

ANNUAL NARRATIVE REPORT

OF

MRS. ISABELL PACE, HOME DEMONSTRATION AGENT

VIRGINIA E. TWITTY, ASS'T., HOME DEMONSTRATION AGENT

LAURA B. OWENS, ASS'T., HOME DEMONSTRATION AGENT (TEMPORARY)

LAURAYNE R. KENNEDY, ASS'T., HOME DEMONSTRATION AGENT

ROSEMARY SHEPHERD, ASS'T., HOME DEMONSTRATION AGENT

MARICOPA COUNTY

ARIZONA

From December 1952 to December 1953

I N D E X

	<u>Page</u>
SUMMARY OF ADULT HOME DEMONSTRATION WORK	1 - 3
FORECAST FOR 1954	3 - 4
ANNUAL NARRATIVE REPORT OF HOME DEMONSTRATION WORK	5 - 6
Program Planning6
Foods6 - 7
Clothing7
House and Furnishings7
Special Interests7
How The Program Was Carried On8
HOUSE AND FURNISHINGS PROJECT9 - 11
FOODS AND NUTRITION12
HEALTH AND SAFETY13
CLOTHING AND TEXTILES14 - 16
MISCELLANEOUS CLOTHING17
FORECAST FOR 195418

SUMMARY OF ADULT HOME DEMONSTRATION WORK

Isabell Pace, Home Demonstration Agent
Virginia E. Twitty, Ass't., Home Demonstration Agent
Laura B. Owens, Ass't., Home Demonstration Agent (Temporary)
Laurayne R. Kennedy, Ass't., Home Demonstration Agent
Rosemary Shepherd, Ass't., Home Demonstration Agent

Maricopa County - December 1, 1952 to November 30, 1953

The Home Demonstration Agent served the entire twelve months. Service periods of the other members of our staff was quite broken up as indicated by the following:

1. Virginia E. Twitty, December 1, 1952 to February 14, 1953, transferred as Home Demonstration Agent to Graham and Greenlee Counties.
2. Laura B. Owens, temporarily employed for two months, March 1, 1953 to April 30, 1953.
3. Laurayne R. Kennedy, April 15, 1953 to November 30, 1953.
4. Rosemary Shepherd, June 8, 1953 to September 30, 1953; however, Miss Shepherd was called to Missouri September 4th, due to serious illness of her mother and was unable to return to Arizona.

The Agent is responsible for the adult program in the county and general over-all supervision and administration of Home Demonstration Work, including 4-H when need arises. The Assistant Agent's have supervision of the Home-making phases of girls 4-H Club Work, working in close cooperation with the Assistant County Agent assigned to 4-H Agriculture work. The Assistant Home Agents attend In-service and Training meetings held for Adult Project Leader Training in subject matter and on occasion may participate in adult programs and activities in the communities.

Assisting with planning and executing the county-wide program for adults, is the Homemaker's County Council made up of delegates, usually club officers past and present, and project leaders.

An Annual Program Planning Meeting is held early in October previous to the club year, to which delegates bring, from their local groups, suggestions arrived at following consideration of problems of local concern and a guided review of recent programs in the county. Trends and interests, state-wide and national, prepared by the Agent incorporating evaluations from Extension Specialists in their various fields, also are studied. The resultant program, represents the major phases of homemaking as this type of program tends more fully to meet the varied interests of the women.

Following the discussions, voting and tentative calendaring, the recommended program is sent to the State office for approval for calendaring, in relation to specialists time to prepare subject matter bulletins and to give assistance with Agent or Leader Training as the case may be.

Briefly outlined, the 1953 program follows.

The Arizona Homemaker

A DIFFERENT STORY 30 YEARS AGO

Home Demonstration Episodes of That Time Illustrate How Much Progress Has Been Made

OBSERVANCE of Home Demonstration Week, May 3-9, with special meetings and exhibits has reminded Arizona homemakers how much this adult education program has helped them. Slipcovers on reupholstered furniture—neatly packaged foods in the freezer—a new home-tailored suit in the closet—a large part of the know-how for these homemaking tasks came from the home demonstration agent.

Home demonstration work is an old story in Arizona, but progress in home management and increased income for rural families has made it a constantly changing story.

Would you recognize Pinal County farm homes from this report made by the state home demonstration leader: "Not a few of the homes were originally homesteaders' dwellings, not intended for long tenancy or planned as permanent structures. Flimsy building was everywhere evident. Thirty-five had no foundations, 61 no chimneys, 78 no screens, 25 no floors and two had no doors or windows. In 239 cases, insulation against heat and cold was deficient, and 353 had no exterior paint." That was 20 years ago.

Speaking of Cochise County 30 years ago Grace Ryan (now state home furnishings specialist) said, "The adobe shack with its lean-to is all the average rancher can finance." And Evalyn Bentley (now retired) said of Pima County rural homes at about the same time, "The majority of women had very good taste in fixing up a tent house or shanty."

New Devices

Times have changed, and home demonstration work has helped along some of the change. In the early 1920s Arizona HDAs were introducing the pressure cooker. Said Roberta S. Sinclair who served Yuma, Greenlee, and Yavapai Counties, "The women of the different communities have the privilege of using the agent's pressure cooker in their own homes for several days at a time. This gives the women the op-



portunity to try out the device and helps them decide whether or not the expenditure of money for such a labor-saving device would be justified in their homes."

In Pima County today Madeline Barley can't take along her home freezer, but she often carries packages of frozen foods so the homemakers can see for themselves whether "expenditure of money for such a labor-saving device would be justified." Of course, other HDAs throughout the State follow much

the same practices with many items. And pressure cooker clinics, where women are taught how to use their cookers, are now standard throughout the State.

In 1923 Evalyn Bentley was carrying around "a case containing miniature models—some handy articles as a folding ironing board, iceless refrigerator, sanitary flour container, fireless cooker and a drop leaf kitchen table with safety catch." Anyone today who has helped a home demonstration agent unload a car at a meeting knows that the actual articles may have changed considerably, but the technique is still the same.

A Long Trip

However, methods have changed in other ways. Thirty years ago the agents were just beginning to train project leaders to carry demonstrations back to their own groups. The population was considerably less and much more scattered and the HDA usually gave the demonstration herself. Not many had to travel as far, however, as Laura Mae Seward on one jaunt. In her own words: "In company with the county school superintendent and one of the best taxi drivers in Flagstaff, I started on this auto trip at two o'clock Monday afternoon, Nov. 17. The auto took its way west to Needles, Calif., then north through that State into Nevada and east into Utah, then south to Fredonia. The return trip was made by Lee's Ferry across the Colorado River. The car took us south through the Kaibab National Park and down into the Canyon of the Colorado to Lee's Ferry. The auto crossed the river on the ferry boat, then climbed up the perilous dugway and up over the desert to Cedar Ridge, a trading post, having traveled in sight of the Vermillion Cliffs for hundreds of miles. The car sped down from Cedar Ridge, over the desert, around through the pines on the mountains east of the San Francisco Peaks and came back into Flagstaff at seven

(Please Turn to Page 42)

A Different Story

(Continued from Page 40)



In 1925 one of HDA Evalyn Bentley's programs was a health project which included regular weighing of pre-school and school age children.

o'clock Sunday evening, Nov. 23, having traveled a total distance of 860 miles."

In the southern section of the State, Miss Bentley told of making home visits where she first traveled by automobile as far as possible, then by horseback and finally by foot "with a guide up the mountain to the isolated home."

Social Life

Arizona women at that time, however, were just as enthusiastic about homemaking education as they are today. Again quoting Miss Bentley: "Life for the women in those isolated communities is quite hard; very few have any household conveniences of the modern type. In some places water must be hauled three or four miles. While undergoing the privation necessary to make a home on the desert, the women reach out anxiously for any help which may be given them, especially along the line of making money at home, or of any devices which are inexpensive and

yet which will lighten their household burdens. They are also hungry for some social life. One woman walked four miles to attend a dem-

onstration. Another rode a burro three miles."

What projects were Arizona women interested in back in 1923? Grace Ryan, reporting on Cochise, Graham and Greenlee, said, "The women were most interested in millinery, garment making and dress form construction. The distressing shortage of funds accounts for the demand for help along these lines." She also said, "Outstanding home demonstration needs are assistance with child health measures, with sanitation measures and with a county-wide campaign for better and more convenient homes."

Rosa Bouton in Coconino, Apache and Navajo counties was teaching fly control, child feeding, millinery and the making of artificial flowers, gardening and how to make dress forms.

Roberta Ryan in Yuma and Yavapai counties said, "A large part of my time was spent holding millinery schools."

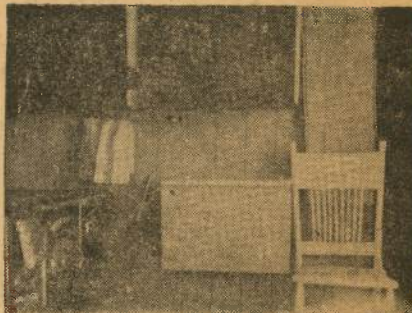
Those were the days when women wore hats!

Fly-by-Nights

One of the most difficult obstacles the home agents met when they attempted home furnishings demonstrations was the feeling Arizona homemakers had of impermanency. Miss Ryan said, "As has always been the case with Pinal County, financial conditions, poor transportation facilities and long distances between farms make the closely dove-tailed program a problem. . . There is a feeling among the women that their stay upon the desert is that of a

transient, always dependent upon the success or failure of the crops — hence the 'camping out' spirit and the tendency to emphasize 'just enough to eat and wear' until a more settled time comes."

She has told of one woman who persuaded her husband to pipe water



These three pictures, believe it or not, show an improved Pinal County kitchen of 1925 which included new cupboards, wood box and towel racks, newly painted chairs, table, walls, and ceiling and a brand-new ceiling.

to the turkey house, saying of her own house, "It can wait; after all I'm saving for a real home somewhere else some time."

Homemaking educational needs and desires have changed in 30 years, but one thing has remained constant — the untiring attempts by our home demonstration agents to fill those needs and desires. National Home Demonstration Week is a good time to applaud their efforts.

And, for the record, here's the list of today's HDAs and the headquarters staff at the University of Arizona: Jean Stewart, State leader; Grace Ryan, home management specialist; Helen Church, clothing specialist; Mrs. Elsie Morris, nutrition specialist; Mrs. Isabel Pace and Laurayne Kennedy, Maricopa County; Mariel Hopkins, Yuma County; Lucinda Hughes, Yavapai and Coconino Counties; Madeline Barley, Pima and Santa Cruz Counties; Virginia Twitty, Graham and Greenlee Counties; Mrs. Maryetta Gaskill, Cochise County; Anne Shute, Navajo and Apache Counties. There is a vacancy in Pinal County.—Jo.

FOODS

PROBLEMS

To get more adequate use of the home freezer. What to freeze. Economy vs. convenience in ownership of home freezers.

Salads and salad dressings for all occasions. Types of salads and what to serve with them.

OBJECTIVES

Teach improved methods for preparation; packaging and freezing of prepared foods, cookery of frozen food, emphasis on frozen meals.

Teach value of salads in good nutrition for the family. More attractive meals with salad varieties. Salads for family and special occasions.

CLOTHING

Better dressed children and more time for mothers of young children. Smoother run homes.

Construction of boys shirts, techniques and finishes.

How to choose styles for individual type.

Teach value of simple "self-help" garments for pre-school children. Teach techniques of better selection of ready-made clothing. What to look for - standardized sizes.

Help younger mothers and others to know good construction techniques - collars, plackets, sleeves, etc.

Study types, figure, emotional characteristics in relation to clothes selection.

HOUSE AND FURNISHINGS

How to extend the life and preserve the quality of woolen blankets.

To preserve appearance and get maximum service from rugs (carpet) and hard finish floor coverings; upholstered furniture.

Analyze problems involved in laundry of wool. Hard water, types of softeners, selection of detergents to do the job. Teach by demonstrations and experiments; actual laundry of blanket, stretching to off-set shrinkage, moth-proofing, brushing and proper storage.

Teach women qualities of floor coverings; resistance to normal wear and use; gain knowledge of cleaning reagents; value of good care and promptness in removing soils.

SPECIAL INTERESTS

To hold interest through the summer. To hold interest of club members during months when no county-wide program is in progress. Provide opportunities for local talent expression, community activities, and recreation events. To catch up on interesting projects not participated in when given, such as--Sewing Machine Clinics, Use of Machine Attachments, Make Dress Forms.

Suggest and assist with well-planned local programs and activities for open dates; Summer months. Keep interest in club work alive. Crafts, Book Reports, Picnics, Swim parties, family nights, etc.

Methods employed to put over the adult program included: 1. In-service training of agents. 2. Training of local leaders, agent and leader demonstrations relating to projects, method demonstrations and work shops. Distribution of printed and mimeographed bulletins, county, state and federal sources, telephone and office contacts, publicity articles, circular letters and reports each played a part in putting programs over. County Agents commercial and service people gave excellent cooperation on occasions. Both adult and 4-H Club Councils gave year-round cooperation and helpful support. Three adult council meetings were held and Executive Committee meetings as need appeared: January, Officer's Training, business, reports by Presidents, pot-luck luncheon. May, Annual county-wide Homemaker's Rally Day, Exhibits, program by clubs, pot-luck luncheon, 12 clubs represented, county and state office, attendance 161. October, Club Delegates Annual program planning. April, is the Annual 4-H Club Fair. Homemaker's lend able assistance with this event. (Reported in 4-H Division)

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	28
Days devoted to adult work	271
Days devoted to 4-H Homemaking	373
Home Visits	219
Telephone calls	803
News articles prepared	18
Broadcasts made or prepared-radio	9
Television	7
Bulletins distributed	3,546
Adult Leader Training Meetings	16
4-H Club Leader Training Meetings	12
Other adult meetings agent participating	86
Other 4-H meetings agent participating	71
Adult meetings by leaders	103
Girl's Homemaking 4-H Club meetings by leaders	93

An estimated 2,970 families were reached by one or more phases of the service this year and an estimated 875 for the first time.

Office calls, telephone calls and bulletins were used extensively to answer requests for information coming from people not enrolled in organized groups. Many such requests relating to preservation of specialty crops such as dates, figs, olives and citrus were cared for. Freezing of foods at home has been a rapidly growing interest. Bulletins have largely met this demand.

Adult education classes conducted by various agencies in Phoenix area regularly recommend Extension Service subject matter bulletins to their enrollees, hence constitutes another avenue for distribution with emphasis on clothing construction.

Forecast for 1954

The same general procedure was followed in evaluating present and past projects, with consideration of problems locally, at a meeting of delegates to determine the program for the ensuing year.

Again the resultant program represents the three major areas of homemaking. Due to the pressing need of specialists for more time to prepare subject matter material, the agent is to assume responsibility in the county for one of the projects in each field. As yet, the calendaring and minor changes have not been completely worked out.

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

Fourteen Homemaker Clubs, and at least four Latter Day Saints Relief Societies will carry the county-wide program and two other organizations have indicated a desire to carry two or more phases of the program.

We are hopeful of having a third worker on our staff soon.

ANNUAL NARRATIVE REPORT
of
HOME DEMONSTRATION WORK
in

Maricopa County
From December 1, 1952 to November 30, 1953

Isabell Pace, Home Demonstration Agent
Virginia E. Twitty, Ass't., Home Demonstration Agent
Laura B. Owens, Ass't., Home Demonstration Agent (Temporary)
Laurayne R. Kennedy, Ass't., Home Demonstration Agent
Rosemary Shepherd, Ass't., Home Demonstration Agent

The Agent served twelve months, service periods for others on the Home Demonstration Agent Staff were not continuous as is explained in the following paragraph.

Virginia E. Twitty, after serving several years in the county was appointed Home Demonstration Agent in Graham and Greenlee Counties, leaving Maricopa County February 14, 1953.

Following Miss Twitty's departure, Mrs. Laura B. Owens, a former Extension worker was employed for two months and gave much needed assistance particularly with the Annual 4-H Club Fair in April. Laurayne R. Kennedy, came as Assistant Home Demonstration Agent in April and served the rest of the year. Rosemary Shepherd was appointed Assistant Home Demonstration Agent June 8, and served nearly three months when she was called back to her home state, Missouri, due to the serious illness of her mother and was unable to return to Arizona.

A total of twenty-seven months service was given to the Home Demonstration Work, which includes adult and junior work. The Agent is responsible for the adult extension program in the county and general over-all supervision of the homemaking phases of girls 4-H Club Work, working in close co-operation with the Assistant County Agricultural Agent assigned to 4-H Administration and Junior Agriculture work.

The Assistant Agents attend in-service and training meetings held for subject matter training of adult project leaders and may on occasions participate in the adult programs. They are invited always to participate in adult special programs, activities and community events.

The Home Demonstration Work for 1953 functioned through fourteen Homemaker Clubs organized expressly for the purpose of enjoying the Extension program and seventeen Latter Day Saint Relief Societies. Not all of the latter carried all county projects due to an otherwise active program. Three Homemaker groups did not complete the entire program, one was organized only recently. Homemaker Clubs elect their officers and choose project leaders who automatically make up the Homemaker's County Council with a President, Vice-President and Secretary-Treasurer elected annually from the membership of clubs.

Three Council meetings were held during the year with two-hundred and sixty-six representatives in attendance. Three executive committee meetings also were held. The elected officers with the Home Demonstration Agent constitutes an executive committee, which attends to much of the routine business; special committees also are arranged for the promotion of special activities as needed.

The January council meeting was an opportunity for special speakers, reports of presidents, committees and a period of training for officers and project leaders. This was helpful for newly elected people and for correlation of effort between officers and the trained project leaders at local meetings.

May was Annual Rally Day. This is a much anticipated event and widely attended. Each club provided a program number, pot-luck luncheon was served, club exhibits were high lighted by several which depicted projects dating back through the years. Especially did Palo Verde Homemaker's promote this theme and gave a splendid historical review of club work for nearly thirty years including exhibits that had stood the test, There were 134 women attending the rally.

October Council meeting annually is given over to planning the county-wide Homemaker's program with all interested groups urged to be represented and to bring their suggestions and problems for council consideration in deciding the county program for the succeeding year.

PROGRAM PLANNING

Why Projects Were Selected.

The usual pattern of pre-planning by local club groups after evaluating recent past programs as to how completely they have met the need; likewise consideration of community and members problems. A check of trends and interests, as presented by the Home Agent, provide the background for suggestions each set of delegates bring to the county planning meeting. Effort is made to reduce these ideas locally, to not more than two in each of the major fields of homemaking namely - clothing and textiles; foods and nutrition, home furnishings and home management, since a diversified program satisfies the interests of more people. Suggestions are discussed pro and con in groups of fifteen to twenty with each group coming up with recommendations which then are voted upon to determine the tentative projects for a program. The suggested program is immediately sent to the State office for evaluation by the subject matter specialists and calendar-ing in relation to specialists time and ability to supply reference material and county assistance with leader or agent training.

Outline of 1953 County-Wide Homemaker's Program.

FOODS

PROBLEMS

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Analyze problems involved in laundry of wool. Hard water, types of softeners, selection of detergents to do the job. Teach by demonstrations and experiments; actual laundry of blanket, stretching to off-set shrinkage, mothproofing, brushing and proper storage.

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COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

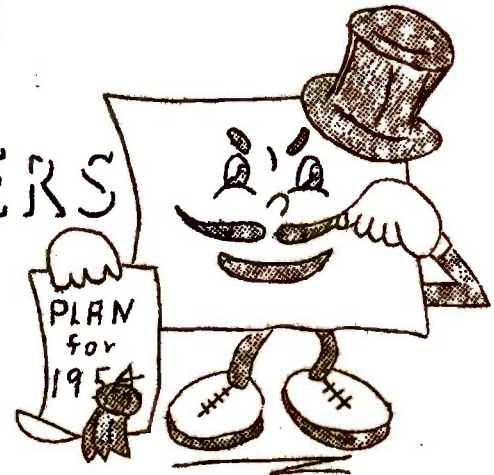
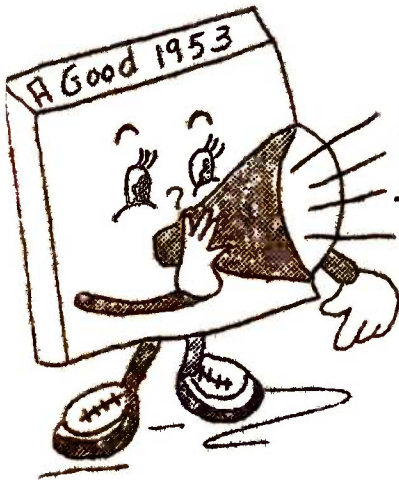
University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Maricopa County Cooperating

State of Arizona
P.O. Box 751
Phoenix

Agricultural Extension Service
Home Demonstration Work
County Agent Work

July 31, 1953

GREETINGS
TO
HOMEMAKERS



Congratulations to club officers and members for a fine spirit of cooperation thus far in 1953, especially to those who are keeping interest going through the summer with activities and crafts of your own choice.

Recent Reports Show:

Alhambra enjoyed a session with a member who had had an extended European trip - a real treat!

Buckeye - Annual Family Night - Pot luck supper.

Palo Verde - Pot luck supper at the school.

Paradise Valley - An informal session - Making stockings for Community Christmas Party Preparedness, can you match it?? Also textile painting.

Northview - July, copper tooling; August, Vacation; September, Etching Glass.

Washington - An extra project - Washing and Storage of Sweaters.

Valley Heights - Choice of crafts.

Westwood - Annual Family Picnic at Encanto Park - Swimming and OH! the good food!!

Others - Please tell us what you are doing!

#

We are happy to announce two new workers on the Home Demonstration Agent Staff. Miss Laurayne Kennedy - Some of you met her at Rally Day - comes to us with three years experience from North Dakota. She will have major supervision of girls 4-H Club program and special subject matter foods projects. Rosemary Shepherd comes from the state of Illinois with a background of experience with a public service company. Her special assignment is information and publicity. HELP HER WITH NEWS OF YOUR ACHIEVEMENTS!!! Subject matter field clothing emphasis.

With the increased personnel we hope to be of greater service to clubs and to reach more people.

#

Virginia Twitty writes us from her former home in Missouri; she attended the National Home Economics Association Convention at St. Louis enroute. Now the Home Demonstration Agent in Graham and Greenlee, she has given a good report for herself. She will drive a new "Chevy" back to Arizona.

#

Dean Voskuil and wife "Dot" gave us a friendly call. Mr. Voskuil was former Assistant Agent in charge of 4-H work and is currently located in Salt Lake City. They extend greetings to friends in Maricopa County.

#

Mrs. Thelma Mueller, newly elected Homemakers Council Chairman and husband are currently spending vacation in their native state of Illinois, we wish them a pleasant trip.

#

Your Home Demonstration Agent has vacation plans for August 7th through the 23rd, to visit Yellowstone Park and places of interest in Idaho and Utah.

#

We hope your summer has not been too strenuous; perhaps included was a vacation away from the heat!!!

#

Two of our fine 4-H Club members, Billie Jane Narramore and Larry Stallings report the expenses paid trip to the Washington 4-H Club Camp was indeed a wonderful experience, long to be remembered.

#

Our 4-H Club members and leaders who attended the Roundup at Tucson in June brought back a fair share of ribbons, medals and report a really good time.

#

If you are favored to have a T.V. set, tune to KPHO-TV at 5:40, August 7th and see one of our 4-H Club girls demonstrate.

#

4-H Leaders Conference is August 25 thru 29 at Flagstaff.

#

Maricopa 4-H Club Camp, August 10 - 15th., near Prescott, 60 are signed up to date.

#

"Every 15 minutes a farm building burns somewhere in the United States. About 29 percent of all deaths from fires are in rural areas. Observe 'National Farm Safety Week' July 19-25."

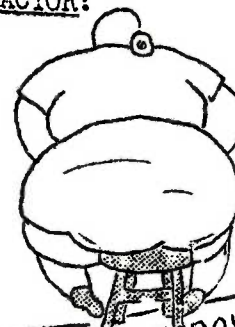
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Large paper sacks inside wastebaskets will cut down cleaning and save the inside finish.

IS OVERWEIGHT ONE OF YOUR WORRIES?
SNACK FOODS AND THEIR CALORIES MAY BE THE CHIEF FACTOR!

Overweights frequently say, "Everything I eat goes to fat. Really, I eat very little." Perhaps they are right about not eating much in quantity, but the evidence is indisputable that the intake of calories is greater than their needs.

A lot of calories can be packed into a small space. Unfortunately, for many of us, this is too often true of the most tempting foods. It is possible to plan a whole meal of meat, vegetables and fruit, including potatoes and bread that yields only a few more calories than are provided by a single serving of pie a la mode and less calories than one banana split can contribute.



TIME TO CUT DOWN!!

Extra calories do make an impression. Even 100 a day in excess of needs will lead to storage of approximately 9 pounds in a year. Taking off those extra pounds is not as easy as it is to let them accumulate in the first place. The moral is to be careful of our choice of foods and keep our weight where it should be.

Those between-meal snacks may well be the source of the excess calories. Considerable food can be consumed during the "coffee break" by the office worker, or by the nibbling of the lady who stays at home.

Glance over this list of snack foods. You may be surprised at the amount of food energy tucked away in some of the small packages.

<u>The Snack</u>	<u>The Amount</u>	<u>The Calories</u>
Hamburger on bun	3 inch patty	500
Potato Chips	10 medium	108
Soda, Root Beer, Kola Beverages	6 ounces	80
Gingerale	6 ounces	60
Chocolate Malted Milk	8 ounces	342
Malted Milk	8 ounces	280
Salted Almonds	10	100
Salted Peanuts	10	60
Chocolate Candy Bar		
Plain	1 3/8 ounces	190
With Nuts	1 3/8 ounces	205
Fudge	1 inch square	100
Fruit Pie, Double Crust	1/6 pie	390
Lemon Meringue Pie	1/6 pie	350
Cake, White Layer, Iced	1/16 of 10 inch diameter	410
Fudge Brownie	3/4 inch x 2 inch x 2 inch	300

<u>The Snack</u>	<u>The Amount</u>	<u>The Calories</u>
Ice Cream, Vanilla	1/6 quart	200
Ice Cream, Chocolate	1/6 quart	230
Milk Sherbet	1/6 quart	250
Sundae	Small Chocolate nut with whipped cream	400
Ice Cream Soda	10 ounce	270
Soda Cracker	2 1/2 inch square	25

NO! COMPARE THEM WITH THESE!

<u>Food</u>	<u>Amount</u>	<u>The Calories</u>
Banana	1 medium	88
Buttermilk	1 cup	88
Carrot, raw	1 large	45
Fruit gelatine	1/2 cup	60
Orange juice	6 ounces	80
Popcorn, salted	1 cup	54
Prune whip	1/2 cup	100
Tomato juice	1/2 cup	25

Request leaflet on "Weight Control" if you wish further help.

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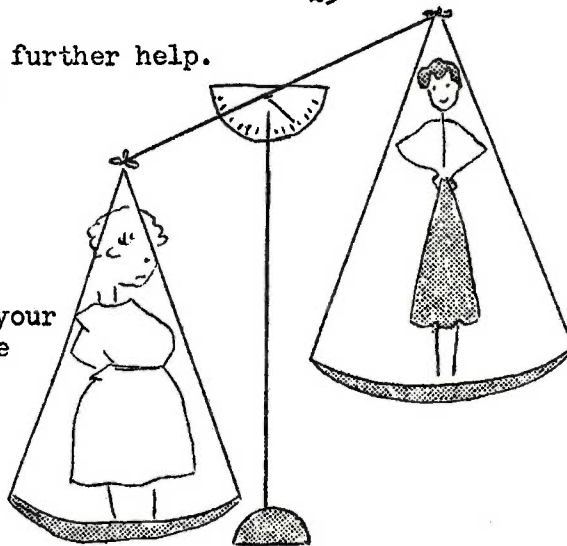
Cheese is a good food to "plan around." Start your menu with a cheese dish and go from there to the vegetable and salad.

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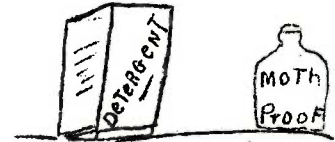
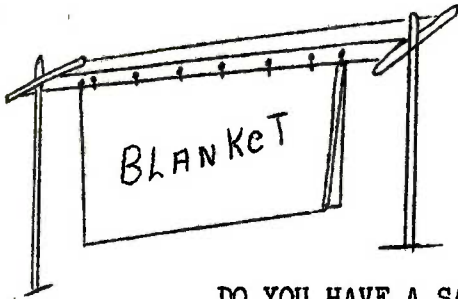
On an average, 10 quarts of milk are required to make a pound of butter.

* *

A piece of apple in a brown sugar jar will keep the sugar from drying out and lumping.



They Never Suspected



DO YOU HAVE A SATISFIELD FEELING NOW THAT YOUR WOOLEN BLANKETS ARE ALL CLEAN, MOTH-PROOFED AND SAFELY STORED??? Have you told your friends and neighbors??

WHAT IS AHEAD FOR 1953

Clothing Project- Selection of Style for the Individual.- Clothing Specialist Helen Church and Home Demonstration Agent cooperating. Leader Training Dates:

1. Tuesday, September 29th - Liberty Community Building - 9:30 a.m. PLEASE NOTE! (this is a change from your year book.) Bring Lunch.
2. Wednesday, September 30th - County Agents Building, 1201 W. Madison, Phoenix, 9:30 a.m. - Bring lunch or plan to eat out.
3. Thursday, October 1 - Mesa. Exact place and time will be announced later.
#

Friday, October 9th, "HOMEMAKERS PROGRAM PLANNING DAY". 10:00 a.m. 0 3:30 p.m.

Who will attend: Local Club Officers and Project Leaders; Last years' and newly elected County Council Officers will be official delegates.

Place: "Carnation Hostess Spot," 4142 North Central Avenue, Phoenix.
#

Home Management Project- Cleaning Techniques for Upholstered Furniture and Floor Coverings. Leader Training Meetings:

1. Wednesday, October 28th - 9:30 a.m. - County Agents Building, PLEASE NOTE! (This is a change of date.) 1201 W. Madison, Phoenix.
2. Thursday, October 29th.- Liberty Community Building - 9:30 a.m.
3. Friday, October 30th. - Mesa. Place to be arranged.

Announcement for Foods Training to come later.
#

Milk has "staying power". Two cups of milk will stay in the stomach about two and one-half hours. Ice cream stays for an average time of three and one-quarter hours.

#

White nylon can be safely washed in the machine. Either a good synthetic detergent or a soap can be used.

#



1954 PROGRAM

Now is the time for "Homemakers" individually and collectively to give thought to problems you think the Extension Service can help you with. Check over recent programs to see whether or not they have accomplished what was intended or is more in some lines needed.

Please exchange ideas with neighbors and friends, jot down ideas, take them to your September Club meeting.

The Home Demonstration Agent or one of the Assistants plans to be in attendance at the local September meetings. Presidents - Please notify this office the date, place and time of your September meeting. Suggestions of how we can best assist you will be appreciated.

Due to lack of space and limited time, the Executive Committee of the County Council is calling for delegates only, that is, Club Presidents, Vice-Presidents Secretaries and Project Leaders, to participate in the Program Planning Day. Affiliated groups - 3 delegates each should represent your group organizations. It is imperative all delegates come with written suggestions, one or two (not more than two projects or meetings) in each of the major homemaking areas.

1. Foods and Nutrition
2. Clothing and Related Problems
3. Home Furnishings and Home Management
4. Health and Community Life, Crafts, Recreation, Book Reports and other 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, '52 and '53 programs. Did they meet your needs? Go back farther if possible.

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.

- 1953 - 1. Menus and Prepared Foods for the Home Freezer.
2. Salads and Salad Dressings for All Occasions. (Not yet covered)

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.
- 1953 - 1. Children's Clothing - 2 meetings
2. Style Selection for the Individual Types. (Not yet covered)

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.
- 1953 - 1. Detergent Study and Laundry and Storage of Woolen Blankets -2 meetings.
2. Cleaning Techniques for Upholstered Furniture and Floor Coverings (Not yet covered.)

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

FOODS

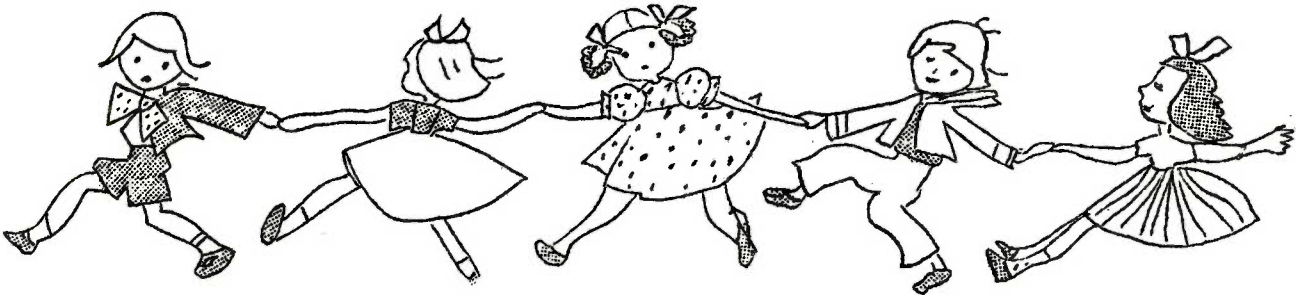
1. Cookery of Vegetables to Save Food Values.
2. Cookery of Meats to Save Food Values
3. Pressure Saucepan Cookery
4. Food in Relation to Fatigue, General Well Being.
5. Meat Alternates (Substitutes).
6. Sound Buying of Basic Foods.
7. Start Your Day Right - Good Breakfasts.
8. Children's Diets (Pre-School).
9. Values of High Protein Diet.
10. Food For Older Persons.
11. Cake Decorating.
12. Weight Control Problems.

CLOTHING

1. Leather Craft Accessories.
2. Making Western Shirts.
3. Learning Ready-To-Wear Techniques.
4. Wardrobe - Problems.
5. Organization of a Home Sewing Center.
6. Buying Foundation Garments.
7. New Fabrics - Their Use and Care.
8. Selection of Mens Clothing.
9. Buymanship and Care of Hosiery.
10. Buymanship of Shoes for Self.
11. Buymanship of Shoes for Children.

HOME MANAGEMENT AND HOME FURNISHING

1. Selection of Equipment to do the Job.
2. Do you have good tools - How to Care for Them to Get Greatest Use.
3. Window Treatments.
4. Making Drapes for the Home.
5. Budgeting Time for Smoother Living.
6. Time Saving Methods - Cut Down Fatigue in Household Tasks.
7. A. B. C. of Electricity - Load, Safety, Fuse Protection, Simple Repairs.
8. Selection of Major Equipment - Kitchen Emphasis



SPECIAL INTEREST - Suggestions

Top suggestions reaching the Agent has to do with better supervision and care of children at Club Meetings.

1. How about holding a special meeting for contributions and making of simple toys to entertain children.
2. Would some patterns interest you?
3. Would some Bulletins offering suggestions on children's activities help?
4. How about having a committee to develop this project?
5. Have you tried rotating - members being responsible then going to another club to get the current demonstration.

#

Arizona ranking near the top as to infant mortality - May we as organized homemakers do something to overcome this terrific situation? Where does your community stand?

What are the needs in your community to make it a better and safer place to live?

How can teen-agers be kept out of trouble?

Do you know your legal rights?

Crafts - all types.

AVAILABLE BULLETINS

1. Furniture Repair.
2. Reupholstering a Chair.
3. Selected Pickle Recipes.
4. Storage For Your Home.
5. Why not Make Sauerkraut?
6. Buying Sweaters for the Family.
7. Stain Removal.

Yours very truly,

Isabell Pace

Isabell Pace
Home Demonstration Agent

HOW THE PROGRAM WAS CARRIED ON

Methods employed to put over the adult program included: 1. In-service training of agents. 2. Workshop. 3. Training of local leaders. 4. Specialist, Agent and Leader method demonstrations relating to projects. 5. Distribution of printed bulletins, state and federal sources. 6. Preparation of mimeographed material provided by state specialists and county worker to fortify leaders and serve as reference for club members as well. 7. Telephone and Office Calls, Home Visits, Circular Letters, Publicity articles and Reports each played an important part in putting the program over.

County Agents, commercial organizations and Public Service people, on occasions, gave excellent cooperation in various ways.

The following statistical summary gives a picture of the program development and the distribution of agents time and effort, including adult and 4-H Homemaking.

Months of service	28		
Days devoted to adult work	271		
Days devoted to 4-H Homemaking	373		
Home Visits	219		
Office Calls	586		
Telephone Calls	803		
News articles prepared	18		
Broadcasts made or prepared-radio	9		
Television	7		
Bulletins distributed	3,546		
Adult Leader Training Meetings	16		
Other Adult meetings agent participating	86		
Adult meetings by leaders	103		
Girl's Homemaking 4-H Club meetings by leaders	93		
		<u>Primarily Home</u>	<u>Primarily 4-H</u>
		<u>Demonstration Work</u>	<u>Club Work</u>
Months of service	12	16	
Total Days Worked	271	373	
Days Devoted to Adult	261	15	
Days Devoted to 4-H Club Work	10	358	
Extension Organization in Program			
Planning	148	212	
In-service training of Agents	6	11	
House and surroundings, furnishings and equipment	7	26	
Family Economics	31	2	
Clothing	38	44	
Foods and Nutrition	34	39	
Health	3	14	
Safety	2	14	
Days not specifically charged	2	6	
Home Management	0	4	

PROJECT REPORTS - 1953

HOUSE AND FURNISHINGS PROJECT

Detergent study, laundry, mothproofing and storage of woolen blankets.

This project was probably the most appreciated of the year and will continue to be far-reaching and the recommended processes will be used more and more and extended to more people.

Two-training meetings, repeated in three areas of the county, were participated in by 43 leaders from 23 organized groups for each training series.

One workshop session to test methods and type of equipment and reagents to be employed, preceded the training. One badly soiled blanket was laundered and a blanket in truly bad condition due to wrong laundering was considerably restored by a stripping process which removed old suds. These blankets with water softeners and detergents were exhibited and discussed at the training sessions.

The water throughout the county is generally quite hard, but showed on testing, to be highly variable. Each leader was asked before hand, to bring a pint of water, which was tested for degrees of hardness, then they learned how to break water, learned about kinds of softeners, value of and savings on detergents when water is softened, why clothes get "Tattle tale gray" and how to get old scum out. Bleaching, effect of bluing clothes when caustics are present, classification of many of the soaps, and synthetic detergents appearing in the market, as to the job they are made to do, were presented in a mimeographed leaflet entitled, "Help Yourself to Laundry Aids."

Simple experiments illustrating these factors were done by leaders much to their surprise and satisfaction; especially spectacular were the iron rust spots on white articles resulting from "Prussic blue" on poorly rinsed garments and the evidence of suds when a handkerchief borrowed from someone in the group, was shaken in a pint jar with softened water no detergent added.

Three kits of water testing reagents, detergents, guide sheets for experiments, leaflets for local members were prepared and schedules for their use by leaders at local demonstrations were worked out. All leaders gave local meetings as shown by the final reports, (some extending well into the summer which made for lowered attendance.) The 25 meetings were attended by 485 women. Leaflets were supplied leaders and club members; samples attached herewith.

The second training meeting, actual washing of blankets technique was demonstrated, leaders participated in the steps, preparing suds, measuring blankets, turning, rinsing, mothproofing, pinning and stretching on a line and brushing when dry enough.

Stain removal before processing when needed, and approved storage to insure against moths and other household pests as well as to retain the softness and cleanliness acquired was emphasized.

The method was so simple, and results so satisfactory the women fairly exclaimed. The women brought in beautiful blankets of delicate colors in many instances, then later have applied the method particularly to restoring woolen articles and chenille bed spreads grown dingy from poor washing also from many dry cleanings. One homemaker brought to a recent meeting the agent attended a white felt jacket beautifully embroidered in colors of wool yarn which really looked like new. She told how the jacket was so dingy she felt embarrassed to use it even for rough wear so said she had no qualms about trying the restoration method and was delighted with the results. Others report sweaters and childrens garments, even school wraps come out satisfactory. A Leader's Quote, "One Leader, a motel operator, has laundered nine woolen blankets and plans to care for all of her blankets in the recommended way."

Again 24 meetings were reported with 376 women attending.

The Agent is pledged to present the Leaders Final Report Form with results below:

WHAT WAS ACCOMPLISHED?	CLUB MEMBERS	OTHERS
No. tested water samples or other meetings	344	57
✓ How Many changed Laundry methods by:		
1. Softening water	298-incomplete	35 incomplete
2. Stripping out old suds	54	9
3. Doing less bleaching	152	20
4. Doing careful bluing	144	12
5. Trying New Laundry Supplies	226	16
HOW MANY BLANKETS WASHED?		
1. Older ones restored	42	26
2. Newer ones washed properly	569	65

The most recent leader project training was "Care and Cleaning of Floor Covers," another very practical problem requested for 1953. The objective involves learning types best suited to family use and conditions including carpets and hard finishes and the kind of cleaning care needed to preserve quality and extend life of service.

Two training meetings in two areas of the county were held, 30 leaders representing, 16 organized groups.

Miss Grace Ryan, Home Management Specialist gave two and one-half days with adult work in the county. One-half day in preparation with the Agent for the Cleaning of Floor Coverings, (Carpets and hard finishes), and Upholstered Furniture, and two days conducting training meetings in two areas of the county. The Agent previously had contacted firms handling the various types of covers including linoleums, asphalt tile and rubber tile. These people were most gracious in supplying swatches, samples and information.

These materials were given to the thirty leaders who participated in the training meetings to facilitate their teaching techniques of care and cleaning by way of actual demonstrations and experiments. Types of soils common to the home situation and kinds of covering, as well as, reagents were employed in training the leaders, likewise, dangers as to handling certain reagents and treatments for stains, sometimes recommended, were pointed out. Two leaflets prepared by Miss Ryan and mimeographed in the county office were supplied leaders for their club members also, for leaders a lesson guide form for reporting their local demonstration meetings and Home and Garden Bulletin, No. 12. "Your Farmhouse--Planning the Kitchen and Workroom," which would give ample material for an excellent lesson.

The leaders expressed appreciation for all the help given.

This is the November and early December project for groups. Mimeographed material for this project is included in this report.

Reports as to use of the material cannot of course appear in this report, however, 15 interesting local meetings in which the women carried out the workshop ideas used in the training meetings to remove common stains on carpets and tests of damage to grades of linoleum, asphalt and rubber tiles are reported.

Miscellaneous (not scheduled project) under House and furnishings included assisting nine families with building ideas, 17 others with remodeling, 35 to improve kitchens, service area or laundry.

An estimated 100 were aided with improving or providing storage space and facilities. Selection use and care of equipment, furniture arrangement and color schemes were provided on request.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

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

State of Arizona
P. O. Box 751
Phoenix

Agricultural Extension Service
Home Demonstration Work
County Agent Work

HELP YOURSELF TO LAUNDRY AIDS

Grace Ryan

When you shop for laundry aids you are sure to find old and new friends among the items on the grocer's shelves. Are you confused by the number? Or by the new tricks which the advertiser or radio announcer claims for certain brands?

Just remember that facts can still be facts and that each laundry helper is manufactured to do certain jobs on wash day. There is no one best buy. Learn brand names and study labels. That is one sure way to reach sound conclusions about the goods you buy and use.

Some laundry items are meant to help with heavily-soiled washings. Some do their best work on delicate materials. Still others solve hard-water problems and some do the bleaching and brightening. There are excellent compounds in all classes and for all uses.

DETERGENTS

Let's take detergents, first. A "detergent" is any cleansing agent or solvent. Soap is a detergent, although most people apply the name "detergent" only to the synthetic, non-soapy cleaners. Either soap products or synthetics will clean badly soiled clothers. Likewise in either group are products to clean fragile fabrics. Here are a few familiar names on the boxes in stores and homes.

Heavy Duty or "built" Soaps

Rinso
Oxydol
White King
Par
White Magic

Light or "unbuilt" Soaps

Ivory Flakes
Ivory Snow
Lux

Heavy Duty Synthetic Detergents

All	Spin	Zero
Fab	Surf	Cheer
Fun	Tide	Trend
		Parade

Light Synthetic Detergents

Dreft	Chiffon
Vel	Glim
Breeze	Joy

There are many others. Read the labels. Usually they tell what kind of washing can be done by the product. Labels also tell whether products are mixed with special, helpful chemicals. If you find the phrases - "makes your wash sparkle" or "Gives your washing that brighter look" - you may be sure that the products are built to do extra work.

WHAT ABOUT SUDSING?

Some synthetics do not suds. This does not mean that their work is poorly done. "All", "Fun" and "Spin" are non-suders, but are as good or better workers than some of the heavy sudsing mixtures.

FACTS ABOUT SOAPS

Soaps are still good cleansers and will do excellent work when water is soft. However, soap forms scum in most hard water. No amount of mere preference for soap can change that chemical fact. Mild soaps continue to be popular for fine woolens and cottons but cannot do their best work until water is softened.

CLAIMS FOR AND AGAINST SYNTHETIC DETERGENTS

There are certain claims brought against detergents. They are said to cause allergic reactions on skin, to dry it and to cause destruction of tissue. Dyes are said to fade when detergents are used. This was disproved where good dyes had been used in the fabrics.

It is true that individuals are allergic to certain synthetics. Experiment personally with small amounts of several brands before settling down to the use of one, either for dishwashing or laundering. Detergents have the power to free grease and oil. This explains why they extract oil from the skin.

The great value of synthetic detergents lies in their ability to break water and prevent the formation of curds which settles back on clothes. In time, these curds form grayish deposits around the fibers of all fabrics. By hardening, these deposits weaken the fibers.

WATER SOFTENERS

Water has a tightness or "tension" on its surface. Minerals cause the tension. If much mineral substance is present the water is said to be "hard". Water must be softened to produce a clean, white washing. Do this by using proper softeners in proper amounts. Learn the correct amounts by testing water for hardness.

KINDS OF SOFTENERS

There are two kinds of package softeners. Look for your favorite brand in these lists:

Softeners, leaving no deposit

Phosphotex
Calgon
Hommel
Tex
Quadrafos
Noctil

Softeners, leaving a deposit

Lye
Sal Soda
Washing Soda
White King
Rain Drops
Borax
Oakite

There are also Cleanders and Softeners combined. Here are a few:

Mel-O
Dic-A-Doo
Spic and Span

Woolfoam
Climalene
Soilax

Diaperwite
Carbona Soapless Lather
Aimcee Rug-Chair Cleaner

Many of these are hard on your hands. Choose them wisely. A few manufacturers have added skin protectors to the formulas. Package softeners that leave no deposit do a better laundering job. This fact is supported by careful experiments where laundering tests were done under excellent supervision.

WATER SOFTENING SYSTEMS

A home water supply can be softened by a softening system or tank. The Zeolite process is well known. Any softening system works on the plan of a change in the chemistry of water by the exchange in minerals present.

The home softener tanks accumulate enough minerals in the exchange to make water "hard" again. At intervals the tank must be "regenerated" or renewed for its work. This is usually done by a load of salt. The distributor of the softening tank arranges for the renewal when needed.

BLEACHES

Points to know about bleaching:

1. BLEACHING IS NO SUBSTITUTE FOR GOOD WASHING.
2. BLEACHES REMOVE COLOR (either as a stain or a dye) BUT DO NOT REMOVE SOIL.
3. BLEACHES CAN WHITEN DINGY FABRICS DAMAGED BY POOR WASHING AND RINSING.
4. THE REGULAR USE OF BLEACHES IS NOT GOOD.
5. ALL BLEACHES (even sunshine) WILL WEAKEN AND ROT COTTON, LINEN AND SOME RAYONS, IF LEFT ON TOO LONG.
6. BLEACHES MAY AFFECT THE PERMANENT FINISH OF SOME COTTONS. LIQUID BLEACHES WILL DISCOLOR WHITE WOOLEN OR PURE SILKS.
7. LEAVE BLEACHES ON ONLY SHORT PERIODS OF TIME.
8. RINSE THOROUGHLY.
9. FREQUENT, MODERATE WASHING IS EASIER ON CLOTHES THAN BLEACHING.

KINDS OF BLEACHES

There are two kinds of bleaches. They are powdered and liquid. Here are facts about each, and several brand names.

POWDERED BLEACHES

Facts About:

1. Powders give excellent whiteness under correct washing conditions.
2. They do not affect dyes.
3. They do not weaken fibers
4. They are safe for all fabrics.

5. They are slower in action because of ease on fibers.
6. They operate best at 150° Fahrenheit.

These are powder bleaches. Take your choice!

Dexol * Duo White * Vano * Snowy * Glo Wash * Safety

LIQUID BLEACHES

Now for the liquids:

1. They are not good for all fibers (avoid them on silk and wool.)
2. They are harder on fabrics and dyes.
3. They are useful for extreme soil and stubborn stains.
4. They are more rapid than the powders.

Again, take your choice!

Hydro Pura * Chlorox * Purex

WHAT ABOUT BLUING?

Bluing clothes was a necessary part of washing when water was hard and when homemakers knew little about water softeners. It was necessary when homemade soap was popular and few new cleaners had been invented.

It is known that white cloth appears "white" only if the manufacturer added a slight blue to the final finish. In the light, the cloth seems whiter. Bluing does the same thing.

Modern laundresses know that if clothes are well washed in softened water with good detergents (either soap or synthetic) no bluing is necessary.

If poor washing is done, gray curd deposits on clothes, one layer after another. Such clothes can never be really clean and "white," even with bluing, unless the old curd is "stripped out".

"STRIPPING OUT" OLD SOAP CURD

Fill your washer with water of temperature and amount for a regular washing. Add twice as much softener as usual. The amount will depend on the test you gave for water hardness.

Add no soap, but pour in 1/2 cup of mild alkali such as household ammonia, borax, or a mild washing soda. Run the machine a full cycle or at least 30 minutes. Rinse as usual, and dry. If the clothes are still gray, repeat the process until all old soap deposit is out. Only careless washing will put the curd and grayness back into the fabrics.

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RESCUE YOUR BLANKETS

By
Grace Ryan

Woolen blankets deserve good care. There are two reasons. First, consider the money you have invested in them. Then recall that woolen fabrics must be porous and soft to give warmth and that a blanket, matted and hardened by poor laundering, will necessarily be less warm as a cover.

Care means more than just safe storage from moths. It means learning the best methods of good cleaning or laundering. The best woolen blanket can grow thick and harsh by poor dry cleaning or by improper washing.

LEARN ABOUT WOOL FIBERS

Understand how the wool fibers are made and you will then understand the rules for good cleaning and care. A wool fiber is made up of small leaflike scales arranged around a core, the length of the fiber. Wool fibers are especially sensitive to rubbing and twisting. They are sensitive to heat. If moisture and heat are present the small scales interlace and lock and the woolen fabric shortens. We say it "shrinks". It also becomes felted or matted.

After the fibers have once become interlocked it is difficult to loosen them. To make matters worse, the soap curd or "scum" made by soap in hard water settles in the shortened fibers. This locks them together still more securely.

What is to be done in this situation? The whole fabric must "relax" or become pliable in order to let the original wool fibers stretch. Wool may be stretched as much as 30% or more beyond its own length without rupturing its fibers. "Relaxation" and "stretch" can be accomplished by proper laundering with the right kind of detergents (soap or synthetic) used in softened water of proper temperature.

GENERAL REMINDERS

Before the step-by-step method is given, let's set down some general points to observe in good laundering of blankets:

The newer blanket washing method is known as the "soak" process.

Gentle handling, with no machine action, is one of the secrets.

Use a built detergent for this method.

The method is more successful for all-wool blankets, although it preserves the woolen fibers in mixed weaves.

(2)

New blankets shrink only a trifle or not at all. If washed only by this method, a new blanket should mat or shrink little or not at all.

This method is suited to conventional non-automatic washers and to the agitator or pulsator type of automatic washers having dials that will interrupt the cycle.
(Tumble types, or cylinder types, present the problem of too much movement).

Set a non-automatic wringer for the least possible pressure.

Reduce shrinkage in machine-dried blankets by adding a 5-pound load of dry cotton material (such as turkish towels) to act as buffers.

STEPS IN WASHING BLANKETS

The following are simple steps to use in blanket washing:

1. Examine the blanket for stains and remove before washing. (See Farmers' Bulletin #1474 - Stain Removal from Fabrics.)
2. Measure the blanket on all four sides and record these measures.
3. Fill the washer with lukewarm water (96° to 100°).
4. If water is hard, soften properly (see table on page 3.) Run the machine long enough to dissolve the softener before adding detergent.
5. Add a low-sudsing built detergent. Use the amount prescribed on the package. Dissolve by running the machine a few seconds.
6. Push the blanket under the surface of the water. Let soak 15 to 20 minutes, turning it once or twice by hand.

7-A. For Automatic Machine

If using an automatic washer, spin off the wash water. Run in a rinse of water of the same temperature as the wash (90° - 100° F.) softened with one-half as much softener as used in the wash water. Submerge the blanket. Soak it 5 minutes. Turn it once by hand. Spin off the rinse water and add a second rinse of the same temperature. It need not be softened. Rinse 5 minutes as before. Spin off the water.

7-B. For a Non-Automatic Machine

If using a non-automatic washer, put the blanket through a loose wringer, or spin off the wash water. Refill the machine with a rinse of water of the same temperature as the wash (90° - 100° F.) softened with one-half as much softener as used in the wash water. Submerge the blanket and let soak 5 minutes. Turn it once by hand. Wring or spin the blanket from the rinse. Add fresh water for a second rinse of the same temperature for 5 minutes. This rinse need not be softened. Extract the water by wringing or spinning.

8. The blanket is now ready to be stretched. Check the measurements with with the ones taken before washing. With two persons working, stretch the blanket, pulling from end to end, side to side, and corner to corner. A standard single blanket probably was 72" by 90". You are often able to restore to original size one slightly damaged.

(3)

9. Hang the stretched blanket between two clothes lines if possible. Pin by the bound ends, not the selvage. In general, drying in air out of the sun is preferred. Stretch the blanket on the line as it dries, if convenient.
10. Place the dried blanket on a large table and brush both ways with a light-weight "pet" brush with metal teeth, or a stiff nylon brush. The pet brush is preferred, Brushing raises the nap, relaxes the fibers, restores much natural softness and increases size.
11. Press the bindings with a warm iron.

AVERAGE TABLE OF WATER SOFTENERS FOR WASHING LOADS

Gallons in Washer	Water Hardness		
	<u>Soft</u> (1 to 4 grains)	<u>Medium</u> (5 to 10 grains)	<u>Hard</u> (11 to 20 grains)
1 to 4 gallons	2 teaspoons	5 teaspoons	1/3 cup
5 to 10 gallons	5 teaspoons	4 tablespoons	1 cup
11 to 16 gallons	1/4 cup	2/3 cup	1-1/3 cup
17 to 22 gallons	1/2 cup	1 cup	2 cups

Check your water sample and size of washer by this table for average amounts of softener to be used. Experiment for yourself to find a good pattern to follow with your own washing.

SIMPLE HOME TEST FOR HARD WATER

When you have no local water department to give you a report on water hardness, or if you have no "standard soap drops", here is a home test. It will not be as accurate, but may make it possible for you to help a neighbor.

Place 1/4 teaspoon (measuring spoon) level full of Ivory Snow in a quart bottle. Add 1 pint of the lukewarm water to be tested. Let the soap dissolve completely. Stir if you need to, but be sure no undissolved soap stays on the sides of the bottle.

Shake the bottle vigorously for about a half minute. Allow to stand 5 minutes. If foam forms and stays, covering the surface for the 5 minutes, the water will be about 2-1/2 grains hard.

Use 1/2 teaspoon of Ivory Snow to test for 5 grains; 3/4 for 7 to 8; 1 teaspoon for 10 grains, which is medium hard.

NOTE: Do not use synthetic detergents for tests. They will foam even in hard water.

HIGHLIGHTS IN BLANKET TESTS

We are indebted to Dr. Elaine Knowles Weaver, Ohio Experiment Station, for the simplified blanket washing method. Her tests brought out other interesting facts to share with you.

* Five kinds of blankets were tested:

- A - All Wool - 4 pounds
- B - All Wool - 3 pounds
- C - 50% Cotton - 3 pounds
- D - 95% Cotton - 3½ pounds
- E - Wool-Rayon-Cotton - 3½ pounds
(33% wool, 42% rayon, 25% cotton)

* Washers of each market type were used.

* Highest shrinkage occurred in the revolving cylinder machines for all wool blankets washed with agitation. Materials were rough, felted and showed ridges.

* Shrinkage of filling threads was more than 5% greater when the blanket was put through the regular cycle of automatic washing.

* If agitation is used, the washing period should not exceed 2 minutes, with 2 deep rinses of 2 minutes each.

* When washing time was increased to 4 minutes, all-wool and half-wool blankets shrunk twice as much in length and three times as much in width.

* There was no noticeable loss of color in blankets washed.

#

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

CLEANING CARPETS AND UPHOLSTERY

Compiled by
Grace Ryan

* BE CAUTIOUS WHEN CLEANING *
* *
* 1. Read labels and follow directions. *
* 2. Work out of doors or with windows open. *
* 3. Work with no flame burning on any appliance in the house. *
* *
* Do avoid inhaling fumes. *
* Do work from outer edge of spot toward center. *
* Do vacuum or clean dust out of the body of carpet or chair first. *
* Do use clean, slightly dampened cloths. *
* Do avoid large quantities of cleaner. *
* Do clean only small "blocks" (about 1½ feet) at a time and "lap" *
* your cleaning edges. *
* Do use a medicine dropper to put fluids on spots. *
* *

WHAT IS CARPETING MADE OF?

In considering the cleaning of floor coverings we must remember that they are made of fibers of various kinds, plus backing threads, plus dyes. All of these items influence the way in which the cleaning must be done.

The fibers used may be wool, cotton, rayon, and vegetable fibers such as linen, jute, ramie, hemp, and the newer man-made fibers such as nylon.

Carpeting may be made of a single kind of fiber, or mixtures of those mentioned. In recent years, plastic substances have been applied to backing yarns, both to strengthen them and make them "skid-proof".

WHAT ARE THE RULES FOR CARPET CARE?

Know how fibers differ in needed care.
Know what kinds of dirt lodge in floor coverings.
Know where dirt lodges.
Investigate kinds of cleaners.

WHAT TOOLS HELP IN CLEANING?

Vacuum cleaners.
Sweepers.
Brooms.
Brushes.
Solutions and powders.

WHAT KINDS OF CLEANING AND CARE ARE IMPORTANT?

Daily care.
Surface brightening.
Professional cleaning.
First-aid treatment.

You can do daily cleaning, surface brightening, and can give first-aid treatment. Call in professional cleaners for special jobs. Following suggestions are practical.

Dairy Care

How much care do your floor coverings need daily? Each house has its own cleaning problems depending upon the number of persons "tramping over" the floors each day. Daily care depends, too, upon the kind of coverings. Some absorb dirt readily; some shed it.

You will need some tool to reach into the pile (or twist) of carpet and between the flat threads. The tool must lift or beat the dirt. Make up your mind about what tool will handle your particular cleaning job, then look to the way it is built for an answer to your questions.

Brightening the Surface

Even the best cared for carpet gets dull from the dust film that settles. Here are a few suggestions for surface brightening.

1. Sponge the pile surface with a liquid cleaner. You may choose a dry cleaning fluid or one of the synthetic detergents diluted with water.
2. If you prefer, use absorbent powder cleaners. These may be safer in the hands of an amateur cleaner because powder does not leave any "rings" or marks.

First-Aid Cleaning

Every household has carpet accidents to handle. A bottle of nail polish topples over; someone spills ink, shoe polish, food, what-not, on a rug. What will you do?

First of all - act quickly. Spots "settle into" rugs and carpets and become stubborn stains.

Blot up the extra material with a soft cloth, dampened with water, or blot with a white blotter. Or a Turkish towel!

Scrape up any semi-solids.

Raise the rug to let air to the back.

Study the Stain

Now begin to study the stain. The following probably should go to the cleaners.

Permanent Ink	Artificially colored drinks
Dye	Paint
Shoe Polish	Varnish
Mercurochrome	Shellac
	Furniture Polish (colored)

What Stains can be Safely Handled at Home?

You may safely work on the stains listed here:

Blood	Oil and Grease
Nail Enamel	Iodine
Pet Stains	Punch and uncolored beverages
Candy	Chewing Gum
Average foods	Ball-point ink

The methods described are not those used by commercial rug cleaners who use specialized methods based on textile chemistry. But speed counts in the emergency treatment of stains, so there may be no time to call the cleaner. Give stains attention while they are "wet" or fresh. Your home methods may not always be successful, but the ones suggested here will not make a stain permanent.

Step-by-Step Help with Spots

Acid Substances

Mop up spillage.
Apply clear cool water to spot.
Neutralize acid by sponging with a soda or ammonia solution.
Use 1 teaspoon of either agent to 1 quart of warm water.
Blot well.
Rinse with clear warm water and soft cloth.
Mop up or blot up extra moisture.

Blood

Apply clear water to fresh stains.
For older stains, make a thin cream-like paste of laundry starch.
Rub into spot. Let dry. Brush out. Repeat until blood disappears.
Sponge with clear water.
Blot up extra water.

Ball-Point Ink

Cover completely with white vaseline.
Work in some dry "built" detergent (All, Fab, Tide, etc.) rubbing it well into the pile. Try not to spread the vaseline.
With a white cloth and clear warm water "take-up" the spot by sponging from the edge of the stain.

Nail Enamel

Mop up extra enamel.
Apply small quantities of polish remover on soft cloth.

Pet Troubles

Mop stain with water, wetting it well.
Blot stained area.
Neutralize with 1/2 cup white vinegar in quart warm water.
Let set few minutes.
Mop or blot with clear warm water.
For old stains repeat treatment.

Milk Curd

Scrape up curd.
Mop up with water.
Neutralize as for acids.
Blot well.
Rinse with clear water.
Mop up or blot again.

Oil and Grease

Sponge with non-flammable household dry cleaning fluid on a clean white cloth, unless area of spotting is large. Send rug to a cleaner for large area.

Iodine

Apply denatured alcohol, a drop or two at a time, to the spot. Sponge from outside of stain to center with clean cloth. Repeat as needed.

Gum

Soft Gum - Rub gum with a small piece or cube of ice. Lift off hardened gum from fiber.

Old Gum - Use a non-flammable household dry cleaning fluid.
Apply liberally.
Let set 3 - 4 minutes.
Lift off gum with spatula or dull knife.

Punch - Beverages

Use warm water and soft rag to melt sugar base of beverage. If color remains use solution made by adding 1 teaspoon detergent (Dreft, Tide, All, Fab, etc.) to 1 cup warm water.

Candy

Scrape off crusty surface.
Sponge with solution used for punch (detergent in warm water).

Average Foods

Foods are so complex that each sets its own problem. Try to figure the base of the food - grease, sugar, acid, etc. Apply methods for the combination - example, dry cleaner for grease, etc.

YOUR UPHOLSTERY CLEANING PROBLEMS

More and more warnings are coming to us about "home cleaning" of overstuffed furniture. In spite of conscientious work some of these things happen:

Spots and water "rings" show.
Too much moisture gets into the padding.
Colors "leak".
"Spot-shrinkage" occurs.
Mildew forms and furniture smells "musty".

HOW MUCH CLEANING MAY THE HOMEOWNER ATTEMPT?

A quick surface "brightening up".
Grease-spot cleaning with powders.
A dry shampoo with soap foam.

Brightening Up

Test for color running in fabric (use hidden portion of furniture). Clean article thoroughly with vacuum, light beater, or stiff brush. If using the beater or brush, cover the surface with a dampened cloth to catch dust. Preliminary cleaning is a "must". Wring a soft cloth as dry as possible from a dry cleaning fluid, or from a warm solution of soapless detergent, or ammonia and water. Rub entire surface with the dampened cloth.

Spot Cleaning

Grease Spots

Sponge with carbon tetrachloride. Wipe off excess liquid with light rapid strokes to prevent "rings".

Sticky Spots

Sponge with cloth wrung "dry" from warm water. Blot any extra moisture.

Water Spots on Velour (matting the nap)

Raise the nap by steam, driven in by a hot iron held over a damp cloth near, but not touching, the surface.
When partially dry, brush with a stiff bristled clothes brush.

Soap Foam Shampoo

Make a soap foam.
Apply foam lightly in a film over surface of furniture.
With a circular motion, rub in LIGHTLY.
Let dry.
Scrape off dried film of foam.
Wring a cloth dry out of warm clear softened water and apply a "rinsing rub" to remove soap. Repeat until no trace of soap remains. The softener will help remove extra soap.
Brush napped fabrics when dry.

The success of the Soap Foam method depends upon three things:

1. Make a "dry" foam.
2. Apply it lightly.
3. Sponge out every trace of soap.

FORMULA FOR SOAP FOAM

1 cup neutral soap flakes
3 cups warm water
2 tablespoons ammonia

Dissolve flakes in water. Beat with mixmaster or Dover beater until it resembles whipped cream. Add the ammonia. Continue beating until the foam crumbles or breaks in your hand. It is the excess moisture that makes "rings", penetrates the padding, and causes mildew.

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HARD SURFACE COVERINGS IN YOUR KITCHEN

Compiled by
Grace Ryan

FLOOR COVERINGS

Floor coverings take a large slice from the furnishing budget. You will not want to change them often. For this reason weigh their value and their use carefully. Select only after you have "shopped around" to get a knowledge of the market with its excellent offerings of several types of coverings in good design and color.

Even before you go shopping ask yourself these questions:

- What service should I get from a covering for a kitchen floor?
- What colors should I choose?
- What design is good?
- How long will certain kinds last?
- What care will coverings need?

These questions will make you examine all coverings carefully in the shops.

Good Floor Coverings Have Certain Qualities

Good coverings have dependable qualities. One is "resiliency." This means "spring" or "give". A floor covering with this quality is more comfortable to walk on and stand on.

Let's consider another quality. Is the covering "quiet?" Noise makes a difference in a busy and much-used room.

How about "color?" And "design?" Both are subject to your choice. Select "color" in harmony with the color plan of the whole room. Dark plain colors show foot prints.

Simple designs are best. Select a size of pattern in proportion to the size of the room.

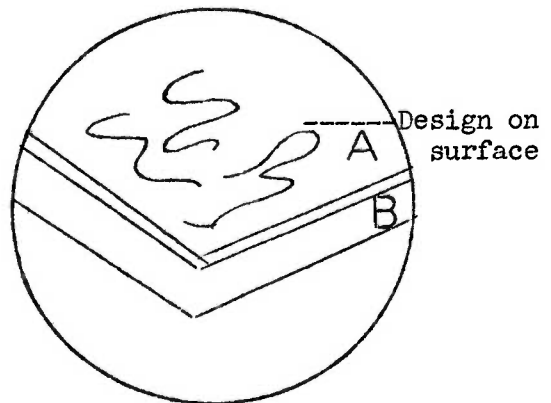
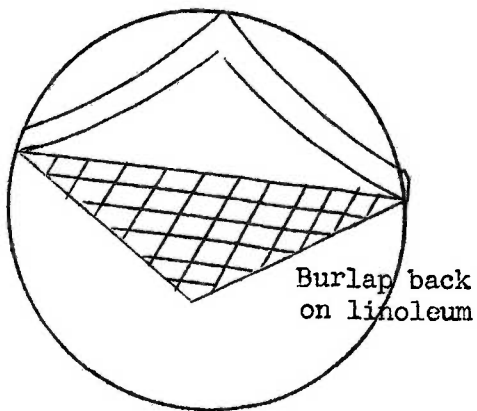
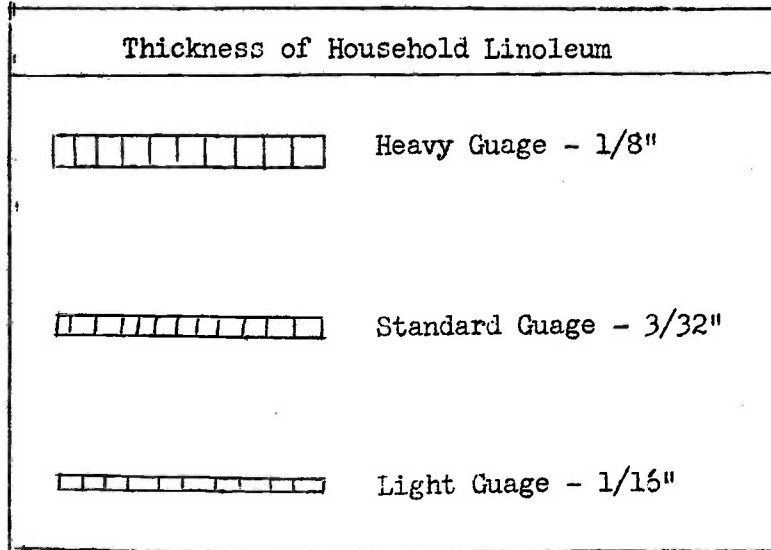
A good floor covering must be easy to "clean." Check on this quality carefully. It governs labor and time for you.

Today's Floor Coverings Compared

Learn the types or kinds by names and behavior. Then you can select as you with not as someone else suggests.

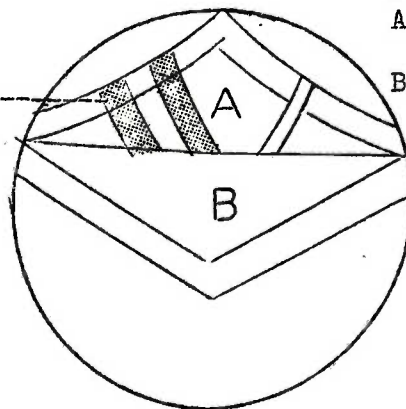
The following table names the chief kinds and some of their characteristics.

NAMES	KINDS	QUALITIES	COST
<u>Linoleum</u> Heavy - 1/8" Standard - 3/32" Light - 1/16"	<u>Plain</u> <u>Jaspe</u> <u>Marbelized</u> <u>Inlaid</u>	Comfortable to stand on. Water resistant, except in pools of water left on in cleaning. Long life (with care). Injured by caustic and gritty cleaners; by heavy furniture; by laying direct on cement or rough board floor.	Moderate Price.
Felt Base Linoleum (Trade name "Lin-O-Flor")		Made on felt instead of burlap; comfortable to stand on; pattern lasting; smooth surface; water resistant in average amount; resists acid and alkaline stains; injured by uneven boards or direct cement contact.	Between felt-base & standard linoleum price.
Felt Base	<u>Enameled</u> <u>Synthetic</u>	Reasonably springy; water resistant; enamel wears off; cracks over uneven floors; resists acid and alkali. Costs less than linoleum but wears less well. Comes in rolls or rugs.	Inexpensive
Asphalt Tile 1/8" & 1/16" blocks	<u>Greaseproof</u> <u>Standard</u>	Harder than other coverings; noisier; not as comfortable. Durable; water resistant; fire resistant. Injured by greasy cleaners; by heavy furniture. Some grades are brittle; some "curl" and come loose in spots; alkali resistant colors; good on concrete.	4 price groups (A- B- C- D) C & D light colors & higher; A & B dark colors. In price range of good linoleum
Rubber Tile		Very elastic; good colors; long wearing; does not dent; fire resistant. Cracks in non-use or dry areas; sensitive to alkalis and grease. Easy to cut and fit. Use only on ventilated concrete.	Expensive.
Plastic Tile (Veneer & solid)	Vinylite	Light; thin; tough; high gloss; stain resistant. Some types shrink. Easy to care for.	Fluctuating as yet because product is new. Expensive.



Felt Back Covering
A - Glossy Paint (Just on surface)
B - Felt Backing

Color Goes Through



Felt Base Linoleum
A - Linoleum (Color Clear Through to Base)
B - Felt Backing

Care of Kitchen Floore

Certain methods of cleaning apply to all floor coverings and finishes but each type of covering may require special handling during the final cleaning stages.

Compare the types given in the chart below. You will notice no comment on plastic tile. It is so new on the market that rules have not yet been set down for its care.

Methods	Linoleum	Felt Base	Asphalt Tile	Rubber Tile	Paint, Enamel Plastic coats	Wood
Sweep	x	x	x	x	x	x
Remove grease spots	x	x	x	x	x	x
Wash	x	x	x	x	x	x
Use little water	x	x	x	x	Not harmful	Not harmful
Use mild soap	x	x	x	NO	x	All purpose soap
Use synthetic detergent	May	May	Not recommended	NO	x	All purpose detergent
Alkaline gritty powder	No	No	No	No	x	No
Oily Cleaners	No	No	No	No	May	May
Rinse well	x	x	x	x	x	x
Dry well	x	x	x	x	x	x
Use dry dust mop	x	x	x	x	Dry or oiled	If wood is waxed
Lacquer finish) Shellac Plastic	No	No	No	No	No	No
Water base wax	Little	Little	x	x	x	x
Oil-base wax	No	No	No	No	x	x
Paste Wax	No	No	No	No	x	x
Protect with gliders	x	x	x	x	May	May
Use manufacturers' cleaner			x	x	x	Not necessary

x - recommended use or "yes"

HARD SURFACE COVERINGS IN YOUR KITCHEN

FLOOR COVERINGS

"Score Sheet"

Did you learn - - - - - ?

1. The difference between the "kinds" of hard coverings in a kitchen?
2. The relative costs of the coverings available in your community?
3. The amount of service you can expect from them?
4. What kind of a floor to lay linoleum on?
5. The general care for each kind?
6. Something about designs and colors?

FOODS AND NUTRITION

Two projects were planned for:

I. Better use of the home freezer.

II. Salads and Salad Dressings for all occasions.

I. The climate of Maricopa county makes difficult storage of many foods, even canned products loose in appearance and quality over extended periods hence, the area has been a fertile field for sale of home freezers during recent years. Homemaker's often realize the "freezer is not working adequately for them." Most family owners were storing meat prepared and sharp frozen at a commercial plant and little else. This expensive equipment in some instances was for most of the year just a "space taker."

In planning the Homemakers expressed an interest for 1. What to freeze, 2. Recommended preparation and packaging in the way of baked and prepared foods including menus that could be easily reheated and served as a convenience on short notice or in the mother's absence. Specialist assistance was not available at the time the homemakers felt the help was most needed, so the Agent reviewed home freezing techniques, literature on the topic and scouted for recent developments in packaging material. Then because our office was singularly lacking in freezing equipment and facilities, Arizona Public Service Company was contacted and Miss Ruth Kruger, Director of Home Service Department most graciously offered their demonstration center and their large freezer holding a wide variety of frozen foods in all types of containers and wraps.

The Agent prepared a five page mimeographed leaflet giving problems solving information and a page of directions for freezing citrus also, U.S.D.A. leaflets Freezing Meat and Poultry Products and Home Freezing of Fruits and Vegetables. These with two pages of menus suitable for freezing and a good Housekeeping Freezing Bulletin supplied by Miss Kruger were given leaders and copies of the mimeographed leaflet were available for members having freezers and others who wished them.

Several baked foods were prepared and wrapped for freezing. Christmas packages were popular, as December 4 was the date of the Training Meeting.

These have all been in great demand; copies of the mimeographed material is attached.

One Training Meeting with 26 attendance was held. Six local clubs reported freezing meetings with 108 attendance, one leader in the West County area was asked to repeat her demonstration at a Community Club. The Arlington women were so pleased they wrote the Agent, thanking her for supplying leaflets and other exhibit materials the leader used. Recently this club has asked to participate in a part of the Homemaker Club Projects.

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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 homemaker's 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 they 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 or 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 foods.

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 - Juices
Vegetables
Soup & Soup Stocks
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 at 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 from 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 hole.
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, tripple 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.

IN-SERVICE TRAINING WORKSHOP

The Home Demonstration Agent joined with other home agents in a Freezing of Foods School conducted by Elsie H. Morris, Extension Nutritionist, assisted by State Leader, Jean M. Stewart.

The planned program included reports of "Food Freezing Research" previously assigned to agents, discussion of points to look for in selecting food freezers with emphasis on construction, size, wiring codes, cost of operation, insurance, etc.

Also, current food plans were discussed.

Miss Jo Perrill, Woman's Editor of Arizona Farmer reported her findings in contacts made in several counties with operators of home freezers as to homemakers own evaluation of this equipment and help they would welcome.

Recommended packaging materials and techniques of wrapping and cooking of various frozen foods were demonstrated. Meals from the freezer, discussion and a dinner using frozen foods also were featured.

A kit of packaging materials was readied for each county.

Information sources available and uses they can serve were also treated by Mr. Martin and Mrs. Lindsey of the University of Arizona Visual Aids Department.

MISCELLANEOUS FOOD PRESERVATION

One of the major requests which constantly come into the county from all areas and cared for through bulletin distribution, office contacts and telephone calls are calls for preserving or curing specialty crops of the area as: figs, dates, citrus, olives and pecans.

HEALTH

Health was not a major project as such, however, the health angle is a part of the Extension teaching in all projects: Nutrition and food preparation, clothing and home furnishings and management. We are especially fortunate that we have at Phoenix, the State Health Department and a well organized County Health Unit.

SAFETY

Safety as with health, safety teaching frequently becomes a part of the project in hand. Literature, questionnaires, local community activities, each play a part in bringing to rural families ways in which they can make their homes safer places in which to live.

CLOTHING AND TEXTILES, 1953

I Children's Clothing, Selection and Construction (two training meetings)

II Style Selection for the Individual (one meeting)

Clothing for children had come up the past several years for consideration at program planning meetings, but failed to get on the list of county-wide projects, due perhaps to the fact fewer young mothers are free to attend the planning meeting and likewise are not regularly named clothing leaders in their club organizations.

Strange to say, once the project was under way older women, grandmothers especially, found the suggestions for self-help garments and buying techniques solved as many problems for them as for the young mothers. "That ever present gift problem was largely solved."

One leader reported, "Mrs. Carpenter made 15 childrens garments for gifts. Other members continue to ask special help from us leaders." This, after six months or more.

Two leader training meetings were conducted. Miss Helen Church, Clothing Specialist and Agent cooperating.

Twenty-eight leaders representing Homemaker Clubs and three Relief Societies participated.

Demonstrations, and workshop methods were employed. Kits of childrens garments made by the self-help, pre-school age patterns were shown and modeled by children. At the Phoenix meeting, a blonde curly-headed, near 3 years old boy, modeled and enjoyed it much to the amusement of the women present. His mother, I think, was a little surprised and pleased.

In addition to the leaders outline, a subject matter leaflet prepared by the Clothing Specialists and U.S.D.A. leaflets No. 251 and No. 255, Self-Help Garments for children were provided. Sufficient of the latter provided the leaders to distribute to club members and others interested in making the garments.

Miss Church prefaced her leaflet with a little poem by Susan Adgen Williams, entitled "Pockets," it follows:

POCKETS

A child should have a pocket
Supposing on the road
He runs across a beetle
Or a lizzard, or a toad
However, will he carry them?
Whatever will he do
If he hasn't got a pocket
To put them into?

A child should have a pocket
On which he fairly dotes !
Not one, or two, but many
In his little waistcoats
And one will be for money
He finds on the roads
And one for cake and cookies
And one for hoptoads !

The little rhyme served to capture the interest of each woman and introduce the topic adequately.

The fact only a few of the patterns were available, actual making of the dresses and overalls was delayed; however, leaders made up eating aprons and simple bias panties which the women liked very much.

The second training had to do with construction techniques, with an emphasis on making of little boys shirts and other garments and included plackets, making and putting on collars especially the convertible type, adjusting fullness and setting in sleeves. Two leaders training meetings were held with 34 leaders attending from nineteen clubs. The clothing specialist demonstrated techniques and the use of simple machine attachments not generally used by the women.

Following the construction techniques meeting, difficulty of getting special self-help patterns, and the busy schedules the idea of local workshops was dropped as women felt they could make the garments at home. Twelve local club meetings reported 157 women participated and Mesa Relief Society Stake Leader trained 21 local leaders who gave the technique demonstrations in 12 other communities, however, the agent was not able to get reports from these groups; following summer vacations there was almost a complete turnover of leadership. Surely, the kits of children's self-help garments had real use through a three-month period.

The final 1952 Project, Trims and Finishes to take away that "Made-at-Home," look came so late in the year, use of the material beyond local meetings could not be shown in the 1952 Report; hence, were combined with the construction techniques of the 1953 project and is given in the following table. It is not a complete summary as only 12 community clubs returned questionnaires.

Work meetings were held where women made children's clothing and 24 women received help. (Second Ward, Relief Society-Phoenix, and Westwood Club).

	CLUB MEMBER	OTHERS*
Number of women reported having bought children's clothing by height weight labels.	153	21

Number of women learned and used the following techniques.

1952 FINAL CHECK

Making and trimming bias fold.	149	6
Used cord trimming.	135	20
Arrowheads.	39	4
Set-in gussets.	91	17
Machine hems.	50	34
Belts and buckles.	57	2
Trapunto embroidery	34	
Self trims.	113	8
Others (not named)	15	

1953

Plackets shirt and continuous	85	15
Sleeves set-in correctly	89	25
Making collars	133	2
Putting on collars	69	19

II Project number two for 1953, "Style Selection for Individual Types," came at the end of the summer. The weather was still hot, and many of the homemaker's were on vacations when September 29th and 30th rolled around, so the attendance was a bit short of usual; interest, however, was high. Thirty leaders participated. A leaflet "Line and Design," prepared by Helen L. Church, Extension Clothing Specialist was mimeographed in the county office and provided for leaders and their local club members.

Figure types with analysis of good and bad spacing were demonstrated. Leaders were pleasantly analyzed by being silhouetted by means of a lamp and sheet arrangement. Posture and personality problems were considered. Leaders prepared illustrative materials and left the meeting feeling quite adequate to their task of local demonstrations. Ten clubs reported having followed the same general plan as was used in training meetings. One-hundred and forty-one women attended.

Women enjoyed the silhouette idea and felt they had really learned something worthwhile, if garments are made or ready-made purchased.

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

MISCELLANEOUS CLOTHING

Six communities of the county were represented by the women who requested clothing construction bulletins recommended by clothing instructors at the Y. W. C. A. and Phoenix Vocational Schools. Extension bulletins it would appear, serve as texts for beginning and advanced courses offered.

The following are chief among requests:

1. Pattern Alteration F.B. No. 1968
2. Making a Dress at Home F.B. No. 1954
3. Fitting Dresses F.B. No. 1964
4. Making Bound Buttonholes U. of A. Circular 194
5. StayStitching U. of A. Circular 180
6. Coat Making at Home F.B. No. 1894
7. Tailoring a Suit at Home.
8. Fitting Coats and Suits, Home and Garden Bulletin No. 11
9. Simple Equipment Needed for Tailoring U. of A. No. 60

Mending techniques, making and use of pressing equipment in home sewing and keeping home accounts as basis for better spending were incidental to the service cared for chiefly through bulletin service and office calls. Latter Day Saint Relief Societies of the Valley requested assistance with their project. "Guiding Family Spending, a U.S.D.A. Bulletin by that title, Circular 207, Guide Posts In Buying Household Equipment and a list of helpful sources of material has been provided for leaders in these organizations.

RECREATION EVENTS

Homemaker and other Extension minded groups do not make recreation as much a part of their doing as they well might. They do each have Christmas Parties which in addition to the Annual Rally Day build for relaxation and closer fellowship. Clubs contribute each in their way to spreading Christmas cheer to the less fortunate and in many ways have worked out real club projects.

FORECAST FOR 1954

The 1954 program was tentatively planned at the October 9th, 1953 council meeting. Attendance, limited to selected delegates representing their local clubs due to difficulty of getting suitable space for larger numbers and the unwieldiness of great numbers in discussion groups.

A circular letter was sent to Homemaker club members and other affiliated groups, giving a review of recent projects and asking a careful evaluation as to how well these programs had satisfied their needs as a community group and individually. Also, the Agent supplied suggestions of trends and developments relating to homemaking problems to be used at the September local meetings where members were to bring for consideration possible problems which the Extension Service might help to solve. Sixty-eight delegates representing thirteen Homemaker Clubs and eight Phoenix area Relief Societies (Mesa groups having decided to not participate in 1954) evolved an interesting program which is in process of being calendared and evaluated by State Office workers. An outline will appear in the forecast for 1954 later in this report.

One new Homemaker's Club has been organized at Gilbert and is off to a good start with two women who were formerly members in Pinal County sponsoring the club.

Another already organized community club at Arlington has indicated they wish to participate in a portion of the county-wide program.

Still another group of women who in September indicated they wished to organize a Homemaker's Club as yet have not gotten going.

One group has dropped out due chiefly to shift in population, especially loss of leadership.

ANNUAL REPORT
by
Virginia E. Twitty
Assistant Home Demonstration Agent

December 1, 1952 to February 15, 1953

4-H Organization

On December 6, 4-H Club Officer's Training Meeting was attended by 97 members and leaders. A general session on program planning was held before officers were divided into their various groups according to their office. The presidents and vice-presidents were trained by Virginia Twitty, secretaries and treasurers by Richard Hoover, reporters by Rich Johnson of the Arizona Farmer, and song and recreation leaders by Mary Joslin. After these special sessions a mock meeting by leaders giving examples of various duties and the entire carrying out of a meeting was held.

Junior Leadership

Junior Leadership applications, programs and leaders reports were reviewed by the County Junior Leadership Committee and Agents. The reports showed definite weaknesses in Junior Leaders getting down on paper the specific things that they would plan to do to carry out their program. Leaders reports indicated that the members were doing a fine job. After much consideration the committee requested the Assistant Agents, working with 4-H Clubs, to write letters to the members indicating improvements and an individual letter to each member giving them specific ways that they might make their reports more worthwhile to the Committee. It is the opinion of the Committee that additional requirements may be added for this County's Junior Leadership program another year. It was suggested that members may be required to attend a percentage of leader training meetings and council meetings during the year.

Enrollments

January 1, 1953 showed decrease in 4-H enrollments for Maricopa County. This decrease was expected due to the removal of 4-H Club meetings held out of school time. This year does, however, find good basic organization in those communities that are organized. Voluntary leadership has been available in all communities except two who were previously school organizations. It is unfortunate at this time that new leaders have not been visited as much as the Assistant Agent would like. Leader Training Meetings have been held but with various reasons of illness and lack of transportation, attendance has not always been good. It is the hope that within the next few years the County may put some requirements on voluntary leaders to assure their attendance at Leader Training Meetings. This should strengthen the program to a great extent and give more prestige to the leadership program. Enrollments in the Home Economics projects as of January 1, 1953, are Clothing 329, Food Preparation 162, Food Preservation 9, Home Furnishings 29 and Junior Leadership 27.

4-H Club Fair

County 4-H Club Fair Committee met to make suggested revisions and plans for the Maricopa County 4-H Fair to be held March 27 and 28. Following this meeting the County 4-H Club Leader's Council meeting on January 15 gave leaders an opportunity to volunteer for various departments and committees necessary for preparation of and maintaining the 4-H Fair. Due to the fact that the Assistant Agent will be leaving the County before the dates of the Fair, considerable time has been spent conferring with leaders, other Agents and judges who will assist with the Fair. The 4-H Club Fair premium list and extra copies of the schedule of events and entry blanks will go to the leaders early in February.

Foods

The Agents were very disappointed in attendance at the Advanced 4-H Foods Leader Training Meeting held this month. Late reports revealed the fact that illness and lack of transportation was the cause of most of the absences.

This was very unfortunate, since the effort put into preparation for the meeting was greater than would have been necessary for the small attendance.

An announcement of the meeting by monthly 4-H Club letter, a letter to each foods leader, and a card as reminder should have been sufficient notice of this meeting.

The topics covered were:

1. The conventional cake
2. Angel food cake
3. Sponge cake
4. Meat cookery by moist and dry heat
5. Yeast breads

Requirements for the various projects were discussed also.

Clothing

Twelve Clothing Leaders and Junior Leaders attended training meetings given by Miss Helen Church on the new project requirements in Clothing 3, 4, and Advanced. These meetings were most worthwhile and appreciated by the Leaders.

Many of the Leaders had delayed the girls' selection of fabrics and patterns for dresses, until they could have this help.

Illness prevented several other Leaders attending these meetings.

NARRATIVE REPORT
of

Assistant H.D.A. Shepherd

covering period

June 8, 1953 - September 30, 1953

Special emphasis was placed on acquainting the county people with the newly assigned Assistant Home Demonstration Agent Shepherd. This was necessary in order that the Assistant might function to the best of her ability within the county in carrying out its program. It was also necessary that the new Assistant become acquainted with the needs of the people within the county, their living conditions, and their economic and social interests.

For these reasons, home visits were made throughout the county. Four-H members and their parents became acquainted with the new Assistant and discussed some of their problems with regard to their 4-H club program. Assistant Agent Shepherd also attended homemakers' meetings and 4-H meetings which were scheduled.

Individual problems of the rural 4-H member could then be measured in terms of the total 4-H program. It was pretty characteristic that there was a need for more adult leadership and parental support at the local level. As a result of this observation, plans were outlined to help interpret the 4-H club program to adults by means of newspaper articles, radio publicity, more local training meetings, and more achievement programs. Questionnaires were sent to parents and 4-H members to obtain their views/^{and} interest in 4-H events.

The results of these plans can only be viewed at a later date. The initial purpose of home visits resulted in a better understanding of the 4-H member's needs, background and environment.

4-H CLOTHING, FOODS, AND HOME MANAGEMENT PROJECTS

In order to best serve the 4-H program in Maricopa county Assistant Agent Shepherd devoted four weeks to a complete study of State 4-H requirements in foods, clothing, and home management.

Illustrative materials were made, where needed, in order that these might be available to leaders as guides to project

requirements. When local training meetings are planned, they will be included in the lesson. The objective of this kind of teaching is that the leaders can actually see what their members must do to complete project work and will better understand what constitutes standard work.

Results due to the use of this illustrative material may better be observed upon completion of local leader training meetings.

PUBLICITY OF 4-H CAMP

The value of interpreting the 4-H program by means of newspaper and radio publicity was recognized. When the need for boosting 4-H camp enrollment became apparent, these media were used. Four-H members were interviewed on local radio stations. They encouraged 4-H members who had never gone to 4-H camp to make their reservations.

As a result, almost twice the 4-H camp enrollment from Maricopa county was reached. These new campers went home with a better idea of 4-H club work and standards. They told others including their parents and prospective members. This kind of publicity is the best inducement to more members and better parental support in the future.

STATE 4-H LEADER'S CONFERENCE

To meet the need for acquainting prospective leaders and junior leaders with the purposes and standards of achievement of the 4-H program, Assistant Agent Shepherd attended the annual State 4-H Leaders' Conference.

Workshops were set up to help answer some of the questions and problems which leaders might expect to encounter.

Reports and results of these workshops were given in general meetings of the group in order that all those present might profit by each group workshop.

A broader understanding of the total program resulted from this conference. Many of the leaders found solutions to the specific problems of their club. The result was that their clubs are strengthened. Outstanding achievement records of club members whose leaders attend these conferences indicate their effectiveness in the total 4-H program.

Report submitted by

Rosemary Shepherd

Assistant Home Demonstration Agent
Maricopa County, Arizona