.
18. DO NOT REFREEZE. Do not attempt to refreeze cooked foods once they have thawed out completely. Always use them immediately after thawing or within a short time.

SIMPLE RULES TO FOLLOW

1. Get all the air out that you possibly can.
2. Seal either by heat, triple wrap or good cover.
3. Follow directions given in the book which comes with the freezer.
4. Use stockinette to protect cellophane wrapped packages.

5. Do not try to freeze custards or meringues.
6. Cooked egg white does not freeze.
7. Do not use too much seasoning. In air tight containers or packages, spices and other condiments, such as garlic, tend to become too intense and undesirable.

BREAD: All types yeast breads, rolls, variations, steamed brown bread, Sweedish tea ring, baking powder nut bread, muffins, corn, blueberry, whole wheat varieties.

Bread - package in cellophane or aluminum foil. Rolls - package in cellophane bags or cardboard cake boxes wrapped with cellophane.

Storage time: 4 to 6 months (depending on quantity of fat and nuts.)

How to reheat: Bread - thaw at room temperature for 1 hour.

Rolls - Warm in preheated oven 20 to 30 minutes at 300° F.

CAKES: Angel foods, sponge, butter cakes and fruit cakes.

Store either frosted or unfrosted. A piece of cardboard covered with cellophane or aluminum foil can be used to support the cake.

Frosted cakes should be frozen before wrapping to prevent damaging the soft icing. Unwrap immediately after removing from freezer to prevent frosting from sticking to wrapping.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

University of Arizona
College of Agriculture
U. S. Depart. of Agriculture
and Maricopa County Cooperating

State of Arizona
P. O. Box 751
Phoenix

Agricultural Extension Service
Home Demonstration Work
County Agent Work

April 2, 1952

Dear Homemaker:

May I congratulate you on your decision to attend the 8th Country Life Conference at the University of Arizona at Tucson, April 14 to 17 inclusive. You'll love it!!

The theme of this event is: "Today's Home Builds Tomorrow's World"

"If there is harmony in the home,
there will be order in the nation.
If there is order in the nation,
there will be peace in the world."

Chinese Proverb:

Transportation to and from Tucson

1. Are you driving a car? If so, do you have space for someone to ride with you? Please let me know soon.
2. Do you need a ride? Please let me know soon and I shall try to make arrangements for you.

Keep in Touch with your family while in Tucson.

You may have mail addressed to you at: General Delivery, Student Union Post Office, University of Arizona, Tucson, Arizona.
Telephone: Yuma Hall - 2-9544 or 2-9294.

SCHEDULE OF EVENTS

April 14th, Monday

1:00 to 5:30

REGISTRATION - Yuma Hall

At the same time, you will register for one of the classes offered. These classes will meet both Tuesday and Wednesday 15 - 16.

- a. Potting and care of house plants.
- b. Creating design for everyday use.
- c. Library Workshop
- d. Creative Embroidery
- e. Youth's privileges and responsibilities.

- 6:00 - Dinner followed by get acquainted mixers.
 8:30 - Concert - University Auditorium, complimentary to you.

April 15th - Tuesday

- 7:30 - Breakfast
 8:30 - General Assembly and Program (excellent)
 10:30 - Classes (Attend the same on each day)
 12:15 - Lunch
 1:45 - General Assembly and Program (Excellent)
 4:30 - Tea -- Home of the President, Richard A. Harvill

Evening

- 6:30 - Dinner
 8:00 to 10:00 Community Recreation - Tennis Court

April 16 - Wednesday

- 7:30 - Breakfast
 8:30 - General Assembly and Program (Excellent)
 10:30 - Classes (The same one, Please)
 12:15 - Lunch
 1:45 - General Assembly
 3:15 to 5:00 Tours - Choice here
 6:00 - Chuck Wagon Supper - Outdoor Theatre - and County Program numbers.

April 17 - Thursday

- 7:30 - Breakfast and Farewell - Cafeteria

What to Take:

Simple Clothes - Comfortable shoes
 Two blankets - or light quilt (Sleeping porches)

Other Interests you may enjoy

Mr. McIntire, Director of Childrens colony will welcome visitors, enroute to Country Life Conference. Direction: About 6 miles south of Coolidge on Highway 80 - 89.

The Tucson Flower Festival is scheduled Thursday, April 17th
in the Shrine Temple.

Arrive early Monday the 14th or stay over on the 17th if you wish
to shop in Tucson.

Best wishes for a really good time of recreation and learning.

Sincerely yours,

A handwritten signature in cursive script that reads "Isabell Pace".

Isabell Pace
Home Demonstration Agent

IP:mn

4/2/52
50 cc.
mn

MARICOPA COUNTY
HOMEMAKERS'
YEARBOOK
1952

Name of Club

Name _____

Address _____

1952 CALENDAR

Jan.

S	M	T	W	T	F	S
		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		

Apr.

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	16	18	19
20	21	22	23	24	25	26
27	28	29	30			

Feb.

					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	

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

Mar.

						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					

1952 CALENDAR

July							Oct.						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5				1	2	3	4
6	7	8	9	10	11	12	5	6	7	8	9	10	11
13	14	15	16	17	18	19	12	13	14	15	16	17	18
20	21	22	23	24	25	26	19	20	21	22	23	24	25
27	28	29	30	31			26	27	28	29	30	31	

Aug.							Nov.						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2							1
3	4	5	6	7	8	9	2	3	4	5	6	7	8
10	11	12	13	14	15	16	9	10	11	12	13	14	15
17	18	19	20	21	22	23	16	17	18	19	20	21	22
24	25	26	27	28	29	30	23	24	25	26	27	28	29
31							30						

Sept.							Dec.								
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
		1	2	3	4	5	6			1	2	3	4	5	6
7	8	9	10	11	12	13	7	8	9	10	11	12	13		
14	15	16	17	18	19	20	14	15	16	17	18	19	20		
21	22	23	24	25	26	27	21	22	23	24	25	26	27		
28	29	30					28	29	30	31					

ORDER OF BUSINESS

1. Call to order.
2. Recognize visitors and new members.
3. Roll Call - use variations.
4. Reading and approval of minutes of previous meeting.
5. Communications (if any).
6. Report of officers, standing and special committees.
7. Report of Council meetings or special events.
8. Unfinished business.
9. New business.
10. Demonstration or Program.
11. Adjournment.

_____ HOMEMAHER CLUB

President _____

Vice President _____

Secretary-Treasurer _____

PROJECT LEADERS

Clothing _____

Foods & Nutrition _____

Home Mgt. & Furnishings _____

Special Programs _____

Committees: _____

OFFICERS HOMEMAKERS' COUNCIL - 1952

President -
Mrs. Edith (J.W.) Currie
2804 West Myrtle
Phoenix, Arizona

Vice President -
Mrs. Mildred (L.D.) Henry
Route 1
Buckeye, Arizona

Secretary-Treasurer -
Mrs. Evelyn Frye
3009 West Verde Avenue
Phoenix, Arizona

HOMEMAKER COUNCIL MEETINGS

February 8, 1952

April

October 3, 1952

OUR HOMEMAKERS' CREED

To live as humbly as I can
To take what comes of good or evil and
grow by my experiences into a better
and a more understanding person
To cling to the Faith which I possess
and to 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
some one as a true friend.

Mrs. Lila Newell

CLUB GOALS FOR 1952

1. Better home and community life through shared responsibilities, general well-being of all, increased happiness and improved health.
2. Greater opportunity for growth by sharing in a well-planned club program.
3. Make the home a safer place to live.
4. Improved home surroundings and practices through greater knowledge of fundamental principles and well-developed homemaking skills in the fields of food, clothing, housing, home furnishing, management of time, energy and money; health and recreation.
5. Maintained interest and appreciation of Art, Literature, Music, Religion and citizenship.
6. Each Club earn the Certificate of Achievement.
7. Be a better American.

TOO MUCH IS BETTER

I have so many things to do
I never get them done
But keeping always busy
Is the way I have my fun.
Because if I were idle,
I would feel depressed and blue
For want of mental exercise
And something more to do.
I would not be content if all
My work were put away
And every morning merely meant
Another lazy day.
And that is why I truly like
The tasks in front of me
Regardless of how difficult
Or many they may be.
And I would rather have too much
Than not enough to do
Because each project peps me up
When I have seen it through.

Taken from Union County,
New Mexico Year Book

THE FARM WOMAN'S CREED

TO MAINTAIN THE HIGHEST IDEAL OF HOME LIFE.
To count children the most important of crops
To so mother them that their bodies may be
 sound, their minds clear, their spirits
 happy, and their characters generous.

TO PLACE SERVICE ABOVE COMFORT.
To let loyalty to high purposes silence
 discordant notes.
To let neighborliness supplant hatred
To be discouraged never.

TO LOOSE SELF IN GENEROUS ENTHUSIASMS
To extend to the less fortunate a helping
 hand
To believe one's community may become the
 best of communities, and to cooperate
 with others for the common ends of a
 more abundant home and community life.

This is the offer of the Home Economics
Extension Clubs to the Homemakers of today.
 Author: Dr.: Ruby Green Smith

SPECIAL EVENTS FOR 1952

- Feb. 8 - County Council, Washington Club Building
- Mar. 1 - 9 Maricopa County Fair, Mesa
- Mar. 5 - Mrs. Lydia Ann Lynde, Extension Specialist in Parent Education, Washington, D. C. Place to be arranged.
- Apr. 4 - 5 Maricopa County 4-H Club Fair, Arizona State Fairgrounds, Phoenix
- Apr. 14-17 Country Life Conference, University of Arizona Campus, Tucson
- May 2 - County Homemakers' Rally Day. Place to be announced later.
- June - Annual 4-H Club Roundup, University of Arizona Campus, Tucson
- Oct. - Annual Program Planning Day, Homemaker delegates
- Nov. - Arizona State Fair
- Dec. -- District or local Christmas parties. Dates and places local.

SCHEDULE OF COUNTY PROGRAM AND
LEADER TRAINING MEETINGS

Project - Home Furnishings

Miss Grace Ryan, Home Management Specialist, and Home Demonstration Agent cooperating.

Improved Home Lighting.

<u>Dates</u>	<u>Places</u>
Tue., Jan. 29 9:30 a.m.	Liberty Community House
Wed., Jan. 30 10:00 a.m.	Mesa 1st Ward Relief Society Hall, South Center, Mesa
Thu., Jan. 31 9:30 a.m.	County Agent's Building 1201 W. Madison, Phoenix

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Project - Foods and Nutrition

Mrs. Elsie H. Morris, Extension Nutritionist, and Home Demonstration Agent cooperating.

Better Meals for our Money

<u>Dates</u>	<u>Places</u>
Mon., Feb. 11 9:30 a.m.	Washington Homemakers' Club Bldg., 25th Ave. & Northern, Phoenix. All central area clubs.
Tue., Feb. 12 9:30 a.m.	Liberty Community House. All west County area clubs.
Wed., Feb. 13	Mesa 6th Ward Relief Society Building, East 4th Street, Mesa. Leaders of Maricopa and Mesa Stakes Relief Societies Ward

- - - - -

Project - Mending

To be fitted into Agents and Local
Club schedules. LEADERS TAKE NOTE.

Project - Food Storage Problems

Mrs. Elsie H. Morris, Extension Nutritionist, Dr. J. W. Roney, Extension Entomologist, and Home Demonstration Agent cooperating.
Three open meetings in County.

<u>Dates</u>	<u>Places</u>
Tue., Mar. 4 2:00 p.m.	Liberty Community House All club members & friends
Wed., Mar. 5	Mesa. Place to be arranged. All members and friends
Tue., Mar. 25 1:30 p.m.	County Agent's Building 1201 W. Madison, Phoenix

Project - Home Furnishings

Lamp Shade Clinics

March 11, 12, 13, 14.

Place to be decided following
Lighting Project developments.

Lamp Shade Workshops

Last two weeks in May. For groups
interested. Arrangements to be
worked out.

JUNE, JULY, AUGUST - Special Interest
Projects. Locally sponsored.

SEPTEMBER - Fall Meetings Resume
a. Program planning suggestions
b. Check organizations
c. Membership drive, etc.

Project - Clothing

Miss Helen Church, Clothing Specialist, and Home Demonstration Agent cooperating.

Finishes for Garments

<u>Dates</u>	<u>Places</u>
Tue., Oct. 7	Liberty Community House
Wed., Oct. 8	Phoenix, to be decided.
Thu., Oct. 9	Mesa place to be decided.

LOCAL MEETINGS
JANUARY 1952

"Our job is to do our best, be our best,
and bring out the best in others, and
so make a better world."

Joseph Fort Newton

Date _____

Hostess _____

Address _____

Project _____

Leaders _____

Roll Call - A New Year's Resolution

Other programs:

Special events:

FEBRUARY 1952

"Getting what you go after is called
success; but liking it while you are
getting it is happiness."

Bertha Damons

Date _____

Hostess _____

Address _____

Project _____

Leaders _____

Roll Call - What our family enjoys
doing together.

Other programs:

Special events:

MARCH 1952

"Doing nothing is the most tiresome job
in the world, because you can't quit
and rest."

Date _____

Hostess _____

Address _____

Project _____

Leaders _____

Roll Call - An improvement I plan to
make in my home this year.

Other programs:

Special events:

APRIL 1952

"He that brings sunshine in the lives
of others cannot keep it from himself."

Date _____

Hostess _____

Address _____

Project _____

Leaders _____

Roll Call - Most used information
acquired at Homemaker Club.

Other Programs:

Special events:

MAY 1952

"The great thing in this world is not
so much where we stand, as in what
direction we are moving."

Date_____

Hostess_____

Address_____

Project_____

Leaders_____

Roll Call_____

Other program:

Special events:

JUNE 1952

"Leadership is measured by the lives
it enriches--not by those it dominates."

Date _____

Hostess _____

Address _____

Project _____

Leaders _____

Roll Call _____

Other programs

Special events:

JULY 1952

"I saw Old Glory waving high, unfurled
in gracious splendor, ... I heard a
million voices ringing, I heard
America singing." Lillie Taylor

Date _____

Hostess _____

Address _____

Project _____

Leaders _____

Roll Call - A suggestion for "AT HOME
VACATIONS".

AUGUST 1952

VACATION

A year from now, what will we wish we
had done today.

SEPTEMBER 1952

"When alone, we have our own thoughts to
watch; When in the family, our tempers;
when in society, our tongues."

Date _____

Hostess _____

Address _____

PROJECT - Summarize program suggestions
for next year's program.

Leaders _____

Roll Call - One way I may help improve
the Homemakers' Club.

Other Programs

Special Events

OCTOBER 1952

"A good deed is never lost. He who sows
courtesy, reaps friendship. He who
plants kindness, gathers love."

Date _____

Hostess _____

Address _____

PROJECT _____

Leaders _____

Roll Call - A suggestion for an inter-
national program at our Club.

Other programs

Special events

NOVEMBER 1952

"Let us not spend money we don't have for
things we don't need to impress people
who don't care."

Date _____

Hostess _____

Address _____

PROJECT _____

Leaders _____

Roll Call - Christmas gift suggestions.

Other Program

Special Event

DECEMBER 1952

"A man wrapped up in himself makes a
small parcel."

Date _____

Hostess _____

Address _____

PROJECT - Christmas Party, Club,
Community, Joint Clubs.

Roll Call - Holiday food suggestions
or special recipes, or Christ-
mas carols I like best.

Special Events

HOMEMAKER CLUB PRESIDENTS

Alhambra - Mrs. T. P. Morgan
4403 N. 27th Ave., Phoenix
Avondale - Mrs. Gladys Armstrong
P. O. Box 401, Avondale
Buckeye - Mrs. Frieda Powers
P. O. Box 935, Buckeye
Liberty - Mrs. Mildred Henry
Route 1, Buckeye
Litchfield Mrs. Betty Seavers
Box 136, Litchfield Park
Northview- Mrs. W. N. Davidson
3245 West State Ave., Phoenix
Orange- Mrs. Lyleth Heath
land 7139 N. 23rd Ave., Phoenix
Palo - Mrs. Vivian Tyree
Verde Route 1, Box 253, Buckeye
Paradise - Mrs. R. H. Marshall
Valley P. O. Box 83, Cactus
Saguaro - Mrs. Bernice Klingensmith
1705 West Linden, Phoenix
Mrs. Johnie Merle Garner
3120 West Holly, Phoenix

Tolleson - Mrs. Mary Robertson
 Route 1, Box 85, Tolleson
 Valley - Mrs. Sue Cox
 Heights 9229 N. 10th St., Phoenix
 Washington Mrs. Theo Rogers
 2830 W. Augusta, Phoenix
 Westwood - Mrs. Max Farquer
 2206 West Winsor Blvd., Phx.
 East - Mrs. Raymond M. Williams
 Phoenix 1417 N. 31st St., Phoenix

RELIEF SOCIETY STAKE PRESIDENTS
 and WORK DIRECTORS

Phoenix - Mrs. Lola Shumway
 Stake 902 E. Coronado, Phoenix
 Mrs. Mildred Smithson
 P. O. Box 3452, Phoenix
 Mesa - Mrs. Evelyn White
 Stake 103 South Hibbert, Mesa
 Mrs. A. S. Reber
 Route 1, Box 14, Higley
 Maricopa - Mrs. Vida D. Brinton
 Stake 231 East 1st Street, Mesa
 Mrs. Beatrice Miller
 458 N. Grand, Mesa

COUNTY AGENT'S OFFICE
1201 West Madison, Phoenix, Arizona
Telephone 4-2133

County Extension Service Officials

J. H. O'Dell, County Agricultural Agent

Assistant Agents

Otis G. Lough - Poultry & Dairy
Lewis Whitworth - Horticulture
Richard M. Hoover - 4-H Club Work
Earl Snearley - Field Crops

J. N. Roney, Extension Entomologist

Home Demonstration Work

Isabell Pace, Home Demonstration Agent
Virginia E. Twitty, Assistant Home
Demonstration Agent, 4-H Club Work,
girls

STATE EXTENSION STAFF
University of Arizona
Tucson, Arizona

Chas. U. Pickrell, Extension Director
Howard R. Baker, Assistant Ext. Director
Jean H. Stewart, State Home Demonstration Leader

SPECIALISTS

Helen Church - Clothing
Elsie H. Morris - Foods & Nutrition
Grace Ryan - Home Management and
Home Furnishings
Joe McClelland - Information Specialist
Kenneth L. McKee - State Leader 4-H
Club Work
Ellen Kightlinger - Assistant State
Leader 4-H Club Work
Harvey F. Tate - Horticulture

A CERTIFICATE OF ACHIEVEMENT WILL BE
AWARDED ON THE FOLLOWING REQUIREMENTS.

1. One meeting each month, minimum eight meetings a year.
2. Satisfactory secretary book.
3. Take part in a County or local achievement day; or a tour or exhibit.
4. Reporter - minimum 2 stories a year.
5. Majority of active members attend each meeting. (Club decides who is active.)
6. Carry at least one project with local leader giving back the subject matter.
7. A representative attending each County meeting - State, if possible.

Certificate of Achievement - continued

8. Sponsor at least one community activity.

See special requirements for additional information. Home Demonstration Agent has a copy.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

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

State of Arizona
P. O. Box 751
Phoenix

Agricultural Extension Service
Home Demonstration Work
County Agent Work

August 14, 1952

Isn't it strange
That princes and kings,
And clowns that caper
In sawdust rings,
And common people
Like you and me
Are builders for eternity?

Each is given a bag of tools,
A shapeless mass,
A book of rules;
And each must make --
Ere life is flown --
A stumbling block
Or a stepping stone.
by R. L. Sharpe
"A Bag of Tools"

Today's Home Builds Tomorrow's World



Dear Homemaker:

The time is here for each of us to give expression, individually and collectively to plans for the 1953 "Homemakers Club" program in Maricopa County.

The major purpose of this **letter** is to stimulate your thinking as to what you would like for yourself, also to discover what problems, in your area may you need help in solving. Your Extension Service stands ready to assist in any way possible.

The following services are yours for the asking:

1. Bulletins - Both agriculture and homemaking information. Use this source.
2. Radio - Mr. O'Dell, County Agent, has a regular broadcast daily, except Sunday, at 6:55 A. M., over KRUX, Glendale.
3. Leader training - For local leaders in preparation for carrying out planned programs over the county.

Please exchange ideas with friends and neighbors. Jot down these ideas, take them to the September Homemakers Club meeting.

At the September meeting, one or two (not more) suggestions in each of the major fields of homemaking should be decided upon as your club's recommendation to be considered for the county-wide program next year. Delegates from

each club should come prepared to discuss each problem and to tell why it is a problem worth consideration. List possible solutions. Sometimes a bulletin, or a conference with one of the club members of long standing will give you the solution of individual problems. Trained local leaders are willing helpers too.

One or two (not more than two projects) in each of the following areas of homemaking has seemed to best meet the interest of the greatest number:

1. Foods and Nutrition.
2. Clothing and Related Problems.
3. Home Furnishings and Home Management.
4. Health and Community Life, Crafts and Special Interests.

Units of work which may be set up will depend on the nature of the problem and the number of meetings required to work out the project, usually one or two for each. Certain units carry over from year to year, such as: sewing machine clinics, pressure cooker clinics, reupholstering, and making lamp shades.

To guide your thinking, review 1951 and 1952 programs. Did they meet your needs? Go back farther.

1951 - Foods and Nutrition

1. Planning and Buying Better Meals for the Family with Money We Have to Spend.
 2. Yeast Bread Making (emphasis on whole wheat products).
- 1952 -
1. How to Stretch the Food Dollar to Get Adequate Meals.
 2. Food Storage in Central Arizona.

1951 - Clothing

1. Selection of Fabrics, Fabric Finishes and Care.
 2. Clothing Accessories.
- 1952 -
1. Clothing, Mending to Extend Life of Garments.
 2. Finishes that Give an Expensive Look.

1951 - Home Furnishings

1. Furniture Arrangement Considering Color and Background in Relation to Furniture on Hand.
 2. Slip Covers, Fundamental and Basic Techniques.
- 1952 -
1. Improved Home Lighting in Relation to Comfort and Health.
 2. Making Simple Lamp Shades.

Here are some other problems that did not get on the calendar, but were discussed:

- Cookery of Vegetables to Save Food Values.
- Cookery of Meats to Save Food Values.
- Pressure Saucepan Cookery.
- Salads - Types of Dressings.
- Meat Alternates (Substitutes).
- Sound Buying of Basic Foods.
- Home Freezing of Cooked and Baked Foods.
- Start Your Day Right - Good Breakfasts.

Leather Craft Accessories.
Learning Ready-to-Wear Techniques.
Sewing for Children.
Making Western Shirts.

* * * * *

Laundry and Care of Woolen Blankets.
Cleaning Upholstery and Rugs.
Selection of Furniture and Its Care.
Window Treatment - Making Draperies.
Budgeting Time for Smoother Living.

* * * * *

Landscape Gardening.
Care of Children at Meetings.
Ceramics.
Flower Arrangements.
Weaving - Huck Toweling.
Etching and China Painting.
Textile Painting.

* * * * *

Study Trends and Problems Suggested by Specialists and Other Sources:

1. Food costs are to remain high.
2. Recognition of the importance of protein in diet, a factor in healing injured tissues.
3. Women of child-bearing age and adolescent girls rate poorest diets in the United States. Are these problems in our county?
4. Thirty million overweight Americans pose a serious health problem. Arizona had 10,050 deaths from heart disease in 1950.
5. Infant mortality is a serious problem in our state. Can we help correct it?
6. Homemakers are often more impressed by catchy advertisements than by informative data says the National Research Council. Are you checking labels? Are you using the knowledge you have?

* * * * *

1. More and more women are working. This will change womens needs in types of clothing.
2. Clothing the family on the devaluated dollar remains a major problem.
3. Our objectives - improve markets by better understanding of buymanship and its relation to market situations.
4. Protect the family health by giving attention to fundamentals in clothing selection.
Buying the following - (1 meeting for each).
 - (a) Shoes for self. Your shoes and your feet.
 - (b) Shoes for children.
 - (c) Childrens clothing - pre-school, play clothes.

- (d) Best dresses.
 - (e) House dresses.
 - (f) Shirts for boys and men.
 - (g) Sewing equipment.
 - (h) Foundation garments.
5. Better wardrobe planning - could save money and give greater satisfaction.

* * * * *

1. Since so many married women work away from home, selection of tools and larger equipment becomes more important.
2. Women spend a large share of the family income. They bury everything from mops to pianos!!
3. Do you have good tools? What are they made of? What care is necessary to keep them in top condition?
4. Do you know the ABC's of electricity?
- (a) Relation of wire to load.
 - (b) Grounding electricity.
 - (c) Overloading equipment cords.
 - (d) Fuse protection.
 - (e) Wire repair.
5. Can you make minor plumbing and electrical equipment repairs or do you recognize a need for repair in time?
6. Good choice of kitchen counter and floor covering can make a difference.

* * * * *

Your community may need such programs as:

- (a) Fly control.
- (b) Accident prevention - at home; community.
- (c) School nurse - rural areas.
- (d) Driving instruction for teenagers.
- (e) Healthful, wholesome sex education for children.
- (f) Getting people to vote. Are you registered?
- (g) Plan for making programs more available to young mothers through child care study and organized planning.
- (h) A 4-H Club for your children.
- (i) If you already have 4-H, how about offering leadership assistance or other sponsorship.
- (j) The 4-H Club year begins October 1st.

- CALENDAR OF HOMEMAKER WORK -

1. Local Club Meetings - September

- (a) What to do: Check enrollments.
- (b) Membership drive for new members.
- (c) Make sure organization is complete - full staff of officers and project leaders.
- (d) Local plans and requests for 1953 program.
- (e) Be sure delegates are each fully informed.

* * * * *

2. Clothing Project Leaders - Note Change of Dates

Project - "Garment Finishes to Get that Expensive Look" - Miss Helen Church, Specialist.

<u>Date</u>	<u>Place</u>	
Tuesday, September 30	County Agent's Building, 1201 West Madison, Phoenix. For all Central Area groups, homemakers and Relief Societies. (Bring lunch or eat out).	9:30 a.m. to 3:00 p.m.
Wednesday, October 1	Liberty Community House, Liberty. For all West Area clubs. (Bring lunch).	9:30 a.m. to 3:00 p.m.
Thursday, October 2	Mesa Area. Place to be decided later. For all East County Area groups.	To be decided later.

* * * * *

3. HOMEMAKERS ANNUAL PROGRAM PLANNING DAY

Where - Riverside School - Lateral 17 - South of Buckeye Road.

Date - October 10, 1952 - 10:00 A.M. to 3:00 P.M.

Who Comes - Club Officers and Project Leaders - Two (2) delegates from each affiliated organization as Relief Societies - possible others.

Lunch At Nominal Cost - Presidents please indicate number from your club by October 4 at Home Demonstration Agent's Office. Phone Alpine 4-2133 or write P. O. Box 751, Phoenix.

* * * * *

* If you haven't had a mending demonstration, get in touch with the Home Demonstration Agent at once. She is anxious to serve you before the rush of other programs are on.

ITEMS OF INTEREST TO YOU

Forty 4-H Club members are attending 4-H Club Camp near Prescott August 11th through 16th.

The annual 4-H Leaders Camp will be held at Flagstaff August 26 to 30.

Virginia E. Twitty has returned from Summer School at Ft. Collins, Colorado, and reports it highly worthwhile.

The heat of strong Arizona sunshine may set and darken stains containing Tannin, such as those from cherries, peaches, pears, plums, soft drinks or mustard products.

Give stains first aid immediately by sponging with cold water while they are moist and fresh. If traces remain, rub with glycerine or soapless shampoo, followed by another cold water treatment.

Never use soap or heat until the stain has been removed.

Grease may penetrate fabric more deeply if heated in the sun!

Egg, milk and meat stains may be "cooked" into fabric by sunshine. Campers and picnickers watch out!!!!

* * * * *

My sincere good wishes for your best efforts in planning toward the 1953 Homemakers Program and for a truly successful season this fall and through 1953. Be seeing you soon!!



Isabell Face
Home Demonstration Agent