

ANNUAL NARRATIVE REPORT

OF

EDNA H. WEIGEN, HOME AGENT

BETTY JO BARNEY, ASSISTANT HOME AGENT

PEGGY H. PUTNAM, ASSISTANT HOME AGENT

MARICOPA COUNTY

From December, 1957 to November, 1958

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SUMMARY

Edna Weigen, Home Agent
Betty Jo Barney, Assistant Home Agent
Peggy H. Putnam, Assistant Home Agent

Maricopa County
December 1, 1957 to November 30, 1958

The Home Agent and Assistant Agents Barney and Putnam have served the entire year. This is the first year for five years that there has not been a change in agents.

Assistant Agent Barney works with the Home Agent in the adult program of clothing and has the responsibility of the 4-H clothing and home furnishing projects. The Home Agent assists with the leader training in these projects. Assistant Agent Putnam has the responsibility of organization of home economics 4-H clubs and the 4-H nutrition projects.

The Agent is responsible for the administration of home economics extension program and activities with the adult program, which includes working with seventeen specially organized groups known as Homemaker Clubs. Other groups also call on the Home Agent for special programs. These groups are chiefly the Relief Societies of the Latter Day Saints Church.

The Assistant Agents participate in subject matter training meetings and on occasion work with adult groups, attend special events and functions such as: Rally Day, Homemaker Council meetings, adult program planning day, etc. All projects for 1958 were presented by leader training meetings with literature, leader's guides, and preparation of illustrative material. In some cases, prepared kits of illustrative material were provided to help the project leaders. These were scheduled around the county for local meetings.

Assistant Home Agents work closely with the Agricultural Agent in charge of 4-H club work relative to county-wide 4-H activities.

The County Homemakers' Council works with the Home Agents in advising them of the program desired by the people. The council is made up of two delegates (president and secretary) from each club. The project leaders also help to advise their members on matters pertaining to the program. The county-wide program planning day was held at the Riverside School on September 26. To this meeting, delegates brought suggestions arrived at through their local club discussions of current problems, local community needs, member interests, program sequence and evaluations.

Subject matter Specialists assist the Home Agents in providing materials to develop the program selected by the council. All of the Specialists and the State Leader gave assistance in program planning. They also assisted in the county in carrying out part of the program. This was done by the Specialists doing some of the leader training meetings, providing lesson material and advising the Home Agent on literature.

The program for 1959 will include phases of: 1. Home Management; 2. Home Furnishings; 3. Foods and Nutrition; 4. Clothing; 5. Special Interests. This varied program will be a full one and should satisfy the interests, needs, and desire to learn of all the members.

An estimated 2450 families were reached through one or more methods of extension home economics teaching. It is hard to tell how many were reached by the 89 radio programs given by the Home Agent or the news articles in the county weekly papers. Seventeen organized clubs took most of the lessons as planned by the Advisory Council. Three of these are new within the past year.

(SEE SUMMARY OF PROJECTS CARRIED ON FOLLOWING PAGE.)

FORECAST FOR 1959

The program as planned by the council is a varied one, including all phases of homemaking. It is a very full program to be given through leader training meetings. Program planning will follow a continuous pattern in 1959, beginning with the first of the year. Evaluation of community problems will be given more thought. The agents will try to extend the program into more areas of the county.

ANNUAL NARRATIVE REPORT
OF
HOME DEMONSTRATION WORK

in
Maricopa County

From December 1, 1957 - November 30, 1958

GENERAL OBJECTIVES OF HOME ECONOMICS EXTENSION

1. To acquaint the general public with the total Extension Service and its educational program.
2. To disseminate information pertaining to the betterment of home and community life.
3. To help families understand their part in planning and carrying out the extension program.
4. To recognize the fast-changing patterns of living of modern-day families and to adjust the program to meet the needs.

EXTENSION ORGANIZATION AND PLANNING

The Home Economics Extension program in Maricopa County is the direct responsibility of the Home Agent. She works directly with two Assistant Home Agents in correlating the total program. The work is divided so that each of the agents have certain responsibilities. The Home Agent takes all the phases of the adult program with assistance from Assistant Agent Barney in the clothing field. Assistant Agent Barney also has the responsibility of the leader training program in 4-H clothing and home furnishings projects. Assistant Agent Putnam has the responsibility of organization of home economics 4-H clubs and the leader training meetings on foods projects. The 4-H home economics leaders also receive training with the adult leaders whenever it is feasible. The Home Agent conducts this training with the assistance of the other agents.

The Assistant Home Agents assist in selecting and training of 4-H leaders, in organization of clubs and in planning various 4-H achievements. They prepare illustrative material to assist the leaders in carrying on the youth program.

There is an active 4-H Leaders' Council with which the Assistant Home Agents cooperate to the fullest. They hold officer training meetings, work with the Junior Leader organization, prepare monthly leader letters, have special days for judging and demonstration contests, and in general do a fine job of supervising the 4-H club program.

A joint staff meeting of all extension agents is held each month to correlate the total extension program in the county. Weekly staff meetings are held by the Home Agents to keep abreast of what events are taking place. Schedules are worked out and plans made to care for unexpected activities that require our attention. These conferences help to keep the program running smoothly with very few conflicting dates.

The Assistant Agents also participate in adult in-service workshops, local leader training meetings, and special events. The Home Agent likewise participates in special events of 4-H nature, assisting wherever she is needed.

The County Homemakers' Advisory Council is composed of two members from each organized group. This is usually the president and secretary. The Council officers for this year are: President, Mrs. Juanita Thevenot; Vice President, Mrs. Willard Herrell; Secretary-Treasurer, Mrs. Dorothy Doyle. Mrs. Ruth Winsor, past president, is an ex-officio member of the executive board, as is the home agent. The purpose of this advisory board is to make recommendations to the home agents regarding the program to be carried on in the county. They also plan special events and generally promote the Extension Service.

There are seventeen organized homemaker clubs in Maricopa County, with an active membership of about 317 and an inactive group of about 50. The inactive group want to keep on the mailing list in order to receive new information. Other organizations use the services of the Home Agent on certain subjects. There are 45 4-H clubs with 671 enrolled in homemaking projects.

The homemaker clubs elect their officers annually. The project leaders are appointed at this time. They are urged to serve several years when possible, as this develops more self assurance and efficiency. The trained leaders are a big help to agents, not only in putting across the program to the members, but by telling their neighbors. The homemaker clubs keep a file of materials available from the county office for reference of new members and others.

The program planned for 1958 was carried out in its entirety with assistance from the Specialists and State Leader. Reports on the projects will follow.

The program for 1959 was selected after much discussion and planning. The Home Agent sent out a survey sheet in the spring asking three questions:

1. What are your particular interests as a homemaker?
2. What are some things you would like to learn to help you to be a better homemaker?
3. What are your problems and/or needs as a homemaker?

The replies were varied, but were tabulated so that late in the summer when the project leaders met they would have the results. The project leaders evaluated the past programs in thinking about future ones. They in turn took the information to their clubs for a discussion. On September 26 the members met to make final selection for next year's program.

OUTLINE OF 1959 PROGRAM

Foods and Nutrition

PROJECT

OBJECTIVES

- | | |
|-------------------------------------|---|
| I. Barbecues for Family and Guests. | 1. To learn different ways of barbecuing foods for the family meals to include a balanced diet. |
| II. Herb Cookery. | 1. To have interesting, nutritious meals by using different herbs in seasoning. |

Home Furnishings

- | | |
|---|--|
| I. Selection and use of decorating accessories in the home. | 1. To select accessories for the home with the thought of usability plus their decorative value. |
| II. Making a Bedroom Attractive. | 1. To correlate color schemes in bedrooms to other parts of the home.
2. To encourage improvement of storage space. |

Home Management

- | | |
|---|--|
| I. Efficient Cleaning Methods of Upholstery and Rugs. | 1. To enable homemakers to analyze the spots from chemical composition and to teach what to use on various fibers. |
| II. Furniture Buymanship. | 1. To be able to select furniture for family needs.
2. To know what to look for in good construction. |

Clothing

- | | |
|-------------------------|--|
| I. Basic Dress Pattern. | 1. To teach the techniques of pattern alteration by making a basic dress from muslin. |
| II. Tailoring. | 1. To teach the techniques of tailoring so families can be better clothed for less cost. |

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EXTENSION TEACHING AND OTHER ACTIVITIES

Item	Agent Doing Primarily Home Demonstration Work	Agents Doing Primarily 4-H Work
Farm and Home Visits	77	76
Office Calls	152	315
Telephone Calls	697	1142
News Articles	35	9
Broadcasts		
Radio	89	1
Television	--	1
Bulletins Distributed	3576	2002
Adult Result Demonstrations	--	3
Training Meetings for Local Leaders		
a. Adult		
1. Number	23	3
2. Attendance	284	38
c. 4-H Club Work		
1. Number	--	24
2. Attendance	--	416
All Other Meetings Agent Held or Participated in:		
a. Adult		
1. Number	82	17
2. Attendance	1896	368
c. 4-H Club Work		
1. Number	3	130
2. Attendance	70	4907
Meetings Held or Conducted by Local Leaders		
a. Adult		
1. Number	120	--
2. Attendance	1425	--
b. 4-H Club Work		
1. Number	--	317
2. Attendance	--	3684

PROGRAM EMPHASIS

Item	Agents Doing Primarily Home Demonstration Work	Agents Doing Primarily 4-H Work
Calendar Months of Employment	12	24
Total Days Worked	286	558
Days Devoted to:		
a. Adult Work	282	87
c. 4-H Club	4	471
Days Devoted to:		
a. Extension Organization and Program Planning	92	203
b. In-Service Training	24	27
k. House--Surroundings, Furnishings, Equipment	18	28
l. Home Management	12	1
m. Family Economics	--	--
n. Clothing	60	120
o. Foods and Nutrition	45	90
p. Health	6	1
q. Family Life, etc.	6	2
r. Safety	4	1
s. Community Development	17	28
t. Days--Other	2	57

HOW THE COUNTY HOMEMAKERS PROGRAM IS DEVELOPED

The program was developed a little differently for next year than in the past. At each leader training meeting the Home Agent and Specialist, if she were present, asked the project leaders to evaluate the lessons and to give constructive help in planning for the future. In May a questionnaire was sent to all members, primarily to find out their particular interests, needs, and what they wanted to learn. These were tabulated. In August three meetings were held with project leaders to explain the results of the May questionnaire. These project leaders took the information to their clubs for discussion. They also made their choice of projects for the coming year. These suggestions from the clubs were brought to the program-planning meeting in September. Here the members were divided into discussion groups with a chairman and recorder. After about one hour's discussion, each group came back with recommendations for the 1959 program. Two delegates from each club voted on their group's choice for projects.

These projects, with the objectives, were sent to the state office for approval. Leader training meetings with follow-up local meetings is the main method of taking the information to organized groups. Mimeographed or printed subject matter leaflets are provided for leaders and members. Leaders' guides and report forms help the local leaders to do the job for their clubs. This is accomplished through the help of the subject matter specialists and state leader.

PROJECT REPORT OF 1958

HOME MANAGEMENT

Two leader training meetings were held on Income Tax Management. Dr. George Campbell, Agricultural Economist for the UofA Extension Service, assisted in the presentation. One was in the County Office and the other at the Liberty Community Hall.

The purpose of this lesson was to acquaint the women with keeping records for income tax purposes. The simplified form of returns was discussed, plus legitimate deductions for farm people and people in business for themselves. The leaders were given mimeographed material they could use in the relaying of this lesson to their fellow members.

This type of meeting is a little difficult to show results. Time is always required for people to really use this material. Eleven clubs reported that they gave the lesson to their members. They reported using a discussion type of meeting with questions and answers given. More results will probably be available when they have time to actually use the records they are keeping now. Fifteen clubs attended the leaders meetings.

The Home Agent has made eight radio tapes in this project area. Telephone and office calls also help to disseminate information in this area.

HOME FURNISHINGS

Selection of carpets and rugs was the project selected for leader training meetings in October. Miss Grace Ryan, Home Management and Home Furnishing Specialist, assisted the Home Agent in presenting this lesson. Two leaders meetings were held.

The purpose of this lesson was:

1. To acquaint the homemakers with facts about carpets and rugs to help them make decisions when they are ready to buy.
2. To teach the homemaker to select by comparison rather than by preference.

The lesson included demonstration and discussion on:

1. Facts about carpet yarns.
2. Basic kinds of carpet and rug construction.
3. Carpet and rug backing construction and materials used.
4. How the "newer types of carpets and rugs" compare in price, wearability, cleanability, and general satisfaction.
5. Factors to look for in selection of carpets and rugs.
6. Evaluation of carpet and rug samples.

Results

Twelve clubs were represented at the leader training meetings. They have all taken the lesson to their respective clubs. One group invited another club to their meeting since they were unable to attend the leader training meeting. The Agent took the lesson to an area that was not represented. All of the results are not in at present, but those that have been returned said that they discussed and demonstrated the selection of carpets and rugs. Further results will have to be tabulated next year.

Miscellaneous Projects

Nine radio tapes were made on subjects pertaining to house and surroundings, furnishings and equipment. Telephone and office calls requesting information on drapery making, consumer buying of equipment, slip covers, color selection, and many others were received.

CLOTHING

The featured clothing project for 1958 was the construction of a better dress. The lessons were given to two leaders from each club. Thirty-two adult project leaders and eleven 4-H leaders took the training in three workshop types of meetings. Four sessions were held for each group.

Miss Helen Church, Extension Clothing Specialist, assisted in the selection of material to be presented. She conducted the first workshop. Home Agent Weigen and Assistant Home Agent Barney led the other two groups. The leaders took the lessons to their respective clubs in a series of meetings presenting different phases of clothing construction. The leaders also held special workshops for members to make their better dresses.

Various kinds of materials were selected in making the better dresses. Those most commonly used were: cotton, linen, wool, synthetics, and silk. The unit construction method was used in presenting the lessons--finishing one part of the dress before beginning on other parts.

Reports turned in at the completion of the project by the leaders showed that one hundred and eight women made better dresses. This is approximately one-third of the total membership. The women figured that their materials cost them \$590.01. If they were to buy the dresses ready-made, they estimated the cost would be \$1603.14. Their total savings amounted to \$1013.13. There were sixty-one women of the one hundred and eight that participated in a style show at the Rally Day Program.

A complete report of the techniques taught is not available at this time. Seventy homemakers have reported that during the year they have made the following:

House Dresses	210
Better Dresses	208
Blouses	140
Skirts	157
Dresses for Girls under 6	168
Dresses for Girls 6 - 12	412
Dresses for Girls over 12	307

Blouses or Shirts for Girls	280
Skirts for Girls	210
Shorts for Girls	350
Suits for Self	15
Coats for Self	10
Suits for Girls	6
Total Coats for Girls	75
Total Shirts for Men and Boys	46
Total Sleeping Garments	131

The Home Agent has given other lessons on clothing to five of the Relief Societies. This group carries a heavy program of their own, but occasionally they prefer to get the lessons from the Extension Service.

Other methods of giving out information in this project field were by telephone, office calls and home visits. Twenty-four radio tapes were made and used this year. The clothing bulletins are used by other agencies and home economics teachers in high schools.

The Home Agent assisted in judging the county Wool Growers Contest. There were twenty-five entries in the junior division, which she judged. Joy Trout, a member of the Cashion 4-H Club, was the winner. Joy also went on to win the State and National contests.

FOODS AND NUTRITION

Two lessons were selected for project training this year, which were:

1. Spending the Grocery Dollar.
2. Main Dish Salads and Salad Dressings.

Project: Spending the Grocery Dollar.

Objectives:

1. To have the leaders evaluate their food-buying habits from the standpoint of good nutrition, economy, and convenience.
2. To have the leaders informed when buying foods.

The lesson included information on:

1. Consumer buying.
2. Nutrition needs.
3. Food costs - homemade versus ready-prepared foods.
4. Other items bought at the markets included in the grocery bill that are not edible.

Ten women were contacted to keep an account of their purchases from the market for one month prior to the lesson. The women were asked to separate their purchases into the following categories: meat, fish, poultry and eggs; fresh vegetables and fruits; canned or frozen vegetables and fruits; dairy products; grain products; and supplies not edible. The women were selected from various parts of the county, including those that lived in rural, suburban and urban areas. The markets they used were: super markets, privately owned

stores, and small rural grocery stores. From the results shown, the reports were that nearly all of them spent about the same amount for their food supplies. The reports also showed that most families were lacking in an adequate supply of vegetables and fruits.

Mimeographed material was prepared by the Home Agent to assist in taking the lesson back to the other members. Included in this material were: leader's guide sheets and lesson information.

Project: Main Dish Salads and Salad Dressings.

Objectives:

1. The place of main dish salads in the diet.
2. To teach the principles of salad making.
3. To know the nutritive value of the salads made.

The demonstration included:

1. Discuss place of main dish salad in the diet.
2. Discuss principles of salad making.
3. Discuss main dish salads, mention other types of salads.
4. Discussion of homemade salad dressings.
5. Preparation of salad dressings.
6. Preparation and garnishing of Chef's Salad.
7. Show Molded Tuna Salad and garnish for serving.
8. Workshop on salad making as well as garnishing and serving salad.
 - a. Hot Potato
 - b. All in One
 - c. Fish Macaroni
 - d. Garlic Dressing
 - e. French Dressing
 - f. Mayonnaise
9. Results (show food and sample)
10. Summary of high points of demonstration. Discuss nutritional value of Tuna Salad.
11. Suggested methods of presenting Main Dish salad demonstrations to clubs.
 - a. Follow demonstration method
 - b. Demonstration and workshop
 - c. Demonstration and showing of salads prepared by club members and brought to the meeting

Results showed that all seventeen clubs presented this lesson to their members. A summary of how the project was given follows:

1. How the information was given to club.
 - a. 17 showed by doing
 - b. 14 show completed salad for illustration
 - c. 12 had others assist

2. Total number of days leaders spent in helping with this unit of work - 36.
3. How many did you assist in making Main Dish Salads?
Club Members - 212; Others - 54
4. What kinds of salads did you make and show?

Chef's	17	All in One	8
Molded Tuna	14	Hot Potato	5
Chicken	8	Fruit	3

5. Which salads were the most popular?
Chef's 14 Hot Potato 4
Tuna 12 Fruit 8
6. What kind of salad dressings did you make or show?

Garlic	17	Fruit	4
French	10	Low Calorie	2
Mayonnaise	8		

7. Which of these salad dressings was the most popular? - Garlic

Other foods and nutrition work consisted of assisting people through telephone and office calls, home visits and radio programs. Processing of Arizona speciality foods such as olives, dates, figs, citrus, kumquats, were high on the list. Canning and freezing foodstuffs came in for their share. The Home Agent gave forty-two radio programs on various phases of nutrition and plentiful foods. Information from the Extension Nutritionist has helped here.

The Home Agent judged the foods and canning exhibits at the Coconino County Fair. There were approximately 1000, which was twice as many entries this year over the past.

SPECIAL INTEREST PROJECTS

HEALTH

Mental health was a project selected for a special interest lesson. It was presented by Mrs. Helen Boyle, Mental Health Consultant, Psychiatric Social Worker with the State Division of Mental Health. The purpose of this lesson was to create an awareness of the dynamic areas of mental health for the homemaker as an individual, a wife, a mother, and as a member of the community. It was also to enable the women to distinguish between mental health and mental illness.

Nine project leaders reported giving the lesson to their clubs with the results that it started them thinking more about mental health. The Paradise Valley Club became so interested that they held a special meeting for both men and women. They got a speaker from the Division of Mental Health and also had a film. Mrs. Blanche Herbert and Mrs. Esther Titus were responsible for this. They reported that forty-five people attended.

Health is a factor in all Extension teaching. It is related to all projects of nutrition, clothing, home management, and home furnishings. Some clubs have a special project of helping in the schools and well-baby clinics.

SAFETY

This was another special interest lesson selected by the homemakers. It was given by the Home Agent. Two sessions were held for leaders; one was in Phoenix, and the other at the Liberty Community Hall.

The goal in this lesson was to create an awareness of the hazards in the home and on the highways and to be safety conscious at all times. There were two factors used in the lesson: 1. How Safe is Your Home?; 2. Highway Safety begins at Home.

Nine clubs reported using the lesson, with a total attendance of one hundred and twenty-five. Safety is a problem that all families have, and this was just one attempt to help them to be conscious of everyday habits.

MISCELLANEOUS EVENTS--FAMILY LIFE

Practically all of the Extension Homemaker Clubs have hobby days when they make creative crafts. This varies a great deal with the communities. The Westwood Club has a member, Mrs. Corwin, who does an exceptional job with silk screen printing. She has taught members of her group and the Washington Club how to do it. This is in addition to their regular meetings. Basketry, fiber flowers and ceramics are other worthwhile crafts they have studied.

Most of the groups meet at 10:00 a.m. and have their meeting, which include a pot luck luncheon. This creates good fellowship and friendliness among them. All of the clubs have Christmas parties with programs planned by the members.

NATIONAL HOME DEMONSTRATION WEEK

This week was observed with the annual Rally Day Celebration. Washington Club was hostess for the 17 clubs in the county, with 160 members and guests attending. The morning session was devoted to a short business meeting, at which time Miss Stewart, State Leader, installed the Homemakers County Council officers for 1958-59. Mrs. Juanita Thevenot, President; Mrs. Willard Herrell, Vice President; Mrs. Dorothy Doyle, Secretary-Treasurer, are the new officers. The president of each club gave a short report of their club activities during the year. The Assistant Home Agents reported on 4-H activities, and Home Agent Weigen reported on home economics extension in the county.

At noon a delicious pot luck luncheon was served. After this came a style show, presented by Mrs. Dysart Murphy. Participants were 61 of the 108 women who had completed a dress in the workshop held earlier in the year. Each of the clubs also had educational exhibits of projects they had completed this year.

The climax of the day was the skits presented by the club members. Flowers were used as the theme for all of the skits. Many interesting and original playlets were well received.

Special guests were Miss Jean Stewart, State Leader of Home Economics Extension; Miss Helen Church, Extension Clothing Specialist; and Mrs. Isabell Pace, former Maricopa County Home Agent.

COUNTRY LIFE CONFERENCE

There were twenty-four women from Maricopa County who attended Country Life Conference at the University of Arizona. Four of these were from the Farm Bureau.

Maricopa County was responsible for the Get-Acquainted dinner the first night. Mrs. Ione Brashear of the Alhambra Club was chairman. Her assistants were members of her club and Mrs. Anita Boegeman of the Sunnyslope Club. Six clubs were represented at Country Life Conference.

As usual, it was a well-planned program. Miss Stewart, State Leader, is to be congratulated. The program was a well-balanced one. We were welcomed to the University by Dean Myers, College of Agriculture. We heard panel discussions on schools, learned about the child and his money, new fabrics to be on the market this fall, handicrafts, space requirements for family activities, best buys in meat, and many others.

The theme of the Conference was "Living in Tomorrow's World." Approximately 100 women attended from 12 Arizona counties.

IN-SERVICE TRAINING

The Home Agents' Conference was held on the campus of Arizona State College at Flagstaff. The general purpose of this conference was to make program planning more effective. The background information was presented by Mr. Howard R. Baker, Assistant Director, and Miss Jean Stewart, State Leader. The Agent received more help from the specialists' part on the program. Miss Grace Ryan discussed evaluation of past programs; Miss June Gibbs, the planning of a year-around program; and Miss Helen Church, identifying needs that are common to most families in a community.

Mr. Baker's statement, "If the people want something and if the people need something and extension cannot supply it some other organization will," has a lot of thought in it and should be taken seriously.

All three of the Home Agents participated in this training program.

A one day in-service training session was attended by the Home Agents on methods of presenting the money-management lessons. Miss Grace Ryan, Home Management Specialist, conducted the training. This was a good follow up of the workshop held in May of 1957.

Methods suggested by Miss Ryan were:

1. Spending based on age levels.
2. Budget wheel.
3. Changes in cost of living - dowel graph.
4. Climb to security - audience fills in progressive steps to security.
5. White elephant check sheet.
6. Standards and levels of living.
7. Divide your income - use counters.

A good management summary was given which can be applied to any project being carried out in homemaking activities.

A two-day foods and nutrition in-service workshop was conducted by Miss June Gibbs, Extension Nutritionist, for all home agents in this area.

The first day was devoted to Beef Cookery, which included discussion of meat and its place in the family diet, cuts and quality of beef, different methods of meat cookery, and combination dishes. Cutting a chicken for the broiler was demonstrated. Miss June Gibbs gave pointers on and showed how to wrap products for freezing. Research in the meat industry was also brought out.

The second day was devoted to a review on principles of freezing meats, vegetables, and fruits. The agents participated in the preparation and packaging of the products.

CLOTHING IN-SERVICE TRAINING

The Agent had the opportunity to attend a television workshop for home economists in schools, business, and extension service. Everyone participated in the planning, staging, and presentation of a three-minute show. It was the best experience this Agent has had in this type of mass media.

The Agent also attended a one-week clothing workshop at U.C.L.A. The main objective of this course was to develop judgement of workmanship according to price and content of fibers in garments. To compare factory-made clothing in the medium and low-price range with that of home sewing and to develop factory techniques in home sewing were other objectives. It was a week well spent giving the Agent new ideas of construction and new fiber uses. The contacts with other agents were also beneficial.

The Home Agent attended the National Convention of Home Demonstration Agents held in Chicago this year. This is always an inspiring professional improvement meeting. This year's program was no exception. Outstanding speakers were: Mr. Lynn Surles, Speech Consultant, Milwaukee, Wisconsin--his topic was "Better Personal Communications"; Dr. Marcus Bach, School of Religion, State University of Iowa, spoke on "The Will to Believe." The contacts with agents from other states were very delightful and helpful.

COMMUNITY DEVELOPMENT

Through the joint efforts of Agricultural Agent James Carter and Home Agent Weigen, an informative Cotton Fiber Day at the Cotton Research Center was held during October. The purpose of this day was to acquaint the women with the vastness of the cotton industry and to encourage more uses of cotton. The people attending were members of Extension Homemaker Clubs, their guests; Farm Bureau women; and several members of the Extension staff.

The day got off to a good start with an introductory talk by Mr. Carter, Agricultural Agent in charge of field crops. Mr. Carter described the cotton industry in Arizona, quoting the number of acres in this county, average yields, and costs of operation. Mr. George Pfeiffenberger, Executive Vice President of Plains Cotton Growers, Inc., Lubbock, Texas, started to show a film on cotton from the mill standpoint and what happens in the mill. The film broke down, so quickly he began to improvise by telling and drawing on the blackboard the cotton characters he wanted us to understand.

The audience was then divided into three groups to tour the cotton gin laboratory, the fiber laboratory and view the film, "Cotton--Nature's Wonder Fiber."

After lunch, Miss Helen Church, Clothing Specialist, talked about the various cotton characters and how they affected the cotton cloth quality. She also told of the many finishes applied to cotton material and yarns to make them have more versatile uses. She had many samples of materials showing mercerization, crease resistance, combed cotton, different weaves to produce a varied effect, and many others. Mr. Patrick Maas, interior decorator with a local furniture store, gave information on uses of cotton in the home. This was the showing of different kinds of carpeting, upholstery fabrics, drapery and curtain materials. The new finishes, weaves, and treatment of these fabrics make them very lustrous and expensive looking. With little time left on the day's agenda, Agent Weigen gave a short talk on labeling. In this talk she had several labels from ready-made clothes. She explained what was meant by combed cotton, wrinkle resistant, mercerized, pre shrunk, guaranteed washable, color fast, and vat dyes. She explained what a good label tells you and that labels or hang tags are meant to be informative to the buyer. If the article is handled as suggested by the label, it will very likely wear well.

The Agents felt that the effort to put on an informative program on one of Arizona's biggest sources of income was worthwhile. The questions asked by the audience showed that they were interested.

As a result of this meeting, we were asked to give a shortened version for the Peoria-Glendale Farm Bureau. Mr. Carter and Mrs. Barney accepted the responsibility. The same program was presented to the Washington Farm Bureau by Agricultural Agent Carter and Home Agent Weigen.

The office also was asked to present a program for the State Farm Bureau Meeting. This was a style show by 4-H girls, presented by Assistant Agent Barney.

COOPERATION WITH OTHER AGENCIES

The Home Agent has cooperated with Miss Doris Scott of the Migrant Ministry in working with the migrants in labor camps. Due to lack of facilities, not much was accomplished, except in the clothing field.

The Kyrene District also asked for assistance in teaching women more about sewing techniques that they could use. Since then, one of the women has become a 4-H leader.

The office has also cooperated with the Farm Bureau in the county, of which there are 13 locals.

The Farmer's Home Administration has also asked for some assistance, which was given. Few of their borrowers belong to Extension Homemakers Clubs.

Homemaker clubs cooperate with the State Fair Commission during the State Fair in November. This year the Buckeye, Cashion, Isaac, Laveen, Northview, Sunnyslope, Washington, and Westwood clubs put on demonstrations pertaining to work they had done in their clubs. This included cake making, desserts, Christmas decorations, table decorations, gifts, and many others. Home Economics demonstrations were also put on by some of the 4-H club members.

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

Salad Dressings

Prepared by:

Edna H. Weigen, Home Agent
Betty Jo Barney, Assistant Home Agent

Right Dressing Adds Distinction to the Salad

The kind of dressing that is "right" depends upon what is in the salad and the tastes of your family. A dressing can make or mar a salad. There are only three basic dressings--French, mayonnaise and cooked. If you have these on hand you are prepared for any salad you may want. Dressings contain fat, acid and seasonings.

FAT

Fat is in the form of oil in uncooked dressings, French, and mayonnaise. Olive, corn, peanut, soybean or cottonseed oils may be used in salad dressings. Some cooks like to use a combination--olive oil, for instance, with bland corn oil. In cooked dressings you use less fat; this fat is usually butter or margarine. Sometimes sour cream is used as the fat.

ACID

Vinegar, lemon or other citrus juice, spicy vinegar from sweet pickles, or a combination are the common acids in salad dressings.

SEASONINGS

Seasonings are as unlimited as your imagination. Tarragon, mint, chives, summer savory, basil chervil, are favorite herbs for salads. Use them sparingly. Blend carefully, but use one as the main flavor.

When to Add Dressing

The time to add dressing to salads is the last possible moment before they are served. Dressings high in acid, cause vegetables or fruit to lose their freshness, if left standing in them. Often a choice of dressings is served at the table and each family member helps himself.

Use fruit salad dressings for fruit salads only. A French or mayonnaise dressing is best on a mixed vegetable or meat salad.

How to Care for Dressing

If your family likes salad dressings, make two or more cupfuls at a time. Place in a clean jar, cover, and keep in a cool place. If stored in the refrigerator, put in the less cold part which is usually the lower shelf near the outer wall of the refrigerator. All custard dressings need refrigeration. Discard at once any with an "off" flavor.

THREE BASIC DRESSINGSMAYONNAISE

(Yield about 2 c.)

1 egg or 2 yolks	1 T. vinegar
1/2 t. salt	1 T. Lemon or lime juice
1 t. sugar	1-1/2 to 2 c. oil
1 t. dry mustard (may be omitted)	

1. Combine the dry ingredients -- salt, sugar and mustard.
2. Add egg and beat lightly until the mixture is combined.
3. Add 1 t. oil and beat until oil is mixed with the other ingredients.
4. Add remainder of oil gradually, beating constantly.
5. When all of the oil has been added, the mixture should be thick and smooth. Add lemon juice and vinegar. Beat.

For more tart mayonnaise, add 1/2 T. more of lemon juice or vinegar. If dressing curdles, put about 3/4 t. water into a clean bowl, add 1 t. of the curdled mixture and beat. Then add more of the mixture. Beat and continue to combine until all has been used.

MAYONNAISE VARIATIONS

1. Flavor mayonnaise or cooked dressing with peanut butter.
2. To 1/2 c. stiff mayonnaise or cooked dressing, add:
 - a. For Thousand Island Dressing - 2 T. chili sauce, 1/2 T. chopped onion, 2 T. minced green pepper.
 - b. For Tarter Dressing - 2 T. sweet pickle, 1 t. onion juice, and 1/2 T. finely chopped parsley.
 - c. One 10-1/2 ounce can condensed tomato soup, 1/2 t. dry mustard, 1/2 t. paprika, 1 chopped hard cooked egg, 1/2 c. chopped celery, 1 medium-sized grated carrot, 1 t. minced onion and 2 T. minced pickles.
 - d. 1 T. lime or lemon juice, 1/2 T. minced green pepper, 1/2 T. minced parsley, 1 T. chopped cucumber, 1/2 c. chopped celery, 1 t. minced onion, 1/4 t. salt and 1/4 t. paprika.
 - e. 3 T. Roquefort or cream cheese, 1 t. lime or lemon juice and 1 t. chopped pimiento.
 - f. 1/2 c. finely chopped ripe tomato, 1/2 T. minced onion, 1-1/2 T. minced parsley.
 - g. 2 T. mashed avocado pulp.
 - h. 1 finely chopped hard cooked egg, 1 T. minced pimiento, 1 T. chopped dill pickle.

* * * * *

COOKED SALAD DRESSING
(thickened with flour and eggs)
Yield: 1-1/3 c.

3 T. flour	1/8 t. paprika
1 T. sugar	3/4 c. water
1 t. mustard	1/4 c. vinegar
1/2 t. salt	2 T. butter or margarine
1/8 t. pepper	2 eggs or 4 yolks - beaten

1. Mix dry ingredients.
2. Add water and vinegar to form a smooth paste.
3. Boil 5 minutes, or cook 10 minutes in double boiler.
4. Remove from flame, and pour slowly into eggs, stirring to combine thoroughly.
5. Return to fire and cook until egg thickens, stirring constantly (about 1 minute).

NOTE: The dressing may be thinned with cream or evaporated milk. Lemon or grapefruit juice may be substituted for part or all of vinegar, especially for fruit dressings.

FRUIT SALAD DRESSING
(Yield about 1-1/4 c.)

2 T. flour	2 egg yolks or 1 whole egg
2 T. sugar	1 c. pineapple juice
1/4 t. salt	2 T. citrus juice

1. Mix dry ingredients - flour, sugar, and salt.
2. Mix with fruit juice and cook until thickened.
3. Beat yolks lightly.
4. Add cooked mixture gradually to the yolks.
5. Cook in double boiler until thickened, stir constantly. Beat well.
6. Store in covered jar.

Variations:

1. Add whipped cream or whipped milk.
2. Scald canned milk in the tin, place in the refrigerator and chill. Scalding the milk makes the whipped milk stiffer. When thoroughly chilled, beat with a rotary egg beater. Combine equal parts of cooked dressing and whipped milk.

SALAD VINEGAR

2 cloves garlic
1 T. each of 2 or 3 fresh herbs such as tarragon, chervil, or basil
1 pint cider vinegar

1. Put garlic and herbs into jar or bottle.
2. Fill with vinegar. Let stand in a sunny window or warm place a week or two.
3. Strain. Use a small amount of this vinegar with plain vinegar when making.

ARIZONA VEGETABLE SALAD DRESSING
(Yield about 3 c.)

2 tablespoons each of very finely cut raw

Carrot	2 t. salt
Celery	1/2 t. pepper
Onion	2 c. salad oil
Parsley	1/2 c. vinegar (wine vinegar is best)

Combine ingredients. Stir well before serving. Keeps well in the refrigerator for several days, although it is good at once. Store in covered container.

MILD SALAD DRESSING
(Yield about 1/3 c.)

2 T. lemon juice	1/2 t. salt
4 T. top milk or canned evaporated milk	

Stir lemon juice gradually into the milk and add salt.

POPPY SEED DRESSING

5 T. sugar	1/2 t. onion juice
1/2 t. salt	3 T. lemon juice
1/2 t. dry mustard	1/2 c. salad oil
1/3 t. paprika	1 t. poppy seed

Mix all ingredients except oil and lemon juice. Use slow speed and gradually add oil and lemon juice. Dressing should be thick and translucent. Add poppy seed at the very last. To make a clear salad dressing omit the paprika.

LOW CALORIE FRUIT SALAD DRESSING
(10 calories per tablespoon)

1 minced clove garlic	1 t. sugar
1/4 cup vinegar	1/2 t. salt
1/2 cup orange juice	1/8 t. pepper
1/4 t. paprika	

Let garlic stand in vinegar for 1 hour. Strain. Add rest of ingredients, shake or beat well and chill. Shake before using. Makes 3/4 cup dressing.

LOW CALORIE TOMATO JUICE DRESSING
(25 calories per tablespoon)

1/2 cup tomato juice	1/2 t. dry mustard
2 to 4 T. salad oil	1 t. grated onion
2 T. fresh frozen or canned lemon juice	1-1/2 t. bottled meat sauce

Combine all ingredients. Beat with hand beater or electric mixer until well blended. Makes 1 cup.

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Hearty Salads for Refreshing Meals

Prepared by

Edna H. Weigen, Home Agent
Betty Jo Barney, Assistant Home Agent

Winter, summer, spring, fall -- anytime is salad time! Just the thing for parties, luncheons, and dinners. Fresh fruits and vegetables in supply all year round make this possible. You can make simple salads from a few foods and complicated salads from many foods. The foods available as well as the preference of your family will help you decide the kinds of salads to serve.

Family health and nutrition make it necessary to include fresh fruit and vegetables in the diet daily. Salads have become one of our most popular dishes for the American Family. Variety in textures, color, flavor, and use gives the homemaker enthusiasm that she does not get in preparing any other dish for the family meal.

Select salad greens that follow the four "Cs" of Salad Greens. Today's salads are based on various green leafy vegetables. This is for the attractiveness, nutritional value, and ease in handling.

- CLEAN** - Remove wilted leaves.
Wash thoroughly in cold water.
Remove core from lettuce, run cold water into cavity to separate leaves.
Store in container to keep salad ingredients crisp and cold.
- COLD** - Thoroughly chill all salad ingredients before serving.
Remove from refrigerator just before serving.
Chilled salad plates help keep salads crisp when served.
- CRISP** - Freshen greens in cold water if they are not crisp.
Refrigerate greens in a plastic bag or covered container.
Tear or break salad greens into bite size pieces to keep them fresh and crisp. The use of a knife on most salad greens causes a bruised condition; therefore, the salad greens do not remain attractive and crisp for as long a period of time as it does if torn apart.
Add dressing to salad just before serving.
- COLORFUL** - Dark and light greens add interest to salads.

THINGS TO REMEMBER IN SALAD MAKING

1. Remove as much water from the salad greens as possible. Do not have a "Floating salad."
2. Salads should be neat and clean. Check all greens for undesirable spots, such as rust, bruises, insects and other foreign characteristics to a healthy salad green.
3. Salads should be attractive in appearance. Allow vegetable to take natural appearance where possible.
4. Prevent discoloration of apples, bananas, pears and other fruits by dripping lemon juice over them.
5. The use of a stainless steel knife helps to prevent discoloring of salads.
6. Do not allow salad greens or other ingredients to hang over the edge of the salad plate.
7. Salads must have contrast in color and texture.
8. Experiment with salad recipes by substituting various ingredients.
9. Use pleasing flavor combinations.
10. Remember the salad has a "major role" in the family menu. Plan accordingly.

TYPES OF SALADS

Salads are used in many ways in the everyday life of our American families. It is smart to serve a salad to your favorite bridge club or to any other group you serve refreshments. Salads are a must for the lunch and dinner meal for your family. Salads usually fall into five groups. Each food service calls for its own special salad. Salads are served cold, hot, congealed, crisp, and always in nature's own color and texture.

MAIN DISH SALADS

"ENTERTAIN WITH MAIN DISH SALADS" A main dish salad is the answer to East Entertaining. The main dish salad is a protein-rich dish of the meal or refreshment plate. Using garnishes, fruits, and vegetables any salad can be a work of art. A main dish salad is a great deal like a casserole dish in the number and type of ingredients used, except the fruits and vegetables are sometimes raw.

The main dish salad supplies the qualities of a planned meal in that it has ingredients cold, soft; crisp, moist and sour. Often a balanced meal can be made from a main dish salad, soup, bread, and beverage. This salad is very versatile and well accepted by the average person.

DESSERT SALADS

"KEEP IT LIGHT AND NUTRITIOUS" Often the homemaker is confused over a simple light dessert that is just right for a special dinner. A well planned dessert salad is just the thing for a heavy luncheon or dinner menu. This salad is usually a fruit base that is attractively combined for the most pleasing effect. Lettuce is usually the fresh green used with a dessert salad. Frozen fruit salads are still one of the most popular dessert salads. This salad is usually served with a simple cookie.

SALADS FOR REFRESHMENT PLATES

"MAKE YOUR REFRESH- Salads have a real place in the entertainment world. They are
MENTS REFRESHING" refreshing, can be prepared ahead of time, nutritious, and
usually inexpensive. The type of salad used on the refreshment
plate can be any one of the four preceding types. The dessert type salad is often
used for refreshment plates. However, main dish salads as well as salad accompani-
ments are very good as a refreshing plate of food. Many interesting things can be
done with salads for group entertainments, out-of-door meals, and all social functions.

Learn the true art of salad making and serve them in your home for all occasions. As the homemaker learns more about salad dressings, various food combinations, and new ways of serving them, she can always be a successful hostess at the family table as well as social functions.

SALAD PLATE

"VARIETY FOR Many interesting arrangements can be made by using a variety of
PERSONAL TASTE" vegetables on a plate in their natural shape. This is usually served
from one big salad plate and each person selects his raw vegetables
and places them on the salad plate provided. Or sometimes the hostess has a variety
of vegetable and salad plate with a very small serving of dressing. This plate is
always served with a dinner or luncheon menu.

SALADS AS AN ACCOMPANIMENT TO A FAMILY MEAL

"COOL, CRISP, AND Salads served along with a meal as a course of the meal are
COLORFUL FOR CONTRAST" simple combinations of fruits or vegetables in various forms.
They may range from a simple green tossed lightly with a
dressing to a very ornate congealed combination salad. This salad should be planned
very carefully with the other courses of the meal. A salad usually furnishes
vitamin C and minerals in the meal.

* * * * *

MOLDED TUNA SALAD

2 cans (6½ or 7 oz. each) tuna	3 hard-cooked eggs, chopped
2 tablespoons unflavored gelatin	1/2 cup sliced stuffed olives
1/2 cup cold water	3/4 cup chopped celery
4 chicken bouillon cubes	3/4 cup cooked peas
1½ cups boiling water	Salad greens
1/2 cup mayonnaise or salad dressing	Sliced stuffed olives
	Tomato wedges

Drain tuna. Break into large pieces. Soften gelatin in cold water for 5 minutes. Dissolve bouillon cubes in boiling water; add gelatin and stir until dissolved. Chill until almost congealed. Add mayonnaise, eggs, olives, celery, peas, and tuna. Place in a 1-1/2 quart mold; chill until firm. Unmold on salad greens; garnish with olives and tomatoes. Serves 6.

HEARTY SALADS

- 4 -

CALCULATED NUTRITIVE VALUE OF MOLDED TUNA SALAD

Ingredients	Calories	Protein gm	Fat gm	Ca mg	Fe mg	Vitamins			
						A I.U.	B ₁ mcg	B ₂ mcg	C mg
2 cans Tuna	396	58	16.4	16	2.8	160	100	240	0
2 T. unflavored gelatin	68	17.2	.0	0	0	0	0	0	0
4 chicken bouillon cubes	4	.4	.2	0	0	0	144	0	0
1/2 cup mayonnaise	736	1.8	80.8	16	8	272	24	24	0
3 eggs	231	18.3	16.5	78	3.9	1650	120	390	0
1/2 cup stuffed olives	140	2.0	4.9	100	2.0	380	0	0	0
3/4 c. celery	14	.9	1.5	37.5	.3	0	37.5	30	5
3/4 c. green peas	84	5.7	4.8	27	2.7	862	300	165	0
Salad greens 6 leaves	21	1.8	.3	33	.6	1020	60	120	0
12 ripe olives	84	1.2	8.4	60	1.2	36	0	0	0
1 tomato	40	2.0	.6	22	1.2	2200	120	80	46
<u>Complete recipe</u>	<u>1818</u>	<u>109.3</u>	<u>134.4</u>	<u>656.5</u>	<u>26.3</u>	<u>6580</u>	<u>905.5</u>	<u>1049</u>	<u>51</u>
1 serving (6)	303	18.2	22.4	109	4.4	1096	150.9	175	8.5
Recommended daily allowances for woman	2100	55	—	800	12	5000	1100	1400	70
% of recommended daily intake in one serving of dish	14.4%	33%		13.4%	36%	2%	13%	12%	10%

CHEF'S SALAD

1 small head lettuce	1/2 head cauliflower
2 large tomatoes	1 medium cucumber
1 bunch radishes	1 small onion
1/4 lb. ham, julienne strips	1/4# cheese, julienne strips
salt to season	few leaves spinach

Tear lettuce into inch cubes. Separate cauliflower flowerettes, split large flowerettes. Peel, chill and cut tomatoes into wedges. Peel and slice the cucumber. Chop onion very fine. Tear spinach. Slice radishes or make radish roses. Combine the vegetables. Season with salt. Add Garlic Cream dressing to season. Toss salad lightly. Pile into large salad bowl lined with salad greens.

Note: Leftover cold meats can be substituted in this salad.

ALL-IN-ONE SALAD

Main Dish

2 cups cubed cooked meat (any kind)	2 tablespoons green pepper
1 cup diced celery	1/4 cup French Dressing
2 hard-cooked eggs	Salt and pepper to taste
2 tablespoons chopped pimento	Mayonnaise, if desired
2 tablespoons green onion	Lettuce

Marinate meat in French dressing 15 minutes, drain, and combine with rest of ingredients and place on lettuce leaves. Four servings.

LUNCHEON SALAD

1 cup mayonnaise (or choice of mayonnaise variation)	1/2 cup chopped cucumber
1 No. 1 can whole new potatoes or 2 cups diced baked potatoes	2 tablespoons chopped green pepper
3/4 cup chopped celery	1 small apple, grated
	2-1/2 tablespoons chopped onion
	2 hard cooked eggs - chopped or sliced

Slice potatoes and fold into mayonnaise together with remaining ingredients except eggs. Serve on crisp lettuce, garnish with eggs and chopped parsley. May be served with leftover meat and tomato wedges.

CHICKEN (MEAT OR FISH) SALAD

3 cups cooked chicken (meat or fish) cubed	1/2 cup marinade (French Dressing)
2 to 6 hard-cooked eggs sliced	1/4 cup whipped cream
1/2 cup sweet pickles chopped	Salt to taste
2 cups celery diced	Cooked salad dressing or mayonnaise

Marinate chicken (meat or fish) at least 30 minutes before serving time. Dilute salad dressing with whipped cream to make about 1/2 cup. Toss all ingredients lightly. Serve on salad greens. Garnish with parsley, pimento, green pepper or tomato wedges. Variation: Use this mixture for stuffing tomatoes.

HOT POTATO SALAD

1/2 pound bacon, diced	1/2 teaspoon salt
3-1/2 cups cooked potatoes, cubed	1/4 teaspoon sugar
1 onion chopped	1/2 cup vinegar
	1 beaten egg

Fry bacon. Drain. Mix potatoes and onion. Add other ingredients to drippings. Heat thoroughly. Pour over potato mixture. Mix well.

Variation: Add diced frankfurters or cold cuts to the potato mixture.

FISH MACARONI SALAD

2 cups elbow macaroni	4 - 6 tomatoes
4 cups boiling water	French dressing
1/2 teaspoon salt	Salad dressing
7 oz. can tuna fish or salmon (solid pack preferred)	Fresh herbs
1 medium cucumber, chunked	Salad greens
3 - 6 hard-cooked eggs, sliced	Salt and pepper
2 carrots, shredded (optional)	

Heat the water to boiling, add the salt and macaroni. Boil 16 minutes or until macaroni is tender but not mushy. Watch macaroni as it cooks as this is just enough water for it to be nearly absorbed when the macaroni is done (excess water in macaroni reduces the flavor.) Rinse macaroni with cold water to remove excess starch. Drain. Marinate macaroni in French dressing for 30 minutes or longer.

Combine all other ingredients with macaroni, moisten with your favorite salad dressing and season to taste. The carrots, tomatoes, salad greens, and some of the eggs may be used as garnish.

SHRIMP SUPPER MOLD

2 envelopes unflavored gelatin	1-1/2 cups shrimp (fresh or canned)
1/4 cup cold water	1/2 cup mayonnaise
3 cups tomato juice	1/2 cup chopped celery
1 teaspoon salt	1/4 cup chopped green pepper
1 teaspoon onion juice	
1/4 cup vinegar	

Soften gelatin in cold water. Place tomato juice, salt, onion juice, and vinegar in saucepan and bring to boil. Remove from heat; add softened gelatin, stir until dissolved. Chill until slightly thickened.

Place 3/4 cup thickened mixture in loaf pan. Arrange eight whole shrimp in this layer. Chill thoroughly.

Blend remaining mixture and mayonnaise with rotary beater. Fold in celery, green pepper, and shrimp, and fill mold. Chill until firm. Unmold on crisp salad greens. Serve with Herb mayonnaise. Makes 8 servings.

FISH MACARONI SALAD

2 cups elbow macaroni	4 - 6 tomatoes
4 cups boiling water	French dressing
1/2 teaspoon salt	Salad dressing
7 oz. can tuna fish or salmon (solid pack preferred)	Fresh herbs
1 medium cucumber, chunked	Salad greens
3 - 6 hard-cooked eggs, sliced	Salt and pepper
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