

ANNUAL NARRATIVE REPORT
NAVAJO COUNTY
ARIZONA

JANUARY 1, 1953
to
NOVEMBER 30, 1953

By
ANNE B. SHUTE
Home Demonstration Agent

CONTENTS

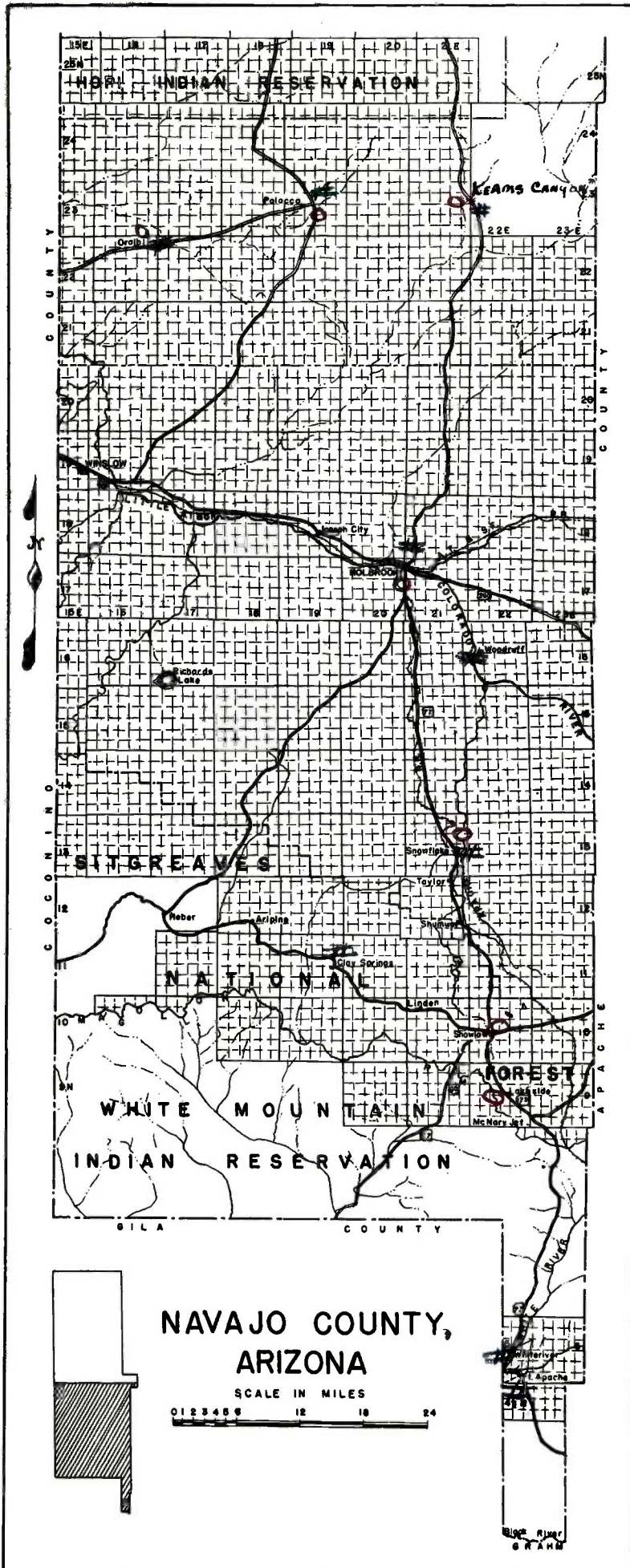
	Page
I. GENERAL	
Map	2
Situation	3
Outlook	5
II. PROJECTS	
Organization and Planning	7
Nutrition	23
Food Preservation and Storage	28
Family Economics and Home Management	30
Clothing and Textiles	35
Family Relationships	37
Recreation and Community Life	38
III. APPENDIX	
Clippings and Circular Letters	40

**HOME DEMONSTRATION
WORK**

Mileage from Holbrook

Clay Springs	52
Ft. Apache	86
Heber	46
Joseph City	11
Keams Canyon	74
Lakeside	55
Oraibi	100
Polacca	87
Showlow	47
Snowflake	27
Taylor	31
Whiteriver	82
Woodruff	12

○ Homemaker Clubs
4-H Clubs



DESCRIPTION OF COUNTY

Navajo County is located in the Northeastern part of Arizona. It is approximately 300 miles long and 60 miles wide. It ranges in altitude from 4,500 to 7000 feet. The climate is pleasant in the summer and fall but cold, damp winters make travel into the rural parts of the communities hazardous and the dusty Springs present many problems to the homemakers. The southern part of the county is becoming an important summer camping and fishing area and hunting area in the Fall. About 60 per cent of the county is Indian Reservation territory for the Navajo, Apache and Hopi Tribes. Another large section of the county is government owned as Sitgreaves National Forest. According to the 1950 U. S. Census only about 18.6 of the land in the county is privately owned.

Agriculture is the basic industry of the county. Cattle and sheep are the leading products. Sheep are chiefly raised by the Navajos on the Reservation. In the Snowflake-Taylor area vegetables such as carrots and cucumbers are being grown, while Joseph City is primarily known as a dairy and poultry headquarters. Sawmills, tourist trade, construction work, railroading, and mining, provide employment for the non-agriculture population. Approximately 80 per cent of the farmer population derive their major income from non-agriculture pursuits.

Holbrook, the county seat with a population of 3000 and Winslow with a population of 8000 are the shopping centers for the county. Showlow, with its fast growing population, will soon become another important center.

The county is becoming more aware of the necessity for improving health and sanitation facilities. There is a sanitary engineer employed by the county and by the city of Winslow. There are four doctors in Winslow and two in Holbrook. There are two dentists in Winslow, one in Holbrook, and one in Snowflake. There is a hospital in Winslow, one in Holbrook and a maternity clinic in Snowflake. There are also Indian Service hospitals at Keams Canyon, Winslow and Whiteriver.

There are seven dairies which pasturize milk located at Winslow, Joseph City, Holbrook and Taylor. In the outlying rural towns, such as Clay Springs, individual families own cows, but very few pasturize their own milk. Many of the families in the county grow their own vegetables in the summer and freeze their surplus using their own home freezers or locker storage plants.

There is a small library at Showlow sponsored by the PTA and Business and Professional Women's Club. A movement has started in Holbrook through the Women's Club and the BPW to establish a local library there. There is not much awareness of the value of a public library and interest is very low.

The dominant religion is the Church of Jesus Christ of Latter Day Saints. The Relief Society organization which is the women's auxiliary has a heavy program throughout the winter months. The summer months are free from church planned programs and provide an excellent time for meetings. The L.D.S. Women are so busy with this church work that it is difficult to get them to attend meetings outside their own community.

COUNTY OUTLOOK FOR 1954

General Outlook

The general economic outlook for the County in 1954 is discouraging. Cattle prices have dropped alarmingly in the past year while feed prices have remained high. The rain fall has been very sparse and this Fall various cattlemen's associations have endeavored to have this County named as a drouth area. Though this situation has not caused any panic in the county, everyone is aware that belts will have to be tightened. The cattlemen will probably never again be in the position they held during World War II. The situation will undoubtedly be reflected in the success of the Extension Program.

Homemaker Clubs

The Homemaker Clubs in the county established by the previous agent are still in existence with the exception of the Lakeside Club. The Showlow Homemakers carried on a program outside of Extension during the last year but can again be considered an Extension Club. The enrollment is dropping, however, and in the L.D.S. communities it would seem that an agent working through the Relief Societies could reach a greater number of people. In Snowflake where the women cooperate fully with the Extension Service, leaders of the Homemaker Club quite frequently repeat Leader Training programs to the Relief Society groups. In other towns it is very difficult to get the L.D.S. people to come to the training meetings even though the subject matter pertains to the same general field as their Relief Society program. The agent feels that the distance the women have to travel and the time spent makes Leader Training a questionable educational method for this county.

U. S. Indian Service

The Indian Service at Keams Canyon has created a new position for a Home Economist. Mrs. Juanita Kavena has filled this position since last June and has done outstanding work in organizing four Homemaker Clubs and a similar number of 4-H Clubs. At Whiteriver, Miss Florence McKnight, Home Economist, who had been with the Indian Service for 15 years, retired on July 1. Miss Rosemary Barrett filled this position on October 26. There is excellent cooperation between these two Indian Service Agencies and the local Extension office. Both these home economists are eager to work with the Arizona Extension Service with a view to the fact that the State may some day take over management of the Reservation.

Food Project Work

There is high interest in Food and Nutrition work in the county. With the decline in cattle prices, women are interested in good nutrition for their families at low cost.

They are also interested in Freezing. Many families have kitchen gardens and freeze their surplus. The L.D.S. families are freezing their emergency supplies rather than canning them. Each fall all the lockers and freezers are filled with beef, venison, wild turkey and elk.

There is need for further education in the outlying communities which do not regularly take part in the Extension program. Families are buying freezers and packaged frozen foods on the "Food plan" without an adequate idea of the expense involved.

Clothing

There has been little work done in this field in the county. The standards are very poor as to workmanship and design. The women are looking forward to carrying Clothing projects each year.

Home Management

Women in the county - particularly the L.D.S. women - have a reputation as poor housekeepers. Part of this failing is due to the fact that they are kept very busy outside their homes.

There is a great need for more work in all phases of the Home Management field. Although there was poor response to the Kitchen and Lighting projects this year, the agent believes interest can be built up.

Community Projects

More emphasis should be placed on this phase of club work in the coming year. The Homemaker Clubs under the sponsorship of the Extension Service are ideally suited to work for the betterment of the county.

At Program Planning Day the women talked of obtaining a Public Health Nurse. There is data on file preliminary to starting a campaign. The State Health Department will give its full support.

EXTENSION ORGANIZATION AND PLANNING

Homemaker Clubs

Homemaker Clubs provide a way of reaching large numbers of rural women who desire to keep up with the newest information and best methods in homemaking and community life.

Purpose

1. Development and improvement of the rural woman, her home, and her community.
2. To study and put into practice the best information on various phases of homemaking.
3. To cooperate with the Extension Division of the University of Arizona in making such information available.
4. To promote desirable home and community life.

Method

Since the women in the rural communities of this county are members of the L.D.S. Church, the Agents have experienced difficulty in organizing Homemaker Club. This church uses all possible local leadership in the various church programs. The most important and time consuming program is the Relief Society which carries a program each Tuesday afternoon except during the summer. Besides sewing for needy church members, the leaders teach lessons on improving homemaking techniques.

The previous Agent organized six Homemaker Clubs in this county during 1952, four of which survived. The organizations in Holbrook and Snowflake are capable of maintaining themselves but Showlow needs help with organization. There is a total enrollment for the county of 110 women. Lakeside has decided to disband as of November 1953 for the ensuing year.

In the course of the year the Holbrook Homemakers have reported 8 meetings with 63 women in attendance. Snowflake has reported 9 meetings with 111 in attendance. Lakeside has reported 6 meetings with 58 in attendance. The Showlow Club has not operated as an Extension Club during the past year and only reported 2 meetings with 24 in attendance.

Evaluation of Progress

1. The existing clubs need help in planning and carrying out programs. The Agent met with each club in January to help plan the year's program. With the aid of mimeographed year books it was hoped that the women could plan out the program in more detail - accounting for each month at the beginning of the club year. In several instances where a local program was only suggested, there was no follow-up.

2. Another factor accounting for the struggle of the clubs for membership is the project leadership. Most of the women are inexperienced at giving demonstrations. They need more assistance in planning their lessons. The Agent has observed that the women do not usually present a workshop meeting to their clubs. There is a tendency toward only lecture or demonstration method of teaching. "Learn by Doing" is a slogan which needs constant emphasizing in the coming year.
3. The Homemaker Club presents the most ideal methods for disseminating information. The present Homemaker Clubs should be fostered but more work should be done through the Relief Societies. The Relief Societies reach a greater percentage of the women of the county than do the Homemaker Clubs.
4. Homemaker Clubs are cutting across religious barriers and are bringing women of all creeds into a common group.

EXTENSION ORGANIZATION AND PLANNING

L.D.S. Relief Societies

As has been said before the LDS Relief Societies enroll most of the women in the rural communities of this county. One week each month is devoted to the study of some phase of homemaking. All church groups study the same topic.

In this county there are 15 groups. Mrs. Perry Baldwin of Taylor is the President of the entire "Stake". All 15 groups plus the "Stake" president have been notified of each of our Leader Training Meetings. Ten women representing Snowflake, Showlow, Heber, Taylor, Winslow and Clay Springs have attended the meetings. Mrs. Adele Ballard, Mrs. Marvel Smith and Mrs. Bess Erickson of Snowflake, Mrs. Coral Webb of Lakeside have requested help from this office in presenting other lessons to their Relief Societies. Several times in Snowflake members of the Homemakers' Club have repeated demonstrations to Relief Society groups.

Special invitations were issued to the Relief Societies to participate in Program Planning Day. Mrs. Eleanor Butler, Mrs. Bess Ericson, Mrs. Coral Webb, Mrs. Marge Hunt, and Mrs. Velma Smithson, representing the Snowflake, Showlow, and Lakeside Relief Societies were present.

When it was learned that the Relief Society Program for this year was concerned with Money Management, this office sent out samples of all our bulletins on Buymanship and Thrifty Meals. Mrs. Ericson of Snowflake and Mrs. B. R. Smith of Winslow have requested additional bulletins to use at their lessons.

The Relief Societies are reluctant to send leaders to our meetings but can be encouraged to do so more often. They will always welcome the Home Demonstration Agent if she wishes to present a short demonstration.

EXTENSION ORGANIZATION AND PLANNING

United States Indian Service

The new Home Economist on the Hopi Indian Reservation, Mrs. Juanita Kavena, has organized Homemaker Clubs in Keams Canyon, Polacca, Bacabi, First Mesa, Shungopavy and Oraibi. Leaders from several clubs attended the Leader Training Meeting on "Your Money's Worth in Food". They have not repeated this lesson yet because their project work is concentrated on clothing.

Mrs. Kavena has taught Clothing Construction. Some of the lesson topics have been: Reading Patterns, Shrinking Material, Fitting a Garment, Use of the Tracing Wheel, and Using Machine Attachments. The Leaders are being taught to present simple lessons when their agent cannot meet with them.

Seven representatives from four clubs were present at Program Planning Day. They were accompanied by Mrs. Kavena and Mrs. Oleta Brinkerhoff. They had held local program planning on their own and requested a project on "Better Dresses".

There is a great need for work among the Indians. These Hopi women are further advanced than many Indian groups and welcome the Extension work.

Publicity

The Holbrook Tribune News and the Winslow Mail are the two weekly newspapers in the County. The Winslow paper has not printed any news or feature article prepared by the Agent. On extremely rare occasions an article from the Information Office at the University is printed.

The Holbrook paper cooperates very well in printing news articles. Information articles are printed only when the paper has extra space. A total of 41 articles were printed during the year.

The Women's Editor of the Arizona Farmer spent one day in July with the Agent. She wrote one article on 4-H work. Other articles on Adult work have also appeared.

In its small town news the Arizona Republic often prints meeting notices.

EXTENSION ORGANIZATION AND PLANNING

Bulletins

The Agent has tried several methods of moving bulletins off the shelves and getting them to people who need the information.

Attached to the report are two articles printed in the Holbrook Tribune News offering bulletins to those interested. No requests were received.

Secretaries of the Homemaker Clubs are given samples for their files. They are expected to bring them to each meeting so that the club women can become familiar with the bulletins available. Very few requests are received through this channel.

The most successful method has been a kit of bulletins which the Agent carries with her to meetings. The women are asked to sign up for those they want.

Of course, bulletins are always given out in connection with project work.

Very few people in the county are aware of the information available to them through the Extension Office. Much more should be done to publicize the county office and its work.

Radio Program

The Holbrook Chamber of Commerce requested that the Agent participate in a radio broadcast featuring her work on April 9 at 6:15 P.M.

The Agent and Mrs. John McClelland, president of the Holbrook Homemakers, were interviewed by Mr. Harry Bossuet of the Chamber of Commerce. In the short fifteen minute broadcast the Agent attempted to present the purpose of the Extension Program in general and its immediate application to this county. Mrs. McClelland outlined the projects carried by her group in the past year.

Several local people reported that they enjoyed the program.

National Home Demonstration Week

The Agent sent notices to each club president on National Home Demonstration Week. The clubs were urged to make some public notice of their project work in the past year through window displays, membership drives, and news articles. The Holbrook Tribune News printed a front page double column feature, prepared by the Agent which mentioned the leaders names. This notice was published on April 24 as advance notice.

EXTENSION ORGANIZATION AND PLANNING

Officer and Project Leader Training Meetings43 Women in Attendance

On February 4 an officer and Project Leader Training meeting was held at the Sundown Coffee Shop in Holbrook from 10 A.M. to 3 P.M. Forty-three women representing seven communities in Navajo and Apache Counties attended.

Purpose

1. Introduction to county leaders.
2. Guidance for new officers and project leaders of the Homemaker Clubs
3. Analysis of general problems of Club Management

Method

The Agent opened the meeting with roll call and introduced the State Leader who gave an explanation of the Extension Service. The women then divided into "buzz" groups to decide what problems they wished to have discussed at the meeting. The points decided on were:

1. Keeping attention
2. Keep up attendance
3. Attract younger women
4. How to put on a good demonstration
5. What is the Certificate of Achievement
6. Our duties

The women then divided into groups according to their club office for discussion of mutual problems. The Project Leaders were allowed to sit in on which ever group they chose.

The Agent talked with the presidents and vice-presidents, the State Leader gave the secretaries help with their problems, while Mr. V. P. Richards of the Holbrook Tribune News discussed 'A Good Reporter' with the club reporters. Each group appointed a secretary to keep the minutes and to give a summary report to the groups as a whole. These reports were later turned in to the Agent.

The meeting convened again after lunch with a discussion of the duties of the Project Leader. Each leader is selected according to her interest, dependability, and acceptability to the club. The club can expect the Project Leader to:

1. Attend Leader Training Meetings
2. Become familiar with the subject matter.
3. Practice effective presentation of subject matter.
4. Keep a record of how the information is used.

The Agent then gave two five-minute demonstrations, one on How to Mark a Pattern Using Tracing Wheel and Carbon Paper and the other on How to Measure Flour Correctly. These demonstrations and the discussion following them illustrated to the women the need for preparation of the material before it is presented to the club.

Evaluation

The attendance of 43 women representing each of the Home-maker Clubs was very encouraging. The women wanted to learn how to run their clubs efficiently. It is planned to make this meeting an annual event. Holbrook seems to be a good meeting place.

OFFICER TRAINING MEETING

February 4, 1953 - Holbrook, Arizona

NAME	COMMUNITY	CLUB OR ORG.	OFFICE
Dorothy A. Palmer	Holbrook	H.M.C.	H. & C. Leader
Del Spaulding	"	H.M.C.	Pub.
Iva Lopp	"	H.M.C.	Clothing
Myrtle McClelland	"	H.M.C.	President
Marian Zaring	"	H.M.C.	Secretary
Mrs. L.J. Gordon	"	H.M.C.	Proj.
Selma M. Ballard	Snowflake	H.M.C.	Vice-President
Marvel B. Smith	"	H.M.C.	President
Goldie Foster	"	H.M.C.	Secretary
Lucille C. DeWitt	"	H.M.C.	Reporter
Adele Ballard	"	H.M.C.	Foods
Ida Hendrickson	"	H.M.C.	Clothing
Josei Webb	"	H.M.C.	Foods
Annette Stratton	"	H.M.C.	Clothing
Mary Rogers	"	H.M.C.	Assistant
Vivian Stratton	"	H.M.C.	Home Management
Myrtle McCorkel	Showlow	H.M.C.	Treasurer
Clara Powers	"	H.M.C.	Vice-President
Hattie Wheat	"	H.M.C.	Secretary
Lucy M. Howard	Lakeside	H.M.C.	Clothing
Aretta Fish	"	H.M.C.	Foods
Mrs. Nathan Snyder	"	H.M.C.	President
Lila Rhoton	"	H.M.C.	Vice-President
Leah Bollinger	"	H.M.C.	Reporter
Isaphine Gardner	"	H.M.C.	Secretary
Lorna L. Eagar	Eagar	H.M.C.	Member
Waity B. Hall	"	H.M.C.	Member
Maude C. Udall	"	H.M.C.	Member
Alice S. Kartchner	"	H.M.C.	Member
Winnie Butchofsky	Sanders	H.M.C.	Clothing
Gladys McSpadden	"	H.M.C.	Budget
Lola Cassidy	"	H.M.C.	C. Care
Esther McCarrell	Chambers	H.M.C.	Vice-President
Ada McDonald	"	H.M.C. & R.S.	Home Management, President
Libby Chaves	"	H.M.C.	Secretary
Mildred McDonald	"	H.M.C.	Foods
Mrs. Rose Bates	"	H.M.C.	Treasurer
Ina McDonald	"	H.M.C.	President

Navajo County

Apache County

NAME COMMUNITY CLUB OR ORG. OFFICE

Apache County	Thelma Smith	McNary	H.M.C.	President
	Dorothy McAllister	"	H.M.C.	Furniture
	Ethel Coleman	Springerville	Relief Society	Counselor
	Launa Burk	"	"	Work Director
U. S. I. S.	Juanita Kavena	Keams Canyon	H.D.A.	
	Cleta Brinkerhoff	Window Rock	H.D.A.	

EXTENSION ORGANIZATION AND PLANNING

Bi-County Council

In Formative Stage

Purpose

The Agent and State Leader have looked forward to establishing a Bi-County Council of Homemaker Club officers and representative of the organized groups. The purpose of such a Council would be:

1. To aid in Program Planning.
2. To strengthen and support the Extension Program.
3. To broaden the outlook and knowledge of the homemakers.

Method

The idea of a Council was proposed at the officer training meeting in February. The women agreed that a council would aid the Agent in her work and the date of May 13 was set for the first meeting. Although letters were sent out on May 6 reminding all officers of the meeting, only two clubs were represented on May 13 - McNary and Snowflake. Those present were: Snowflake - Mrs. Marvel Smith, president, Mrs. Selma Ballard, Vice-president, Mrs. Goldie Foster, secretary-treasurer; McNary - Mrs. Thelma Smith, president, Mrs. J. V. Sample, secretary-treasurer, Mrs. Frank Lea, Mrs. Flo Cecil, and Mrs. Dorothy McAllister.

Even with the small representation it was possible to accomplish a lot of work:

1. The State Leader discussed the Extension Program and explained how it is promoted through Homemaker Clubs and other organizations. Through this discussion, Miss Stewart hoped to broaden the understanding of the Extension Program.
2. In order to exchange program ideas with other clubs, the presidents of the two groups were given report sheets on which they outlined the programs they had carried on since the February meeting. Besides the project work on "The Kitchen as a Workshop" and "Freezing", McNary reported selection of a community project to develop a play-ground. Snowflake planned to present a fashion show and accompanying skit for the benefit of the local hospital drive.
3. A discussion of Program Planning Day was initiated. It was decided that officers, project leaders and reporters should represent group sentiment and should be present at Program Planning Day. Other organizations in the communities who are interested in the Extension Program will be invited to attend and participate in Program Planning activities.

4. A discussion of the revisions of the Certificate of Achievement occupied a great part of the meeting. Miss Stewart reviewed the items which may be changed. She explained how each club can work for and obtain a Certificate. This talk lead to a discussion of suggestions for a Club Achievement Day. These clubs are newly organized and some felt that they could not meet the requirements. They seemed to be interested in some sort of Achievement Day on a local level. The Snowflake women discussed among themselves having a tour of kitchens to discover what work had been done on kitchen improvement since the "Kitchen As a Workshop" project meeting. Neither Club felt it would qualify for a certificate this year. They planned to work toward this goal.
5. Under recreation we talked over the proposed sale of Arizona Song Books. The two groups seemed to feel that they could find a use for these books in their club work. There is little use made of recreational materials at club meetings.
6. The women assisted the Agent by suggesting community chairmen for the County Fair. They approved plans to publish premium lists and score sheets in the local newspapers in order to stress the educational value of the Fair.

Evaluation

1. Since there was representation of only two clubs, no attempt was made to form a County Council. It may be possible to work toward that goal through this meeting and the subsequent program planning meeting held in October.
2. The women present felt they learned much about the purpose of the Extension Service.
3. The purposes of the meeting were perhaps too intangible to draw the women from distant communities.
4. The County Council is a worthwhile adjunct to the Agent and the Clubs. It should be talked up more at local meetings.
5. In order to include the absent groups in the program, minutes of the meeting were sent out to them and discussed at their local meetings.
6. May is a busy month for homemakers. July might be a better month to hold meetings.

EXTENSION ORGANIZATION AND PLANNING

Program Planning Day35 Women Representing 9 Communities attend Bi-County Meeting October 7 in ShowlowPurpose

A Program Planning Day is held in order that a group of leaders from all parts of a county and members of the home demonstration staff may meet together to plan cooperatively the home demonstration program.

Method

Plans for Program Planning Day were outlined as early as July. The State Leader conferred with the Agent on July 10 and 11.

1. Letter to presidents requesting volunteer as hostess club
2. Letters to all homemakers
 - a. Outline of project work 1951-53
 - b. Questions on individual homemaking problems as guide to program planning
3. Letters to Project Leaders
 - a. Outline of project work completed
 - b. Outlook on situation by specialist
 - c. Survey of group problems
 - c. Discussion subjects
4. Letters to L.D.S. Relief Societies and other groups suggesting they attend Program Planning Day

Representation from L.D.S. Relief Societies was especially solicited with the aim of including as many groups as possible in the program. The L.D.S. people do not usually attend training meetings unless the topic coincides with the Relief Society program.

The Agent attempted to lead the homemakers to hold their own local program planning through instruction and guide letters. These letters are attached to the report. Several clubs sent in suggestions which came from their planning meetings.

Program Planning Day was organized as follows:

1. Hostess Club responsible for arrangements
2. County Agents gave county economic situation
3. Agent outlines her job responsibilities
4. Women pool problems in small groups
5. Women evaluate group discussions
6. Vote taken on project selections

Thirty-five women representing eleven communities in Navajo and Apache counties met at the L.D.S. Church recreation hall to plan the 1954 Extension Program. Five of the women were representatives of the L.D.S. Relief Society of Snowflake, Showlow and Lakeside. Six representatives were present from Apache County from the towns of McNary, Chambers and Sanders. The Navajo County towns represented were Showlow, Snowflake, Holbrook, Lakeside, Keams Canyon, Oraibi, Polacca and Window Rock.

W. E. Gregory, County Agent of Navajo County, spoke on the economic outlook for the coming year. Mr. C. L. Isaacson, County Agent of Apache County, presented the outlook and proposed agricultural program for Apache County.

Miss Stewart then talked to the women about the basis of program planning. She showed them by means of flannelgraph pictures how to interpret the needs of their own families and of the families in their community as a basis for a program.

After this preparation the women were divided into discussion groups. Care was taken to see that the women from the same groups did not gather in a single group. A chairman and a secretary were appointed to guide the discussion and jot down ideas that came up. In the afternoon these groups were called together and the top interest subjects were voted on. First place choices were given two votes and second place one.

Top-interest subjects voted on at the meeting were: Use of The Broiler and Pressure Sauce Pan, Construction of Better Dresses, and Lamp Shade Making. Other high interest subjects were: Pest Control, How to Buy and Prepare Meat, Cleaning Methods for Glass and Furniture and Wood Finishing and Furniture Arrangement.

The next morning the State Leader assisted the Agent in analyzing the program planning choices and made suggestions on how to schedule the program during the coming year.

PROGRAM PLANNING DAY - October 7, 1953

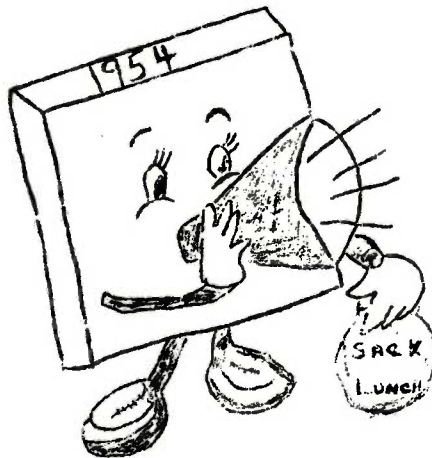
NAME	ADDRESS	ORGANIZATION	OFFICE
NAVAJO COUNTY			
1. Mrs. C. K. Spaulding	Holbrook	Homemakers	Representative
2. Mrs. Keith Zaring	"	"	Secretary
3. Mrs. Hattie Wheat	Showlow	"	"
4. Mrs. Dorothy Brown	"	Relief Society	Representative
5. Mrs. Bess Erickson	Snowflake	"	Representative
6. Mrs. Marge Hunt	"	"	"
7. Mrs. Adele Ballard	"	Homemakers	Food project leader
8. Mrs. Eleanor Butler	"	Relief Society	Representative
9. Mrs. Marvel Smith	"	Homemakers	President
10. Mrs. Goldie Foster	"	"	Secretary
11. Mrs. Margaret Bourdon	"	"	Foods project leader
12. Mrs. Elizabeth Nikolaus	Showlow	"	"
13. Mrs. Azlee Bumph	"	"	"
14. Mrs. Edna Schaefer	"	"	"
15. Mrs. Sally Wilburn	"	"	"
16. Mrs. Clara Powers	"	"	"
17. Mrs. Velma Smithson	"	Relief Society	Project leader
18. Mrs. Coral Webb	"	"	Vice-President
19. Mrs. Mary E. Rogers	Lakeside	"	President
20. Mrs. Kay Batchelor	Snowflake	Homemakers	Lighting project leader
21. Freddie Breeze	Showlow	"	Hm.Mngmt.proj. leader
22. Mr. W. E. Gregory	"	Navajo County Agent	"
23. Mrs. Mardell Shing	Holbrook	Homemakers	Project leader
24. Mrs. Phyllis Kinale	Keams C.	"	Project leader
25. Lorraine Dashee	Polacca	"	Secretary
26. Betty Chaca	"	"	President
27. Mrs. Susie Youvella	"	"	Project leader
28. Miss Nina Marie Cain	Oraibi	"	Project leader
29. Mrs. Ella Daiwahoya	Hotevilla	Bacabi Village Homemakers	Project leader
APACHE COUNTY			
30. Mrs. Thelma Smith	McNary	Homemakers	President
31. Mrs. Iva O'Donnell	"	"	Hm.Furn.proj. leader
32. Mrs. Gladys McSpadden	Chambers	"	Project leader
33. Mrs. Clara Burnett	Sanders	"	"
34. Mrs. Mildred McDonald	Chambers	"	"
35. Mr. Leonard Isaacson	St. Johns	Apache County Agent	"
36. Mrs. Juanita Kavena	Keams C.	Home Demonstration Agent	"
37. Mrs. Oleta Brinkerhoff	Window Rock	"	"

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

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

Agricultural Extension Service
Home Demonstration Work
County Agent Work

September 23, 1953



PROGRAM PLANNING DAY
WEDNESDAY OCTOBER 7 10 - 3 P.M.
L.D.S. CHURCH - SHOWLOW

MEMO TO OFFICERS AND PROJECT LEADERS

Dear Homemaker:

By now each club has held a local Program Planning Day. I hope the materials I sent out helped you. Have you thought up some problems to "stump" the Extension Service? By working together we ought to be able to solve them.

Bring a
Sack Lunch

Since you Project Leaders know best what the club women want in your subject field, I hope each of you will plan to attend the meeting or send a substitute.

Officers and club members are welcome. I want your ideas too.

I am looking forward to seeing you on October 7. A card is enclosed for your reply.

Sincerely,

Anne B. Shute

Anne B. Shute
Home Demonstration Agent

ABS:rs

Enc.

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

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

Agricultural Extension Service
Home Demonstration Work
County Agent Work

September 11, 1953

L. D. S. Relief Society Leaders

Dear Friends:

Program Planning Day for Navajo and Apache Counties
is October 7 from 10 A.M. to 3 P.M. at the L.D.S.
Church in Showlow.

We hope each Relief Society will send representatives
to this meeting. By a large L.D.S. representation,
you can include in the county program subjects that
will help you in your Relief Society lessons.

Three Relief Societies sent leaders to our September
meeting on "Your Money's Worth in Food". They intend
to use the demonstration method to present the lesson
on the Food Dollar at their November meeting. We wish
ever more of you could have taken advantage of the ex-
cellent information presented by the Extension Nutri-
tionist.

Enclosed is a card for your reply. Bring a sack lunch
if you come. I am looking forward to seeing you there.

Sincerely,

Anne B. Shute

Anne B. Shute
Home Demonstration Agent

ABS:rs

Enc.

NUTRITION

Your Money's Worth in Food14 Leaders Attend Snowflake Training Meeting

The Extension Nutritionist conducted a Leader Training Meeting entitled "Your Money's Worth in Food" on September 2 at the L.D.S. Church in Snowflake. Fourteen leaders were present representing Homemaker Clubs in Navajo and Apache Counties, two Relief Societies in Navajo County, and two Indian Service Home Economists and three Indian Service Homemaker Club leaders. This was the first time that Heber and Winslow Relief Societies had been represented at an Extension Service Leader Training Meeting. It was also the first time that Indian Service Homemaker Club leaders had attended a meeting.

Purpose

1. Efficient Use of Money
 - a. Balanced meals
 - b. High nutritional value
 - c. Economy
2. Hope to change food habits of family through the homemakers

Method

The Nutritionist opened her meeting by having the leaders tell their own food problems. Four major problems were listed:

1. How to stretch the food dollar for well balanced meals.
2. How to plan in-expensive meals.
3. How to provide variety within the family income.
4. How to get the family to eat new foods.

The Nutritionist demonstrated a quick method of preparing pinto beans. Pinto beans are a local product and are an in-expensive source of vegetable protein. The Agent had pressure cooked pinto beans the night before and the women were allowed to sample these beans to prove to them that they were sufficiently softened in only a short cooking time. The short cooking time preserves more of the B vitamins. Then the beans were baked according to a recipe prepared by the nutritionist. She pointed out that beans are a good substitute for meat but that animal protein is needed in the meal to supplement the vegetable protein. Therefore, she showed the women how to prepare cheese cake which includes cottage cheese, evaporated milk and eggs. Cream pie filling was also demonstrated as an alternate for cheese cake.

Using U.S.D.A. bulletin "Nutrition Up to Day Up to You", the women planned how much food to buy for a week for

their families to provide a balanced diet. This exercise was illuminating to many of the women. Several of them noticed that their families were not getting enough milk and eggs. Each of the leaders was also given a mineo entitled "A Food Plan for Good Nutrition". Under each of the basic 7 groups she listed the weight and volume of food she would have to buy for her family for a week. Listed under each of the groups were several buying suggestions.

Evaluation

The Nutritionist attempted a new method of presentation. She presented her lesson as if she were a leader demonstrating to the group. The women were told all along throughout the meeting how they might divide the work for two local club meetings. At the conclusion of the meeting only two clubs signified that they planned to try to present the lesson in two meetings. The others said that they would hold only one club meeting. The Nutritionist commented that she felt her audience to be passive. This was undoubtedly due to the fact that none of the women were asked to assist in the demonstration. The Agent felt that the Extension Service probably had not put over the value of the demonstration method of teaching. The Nutritionist suggested that at our next foods Leader Training Meeting we plan to have the leaders give back the lesson during the afternoon session.

The Holbrook and Snowflake leaders have turned in reports. The Relief Societies have not given back their lessons. The Lakeside leaders plan to repeat the lesson in December.

Of the 12 women attending the two Homemaker Club meetings 11 club members are using a Food Plan for Good Nutrition as a buying guide. Six others are also using this guide. Five are now checking brands, 6 are using non-fat dry milk, 10 are using cheaper meats, and 5 are using meat substitutes.

The recipes used in the project have proved very popular. Pinto Beans have been prepared about 13 times, Cheese Cake about 8 and Cream Pie about 4 times.

Two women successfully kept a menu for one week, 5 others tried to but were not successful.

Judging Training

The Agent went to Duncan, Arizona to judge at the Greenlee County Fair in training with Mrs. Morris, Extension Nutritionist. The Agent felt that this training was of great value.

L.D.S. Requests

In March Mrs. Marvel Smith of Snowflake requested information on Nutrition in order to present a lesson to her Ward of the L.D.S. Relief Society. Mrs. Smith was sent a kit and she

presented the lesson to twenty-one women using as a guide "Nutrition Up to Date Up to You". As a result of that meeting, twelve women requested copies of that bulletin.

In August Mrs. Coral Webb of Lakeside used the same material in presenting a Nutrition lesson to seven women. She reported that the group discussed balanced meals and supplementing diets with vitamin and mineral concentrates. Three women are planning better menus since the meeting.

Plentiful Lists

Attached to this report is a copy of the U.S.D.A. Plentiful List for November which was mailed out October 23. This letter has been sent out for four months - in July, September, October, and November. The Agent heard no comment until she attended a meeting of the Snowflake Homemakers on October 30 when several of the members were reporting on project work and stated that they had used the plentiful list letter for information on buying less expensive foods. Those who especially commented on the letter were: Mrs. Ida Hendrickson, Mrs. Vivian Stratton, Mrs. Viva Hatch, and Mrs. Gwen Johnson. Since the local newspaper cannot be counted on to print the plentiful list when it is turned in, we will continue to send out this plentiful list to the Homemaker Club enrollment.

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

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

Agricultural Extension Service
Home Demonstration Work
County Agent Work

October 23, 1953



Dear Homemaker:

Beef, potatoes and onions take top place on the U. S. Department of Agriculture's plentiful foods list for November.

As grass-fed cattle in record numbers go to market this fall, the less expensive beef will continue in plenty and there will be lots of potatoes and onions to keep it company.

For the holiday season just ahead, it's good news that pecans, almonds, raisins and fresh winter pears from the Pacific Coast will be in abundance on markets. As for turkeys, there will be ample supplies of all sizes for Thanksgiving with prices close to last year's moderate levels. Heavy Tom turkeys probably will be the best buy, poundwise.

Continuing in plenty will be salad oils, table fats, vegetable shortenings and lard as well as honey and dairy products,

Sincerely,

Anne B. Shute

Anne B. Shute
Home Demonstration Agent

ABS:rs

YOUR MONEY'S WORTH IN FOOD

September 2, 1953 - LDS Church, Snowflake

Homemaker's Name	Address	Organization	Adult or 4-H Leader, other
NAVAJO COUNTY			
Irene Hayes	Lakeside	Homemaker C.	Foods Leader
Aretta Fish	"	"	Foods Leader
Marvel B. Smith	Snowflake	"	President
Selma Ballard	"	"	Vice-president
Del Spaulding	Holbrook	"	Leader
Aloa D. Richards	Winslow	Relief Society	Work Leader
Jessie B. Smith	"	" "	" "
June Brewer	Heber	" "	Work Leader
Thelka Crandell	"	" "	2nd Counselor
Phyllis Kinale	Polacca	Homemaker C.	Adult Leader
Lorraine Dashee	"	"	" "
Eula Russell	Keams Canyon	"	4-H
Juanita Kavena	" "	HDA -USIS	
Oleta Brinkerhoff	Window Rock	USIS	HDA
MCHE COUNTY			
Bernice Clark	McNary	Homemaker C.	Leader
Jean Cook	"	"	Leader

FOOD PRESERVATION AND STORAGE

Freezing Baked Goods

Purpose

1. Efficient and economical use of home freezers.
 - a. To provide balanced meals for the family.
 - b. Preparation and storage of high quality products
 - c. Understanding principles to secure desirable products.
 - d. Efficiency in use of time.
2. To change food habits of family through homemakers.
3. To review techniques of preparation of garden foods and meat.

Method

Mrs. Elsie Morris, Nutritionist, met with nineteen foods leaders of Navajo and Apache counties at the Community Church in Holbrook for a training meeting on Freezing Baked Goods.

The Nutritionist gave the leaders general background information on Freezing and Freezer Management. The leaders then set to work preparing various foods to be frozen - chocolate coated bananas, bread, cake, green chili, velvee fruit, asparagus, poultry, and frozen jam. As each group worked it called the other women over to observe the important points in preparation and packaging.

Afterlunch each group showed its finished product to the audience and told how it was prepared. The Nutritionist summarized the information and then emphasized the importance of good wrapping materials. The women were encouraged to cut samples and request their stores and locker plants to sell the best types.

The leaders then outlined the manner in which they expected to present the material to the club women.

As a follow-up of the Project Leader Training Meeting on freezing, the specialist recommended that recipes be made up from the Leader Planning sheets. Recipes for green chiles, chocolate-coated bananas and frozen jams were mimeographed and sent out to the mailing list along with a bulletin on "Freezing Meat and Poultry Products". These recipes were mailed to fifty-two women in Navajo County

Evaluation

This was the third year Freezing work has been done in this county. It is a very popular project because more and more women are buying home freezers.

The reports from this project are not representative of the amount of freezing work actually done. The Agent has heard Mrs. Lila Rhoton and Mrs. Alyce Hansen exclaim over the quarts of Velva Fruit their families have eaten. Mrs. Goldie Foster of Snowflake, who worked with the group preparing chilies, has frozen chilies in her home many times.

According to the reports three local meetings were held with an attendance of 46. These women passed on the information to 8 others. Twenty-one women are using moisture-vapor-proof wrappings. Fourteen are reading labels on packaging materials for freezer use. Six are making corrections in blanching time for vegetables to take care of increased altitude. Thirteen felt that the demonstration had helped them in the preparation of products for freezing. Eight are checking freezers for zero or below storage temperatures. Eight are keeping their freezers full.

Statistics from the Snowflake and Holbrook reports are as follows:

Fruits - 280 qts.	Velva Fruit - 16 qts
Vegetables - 516 qts.	Frozen jam - 1 qt.
Meat - 4430 lbs.	Chocolate
Fish - 60 lbs.	bananas - 8 qts.
Breads - frozen weekly by nearly all homemakers	

Freezing School at University

In March the Agent attended an in-service training session in Tucson on "Freezing". The workshop was prepared by Mrs. Elsie Morris, Nutrition Specialist, who reviewed the latest facts and methods on freezing and freezer management.

FAMILY ECONOMICS AND HOME MANAGEMENT

Your Kitchen as a Workshop14 Attend two Leader Training Meetings in March

In March Miss Grace Ryan, Home Management Specialist, conducted two leader training meetings on the topic "The Kitchen as a Workshop". In her demonstrations she stressed the Cardiac Aid Program. Fourteen women representing the Homemaker Clubs of Apache and Navajo Counties and two Relief Societies participated. The specialist provided one kit and an auxiliary kit was made up in the county for the use of the leaders in presenting the demonstrations to their clubs.

Purpose

1. To encourage organization in kitchen planning, in order to save time and energy.
2. To study the "Heat of the Home" in relation to the Cardiac Aid Program.

Method

The Specialist gave a general picture of Home Management as a science designed to simplify work in order to save the heat and to save energy for other activities.

- A. There are three phases of Home Management
 1. The Homemaker herself
 2. The Tools she uses
 3. The Place she works in
- B. The Homemaker manages her resources
 1. Family members
 2. Her tools
 3. Her kitchen
- C. Work Simplification
 1. Use best tools
 2. Use good posture
 3. Make both hands work
 4. Combine parts of a job
 5. Leave out any possible part of a job
- D. The Kitchen
 1. Three Commodities
 - a. Heat - stove
 - b. Water - sink
 - c. Cold - refrigerator
 2. Arrangement of 3 commodities for step-saving
 - a. Build kitchen around them
 - b. Three major types of kitchens
 - (1) corridor
 - (2) 2 wall
 - (3) U kitchen

3. Rearrangement of work centers in old kitchens
4. The Homemaker can make a job analysis
 - a. List number of items needed
 - b. Bring together for a work center

With this background information the leaders scored pictures of kitchens for good or poor work centers. Two model kitchens were set up. One kitchen was modern and well arranged while the second kitchen was poorly arranged. The leaders divided into two groups and "made cocoa" in the kitchens. They used string to record the steps taken. The two pieces of string were compared as to length and, of course, in the well arranged kitchen the string was shorter. This was a graphic picture of the need for organization in the kitchen.

Evaluation

Four communities - Snowflake, Lakeside, Holbrook and Clay Springs - reported one meeting each to repeat this lesson. A total of 35 women were present. Leaders from Lakeside and the Snowflake and Showlow L.D.S. Wards did not report. Twelve women were reported to have "scored" their kitchens and 15 made at least one labor or time-saving improvement. Seventeen fixed a better work area. Nineteen stored items near job. Eleven studied storage for articles seldom used.

Mrs. Belle McCleve of Clay Springs reported that some of her women bought Home Freezers and Refrigerators of Storage. "All rearranged their kitchens, painted and otherwise improved them".

Mrs. Keith Zaring of Holbrook commented, "Great interest shown to the demonstration but most of our kitchens can't be changed".

Sater Plans for Step-saving U Kitchen

Sater Plans for the Step-saving U kitchen were given to Mrs. Lorryne Austin of Lakeside and Mrs. Neola Mills of Showlow. A set of plans were loaned to Mrs. Belle McCleve of Clay Springs and to Mrs. Marye Follett of Holbrook.

Each of these women were contacted this Fall regarding the use of the plans. None has actually used them. Mrs. Austin and Mrs. Mills have postponed building while Mrs. Follett plans to build sometime in the future. Mrs. McCleve's kitchen was too far advanced in the remodeling process for her to put the plans to use.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

Page 32

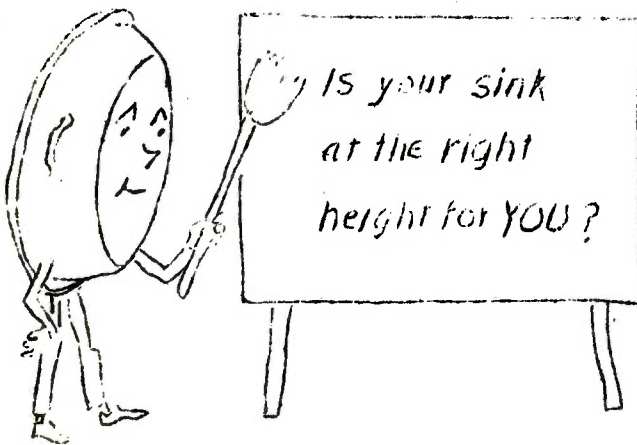
University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Navajo County Cooperating

Holbrook Agricultural Extension Service
Home Demonstration Work
County Agent Work

February 28, 1953

MEMO TO HOMEMAKER CLUB PROJECT LEADERS AND LDS RELIEF SOCIETY LEADERS
FIRST LEADER TRAINING MEETING OF 1953

THE KITCHEN AS A WORKSHOP



Dear Homemakers:

Are you interested in learning how to plan Work Areas in your kitchen? We are having two leader training meetings on this subject on March 12 and 13 with Miss Grace Ryan, Home Management Specialist. You have your choice of which meeting you wish to attend - but please let me know so the Hostess Club can plan for refreshments. Each leader attending will bring her own sack lunch.

Here is the schedule:

Date	Place	Chairmen
March 12 10 A.M. - 3 P.M.	Snowflake LDS Church Kitchen	Mary Rogers Vivian Stratton
March 13 10 A.M. - 3 P.M.	Lakeside LDS Church	Lorrayne Austin

Enclosed is a card for your reply.

Very sincerely yours,

Anne B. Shute
Anne B. Shute
Home Demonstration Agent

ABS:rs
3/53 c. 50

FAMILY HOME ECONOMICS AND HOME MANAGEMENT

Improved Home Lighting ProjectLeader Training Meetings held in Sanders and McNary

The Home Management Specialist held two leader training meetings in July. The meetings were attended by leaders from both Navajo and Apache Counties. On July 1st Sanders Mrs. C. K. Spaulding of Holbrook and Mrs. Gladys McSpadden in whose home the meeting was held, were present. On July 2 at McNary, Mrs. E. A. O'Donnell, Mrs. Willard Thomas, and Mrs. Eula Mae Sample of McNary and Vivian Stratton and Mary Rogers of Snowflake attended. Lakeside and Showlow were not represented because the women felt they had had sufficient training from the local REA and Public Service Representatives.

Purpose

1. To teach homemakers the value of adequate lighting
2. To demonstrate how to improve home lighting with better bulbs and lampshades

Method

1. A graph of progressing eye damage
 - a. Eyes are damaged by poor light
 - b. Outdoor workers have less eye damage than secretaries
 - c. Contributions to Eye Damage
 1. glare
 2. shadows
 3. poor placings
 4. insufficient light - dark colors in room absorb light
2. Chart of the Human Eye
 - a. "Gateway" muscles controlling factor in amount of lighting reaching optic nerve
 - b. Muscles tire from glare resulting in eye damage
3. Discussion of Principles of Lighting
 - a. Quality - various types of bulbs were shown to demonstrate the good from poor types
 - b. Quantity
 1. Illumination values for home in food candles
 2. Use of light meter translated into wattage needed
 - c. Distribution
 1. Placement depends on activities in the room
 2. Elimination of shadow pockets
 3. Slides shown to illustrate good placement

4. Types of fixtures needed
 - a. Chart showed types of lamps available
 - b. Notes were taken on uses of each type lamp
 - c. Shades
 1. spread light
 2. reduce glare
 3. direct the rays
 4. reflect, not absorb, light
 5. decorative - not too much color

Evaluation

The leaders were made aware of the principles of good lighting. They were given excellent guides to help them pass the information on to the club members. A light meter was included in the kit so that each woman could measure the light in her own home.

This lesson was given to the Holbrook and Snowflake Homemakers' Clubs and to one of the Snowflake L.D.S. Relief Societies. There was a total attendance of 26 at the meetings. Twenty-four women check lighting in their homes. Seventeen improved the quality of lighting. Sixteen improved the quantity of lighting. Eighteen secured some piece of lighting equipment for better lighting in their homes. Five changed or selected wall and ceiling colors for good lighting.

The Agent has heard several women comment that if the local stores carried better lighting equipment their homes would be better lighted.

Through the influence of women such as Mrs. Selma Ballard, Mrs. Marvel Smith and Mrs. Adele Ballard of Snowflake, some of the local stores are carrying light bulbs recommended by the Specialist.

CLOTHING AND TEXTILES

Pattern Alteration Project

Purpose

1. To teach homemakers selection and better use of commercial patterns.
2. To encourage the "ready made" look in clothes through better fit.
3. To teach homemakers how to alter patterns correctly and accurately.

Method

Miss Helen L. Church, Clothing Specialist, spent six days in this county training the agent and conducting Pattern Alteration meetings with the Lakeside and Holbrook Homemaker Clubs. The Agent met with the Snowflake and Showlow groups. She also gave special training to Mrs. Juanita Kavena, U.S.I.S. Home Economist, and Miss Lorraine Dashee, Homemaker Club Leader.

At the first meeting the Agent used a model to demonstrate how to take measurements. The women then chose partners and took their own measurements. These measurements were compared to the commercial company standards in order to choose the correct pattern size. It was emphasized that pattern sizes are standardized while "ready to wear" dresses are not.

After each women decided on her correct pattern size she tried on blouses made up from that size in two commercial brands. This showed the difference in amount of ease in the brands. Each woman was asked to buy a pattern and measure it using her "Pattern Alteration" bulletin as a guide.

At the second meeting the women were shown charts of the various alterations that could be made. They analyzed their own alteration problems and made the required alterations at the meeting.

The project leaders were asked to note the comments of the women when they made up dresses from their altered pattern.

Evaluation

Although this project received the highest number of votes at Program Planning Day last year, the attendance at the meetings was small. Some of those present at the meetings with the Specialist thought that an all day meeting excluded women with small children.

Forty-five women in the County took personal measurements. Thirty-three women altered patterns according to directions.

Only six dresses have been made. All but one of these reported excellent results. Mrs. Zaring of Holbrook found her pattern was too long in the back after she had made an alteration for length. Some of the success in fit was due to the correct choice of pattern size. Vivian Ballard of Snowflake purchased a size 15 for the first time and constructed a dress with no alteration.

The women have reported that they plan to make dresses from their altered patterns but have not had time. Since this project is a prerequisite to the Better Dress Project for 1954, many of those dresses will be made from altered patterns. The women will be encouraged to make a dress before this project in order to check the accuracy of their alteration.

New Fibres Explained by DuPont Demonstrator

At the University in March the Agent attended a talk by Beth Peterson of DuPont Company on the new fibres. Miss Peterson discussed the latest developments in man-made fibres and their practical application to materials and wearing apparel. Notes are on file under Textiles.

Advance Pattern Company Lecturer

The Agent attended an all day meeting presented by Miss Sechrist of the Advance Pattern Company at the State College at Flagstaff in October.

Miss Sechrist showed the sizing of the Advance Patterns for girls, teenagers, junior's, women and half-sizes. Her visual aids were unusually good and the Agent has copied some for 4-H Clothing work. Miss Sechrist also gave a short demonstration on matching plaids.

FAMILY RELATIONSHIPS

Safety and Child Care In and Out of the Home

In May the Showlow Homemaker Club planned a meeting on "Child Development" at which Miss Mabel Olson, Child Consultant, from the State Department of Health, was a speaker. Miss Dorothy Rogers, reporter of the Showlow Club telephoned the Agent and requested her to put an announcement in the Holbrook News and Apache County Independent News to invite all members of the Homemaker Clubs to the meeting. One hundred and fifteen circular letters were sent out to the Homemaker Clubs in both Navajo and Apache Counties inviting them to that meeting.

Miss Olson's topic for the meeting was "Safety and Child Care In and Out of the Home". The attendance at the meeting was 30.

Care of Children at Meetings

In June Mrs. Adele Ballard, work leader of one of the Snowflake L.D.S. Wards, borrowed the University kit on Care of Children at Meetings. The attendance at the meeting was 26. Six of the group members made at least one toy for their children. Mrs. Ballard reported that several of the women made patterns and a set of patterns is on file for use of the Relief Society.

RECREATION AND COMMUNITY LIFE

Navajo County FairPre-Planning

The Agent and State Leader started planning for the Navajo and Apache County Fairs in May. On May 12 Mr. John Miller, Secretary of the Navajo County Fair Commission, came to the Agent's office to assist us with these plans. The State Leader made a few recommendations for changes in the fair regulation and premium lists. Mr. Miller agreed that these changes seemed fair and stated he hoped to get the fair book to the printers on June 1 in order to distribute it at an early date.

In July the State Leader again conferred with the Agent on organization of the Fair.

1. Confer with Women's Superintendent
2. Secure volunteer workers
3. Plan work teams
 - a. Receiving
 - b. Judging
 - c. Arrangement of displays
4. Plan cleanup of County Fairgrounds

The Agent sent out score sheets and fair books to local Homemaker Clubs during August so that they could plan club programs around that material. The purpose in sending out this material was:

1. To encourage greater participation by homemakers
2. To encourage better quality of exhibits

The Snowflake and Holbrook Clubs reported discussion of the County Fair using Premium Books and score cards sent out by the Agent.

Operation

The Navajo County Fair held from September 11 to 31 was quite successful although there were fewer entries in many of the women's departments. The state leader assisted the Agent on September 10 to plan for organization of committees on entry and judging day, worked on score card posters which would highlight the educational value of a county fair. The women's superintendent announced on the 10th of September that she would not be present in the morning while entries were coming in. This made it necessary for the home agent to organize committees and set the volunteers to work. It was not the Agent's responsibility to do this but it was good experience since she had never worked on a county fair before. A list of recommendations for the county fair for succeeding years is now on file. The fair was given good coverage in the Arizona Farmer magazine and in the Holbrook Tribune

RECREATION AND COMMUNITY LIFE

Christmas Suggestion Meeting

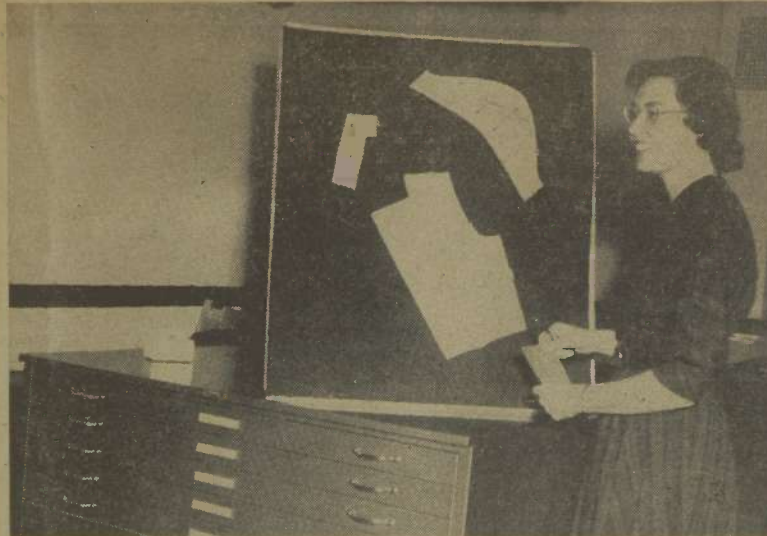
The Agent attended a Christmas suggestion meeting of the Snowflake Homemakers. Mrs. Goldie Foster was hostess to the meeting at her ranch outside Snowflake. She had obtained the Christmas Suggestion kit from the University. Each woman attending was asked to bring a gift suggestion and stand up at the meeting and explain what the gift was and how to make it. Nineteen women were present. The Agent showed first year 4-H projects as her Christmas suggestions. Some of the women had not seen this clothing work and were very interested in the samples. The Agent also made a cheese cake for refreshment at the meeting, because the project leaders had not done so for the meeting on "Your Money's Worth in Food". The women seemed pleased with the cheese cake as a dessert. The meeting was enjoyed by all those present.

APPOINTMENT OF HDA FEATURED IN ARIZONA FARMER

Page 30

ARIZONA

NEWLY-APPOINTED HDA



When this picture of Anne Shute was taken the new home demonstration agent for Navajo and Apache Counties was practicing a five-minute demonstration to be given before project leaders in several counties in Central and Southern Arizona. The new h.d.a. from Massachusetts has just about finished her "on the job" training at the University of Arizona and will be at her headquarters in Holbrook early in February.

Northern Counties Have New HDA

AFTER living in the East all her young life and then taking a look at Europe, Anne Shute came to Arizona to live.

That was just about a year ago, and now she has been named home demonstration agent for Navajo and Apache Counties, resigning her position in the welfare office at Holbrook.

Miss Shute hails originally from Gloucester, Mass., and graduated in 1951 from Simmons College in Boston. The European trip followed, a graduation gift from an aunt living in England. And then Arizona!

She will take over her new duties around Feb. 1, first going through an indoctrination course at the University of Arizona Extension office. By the time the next issue of Arizona Farmer goes to press we hope to have a picture of the new h.d.a., and some words of wisdom straight from her too. — Jo.

BATTLE OF THE CAKES

Fewer Baking Entries at Navajo Fair, But They Were Wonderful

RD. WOOD of Winslow is a man who enjoys cooking as a hobby. What is more unusual, he eats his own cooking. And when it comes to recipes and cooking procedures — well, he had most of the women around the Navajo-County Fair at Holbrook a little startled by his unorthodox methods.

And there is little doubt that he

can turn out some really good food. As evidence, there was the sponge cake that won him a blue ribbon in tough competition at the Fair. Local women were so impressed that they began asking him for the recipe — and that was when the fun began, because it seems he doesn't make cakes the same way other cooks do.

Take, for example, the way he handles his egg whites. He beats them until they are so stiff he can turn the bowl over without having them fall out. "If they fall out," he told the startled women, "they aren't ready. You just have to begin all over again."

He measures dry ingredients before he sifts — the reverse of usual cooking procedure. He says he corrects the recipe in that way to suit the Winslow altitude. The recipe itself, he reported, came from Frank Decater White at the Southern Union Gas Co. cooking school, two years ago.

Good Quality Entries

There were numerous other high-quality entries in the baked goods department of the Fair. Good blue-ribbon quality cakes were the rule rather than the exception, although



Adele Ballard of Snowflake and the fine spice cake that won her a blue ribbon in the very competitive baking division of the Navajo County Fair.

Home Demonstration Agent Anne Shute reported fewer entries this year.

Blue ribbons for baking were awarded to the following: Mrs. L. R. Gibbons, angel food; R. D. Woods,

sponge; Mildred McLaws, chiffon and jelly roll; Elda Bowler, gold; Adele Ballard, spice; Mrs. Harshbarger, chocolate cookies; and Luella Foree, fruit cakes.

In the bread class, blues went to Lula Coplan for white bread; Marvel B. Smith — whole wheat; Snyder — yeast rolls; Mrs. Charles DeSpain — fancy bread; Irene Nutting — sweet rolls; Belle Tanner — fancy yeast bread; Adele Ballard biscuits; and Margie Hunt — muffins. The best pies were baked by Irene Nutting.

Top winners in the candy class were Marian DeSpain for chocolate fudge, Mrs. L. R. Gibbons — divinity, Louella Foree — fondant, Elda Bowler — caramels, Goldie Foster — pinoche, and Mrs. L. E. Larsen — taffy.—P.S.

Adele Ballard, Member Snowflake Homemaker Club

COUNTY FAIR PUBLICITY



Marvel B. Smith, Snowflake, and the lovely squaw dress which won her a blue ribbon at the Navajo County Fair. She also won ribbons on her bread and knitted stole.

Marvel Smith, member Snowflake Homemaker Club

NEWS ARTICLE IN HOLBROOK TRIBUNE ON HOME
MANAGEMENT PROJECTS

**Miss Grace Ryan From
University Of Arizona
To Meet With Leaders**

Miss Grace Ryan, extension home management specialist from the University of Arizona, will hold a project leader's meeting on "Improved Home Lighting," July 1, at Sanders.

It will include leaders from Navajo and Apache County Homemakers Clubs and LDS Relief Societies. Information given by Miss Ryan will be passed on to club members during July meetings. Extension Service of the University of Arizona will provide the leaders with demonstration kits to assist them in presenting the lesson.

Any other organized group wishing to take advantage of this training may contact Miss Anne B. Shute, Home Demonstration Agent, Box 428, Holbrook.

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

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

Agricultural Extension Service
Home Demonstration Work
County Agent Work

October 5, 1953

Dear Leader:

Annual Report time is here! It's your report as well as mine. Let's let everyone know how many people have benefited from the Extension Service Program this year.

Here's how you get the information on the enclosed forms -

1. Ask questions at your next club meeting
2. Telephone club members and friends
3. Ask them when you see them

Without your report my figures will seem sparse. Please return these forms to me not later than October 30. A return envelope is enclosed.

Thank you.

Sincerely,

Anne B. Shute

Anne B. Shute
Home Demonstration Agent

ABS:rs

Enc.

