

University of Nevada
Agricultural Extension Division

CECIL W. CREEL, Director



ANNUAL REPORT

FOR

EUREKA, LANDER, AND WHITE PINE COUNTIES

RHANDENA ARMSTRONG, District Extension Agent

1930

AC 0089/1/38

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

U. S. Department of Agriculture
and State Agricultural Colleges
Cooperating

Extension Service,
Office of Cooperative Extension Work
Washington, D. C.

ANNUAL REPORT OF COUNTY EXTENSION WORKERS

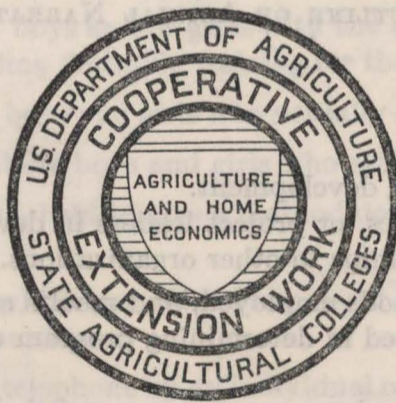
Revised July 7, 1930

This report form is to be used by county extension agents, such as county agricultural agent, home demonstration agent, club agent, and negro agent, reporting on their respective lines of work.

State Nevada County East Central District
Report of Rhandena A. Armstrong County District Extension Agent
(Name) (Title)
From November 1, 1930 to October 26, 1930, 1930

If agent has not been employed entire year, indicate exact period. Agents resigning during the year should make out this report before quitting the service.

READ DEFINITIONS, PAGE 3



Approved:

Date _____

State or District Supervisor.

Date _____

State Extension Director.

AC0089/1/38

SUGGESTIONS RELATIVE TO THE PREPARATION OF THE COUNTY EXTENSION AGENT'S ANNUAL REPORT

The annual report should be a summary, with analysis and interpretations, for presentation to the people of the county, the State, and the Nation of the extension activities in each county for the year and the results obtained by the county extension agent, assisted by the subject-matter specialists. The making of such a report is of great value to the county extension agent and the people of the county in showing the progress made during the year as a basis for future plans. It is of vital concern also to the State and Nation as a measure of rural progress and a basis for intelligent legislation and financial support of extension work.

Separate statistical and narrative reports are desired from each leader of a line of work, such as county agricultural agent, home demonstration agent, boys' and girls' club agent, and negro agent, regardless of title. Where an assistant agent has been employed a part or all of the year, a report on his or her work should be included with the report of the leader of that line of work. Where an agent in charge of a line of work has quit the service during the year, the information contained in his or her report should be incorporated in the annual report of the agent on duty at the close of the report year, and the latter report so marked. Where two or more agents are employed in a county, each a leader of a line of work, statistics should not be duplicated.

At least four copies of the annual report should be made: One copy for the county officials, one copy for the agent's files, one copy for the State extension office, and one copy for the Extension Service, United States Department of Agriculture. *The report to the Washington office should be sent through the State extension office.*

NARRATIVE SUMMARY

The narrative report should summarize and interpret the outstanding results accomplished and the extension methods used, under appropriate subheadings, for each project. Every statement should be clear-cut, concise, forceful, and, where possible, reenforced with necessary data from the statistical summary. Use an interesting style of writing, giving major accomplishments first under each project. Give extension methods fully relating to outstanding results only, and where practicable illustrate with photographs, maps, diagrams, blue prints, or copies of charts and other forms used. Full credit should be given to all cooperating agencies. The lines should be single-spaced, with double space between the paragraphs, and reasonably good margins. The pages should be numbered in consecutive order.

The following outline is suggestive of how the narrative report may be clearly and systematically presented. Each agent should adapt the outline to the situation and the work to be reported.

SUGGESTIVE OUTLINE OF ANNUAL NARRATIVE REPORT

- I. Cover and title page.
- II. Table of contents.
- III. Status of county extension organization.
 - (1) Form of organization—changes and development.
 - (2) Function of local people, committees, or project leaders in developing the program of work.
 - (3) General policies, including relationships to other organizations.
- IV. Program of work; listing goals set up, methods employed, and results achieved.
 - (1) Factors considered and methods used in determining program of work.
 - (2) Project activities and results.

<ol style="list-style-type: none"> (a) Cereals. (b) Legumes and forage crops. (c) Potatoes, Irish. (d) Cotton. (e) Tobacco and other special crops. (f) Home gardens and home beautification. (g) Market garden and truck crops. (h) Fruits. (i) Forestry. (j) Rodents and miscellaneous insects. (k) Agricultural engineering and home engineering. (l) Poultry. 	<ol style="list-style-type: none"> (m) Dairy. (n) Other livestock. (o) Farm management. (p) Marketing, farm and home. (q) Foods and nutrition. (r) Child training and care. (s) Clothing. (t) Home management. (u) Home furnishings. (v) Home health and sanitation. (w) Community activities. (x) Miscellaneous.
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- V. Outlook and recommendations, including suggestive program of work for next year.
- VI. Summary of activities and accomplishments, preferably of one or two typewritten pages only, placed at the beginning or end of the narrative report.

STATISTICAL SUMMARY

To supplement the narrative part of the report, and in order that comparable State and National summaries may be made, it is necessary to include a statistical summary of the work in each county. The following form has been prepared to insure uniformity of reporting:

DEFINITIONS OF TERMS USED IN THIS REPORT

1. A program of work is a statement of the specific lines of extension work to be undertaken by the extension agent during a year or a period of years.
2. A plan of work is a definite outline of procedure for carrying out the different phases of the program of work. Such a plan provides specifically for the means to be used and the methods of using them. It also shows what, how much, when, and where the work is to be done.
3. A community is a more or less well-defined group of rural people with common interests and problems. Such a group may include those within a township, trade area, or similar limits. For the purpose of this report a community is one of the several units into which a county is divided for conducting organized extension work.
4. A project leader, local leader, or committeeman is a person who, because of special interest and fitness, is selected to serve as a leader in advancing some phase of the local extension program. A project leader may be either an organization or a subject-matter leader.
5. Demonstrations as contemplated in this report are of two kinds—method demonstrations and result demonstrations.

A method demonstration is a demonstration given by an extension worker or other trained leader for the purpose of showing how to carry out a practice. Examples: Demonstrations of how to can fruits and vegetables, mix spray materials, and cull poultry.

A result demonstration is a demonstration conducted by a farmer, home maker, boy, or girl under the direct supervision of the extension worker, to show locally the value of a recommended practice. Such a demonstration involves a substantial period of time and records of results and comparisons, and is designed to teach others in addition to the person conducting the demonstration. Examples: Demonstrating that the application of fertilizer to cotton will result in more profitable yields, that underweight of certain children can be corrected through proper diet, or that the use of certified seed in growing potatoes is a good investment.

The adoption of a farm or home practice resulting from a demonstration or other teaching activity employed by the extension worker as a means of teaching is not in itself a demonstration.
6. A result demonstrator is an adult, boy, or girl who conducts a result demonstration as defined above.
7. A cooperator is a farmer or home maker who agrees to adopt certain recommended practices upon the solicitation of an extension worker. The work is not directly supervised by the extension agent and records are not required, but reports on the success of the practices may be obtained.
8. A 4-H Club is an organized group of boys and/or girls with the objectives of demonstrating improved practices in agriculture or home economics, and of providing desirable training for the members.
9. 4-H Club members enrolled are those boys and girls who actually start the work outlined for the year.
10. 4-H Club members completing are those boys and girls who satisfactorily finish the work outlined for the year.
11. A demonstration meeting is a meeting held to give a method demonstration or to start, inspect, or further a result demonstration.
12. A training meeting is a meeting at which project leaders, local leaders, or committeemen are trained to carry on extension activities in their respective communities.
13. An office call is a call in person or by telephone by an individual or group seeking agricultural or home-economics information, as a result of which some definite assistance or information is given.
14. A farm or home visit is a call by the agent at a farm or home at which some definite information relating to extension work is given or obtained.
15. Days in office should include time spent by the county extension agent in his office, extension conferences, and any other work directly related to office administration.
16. Days in field should include all days spent on official duty other than those spent in office.
17. Letters written should include all original letters on official business. (Duplicated letters should not be included.)
18. An extension school is a school usually of two to six days' duration, arranged by the extension service, where practical instruction is given to persons not resident at the college. An extension short course differs from an extension school in that it is usually held at the college or other educational institution and usually for a longer period of time.
19. Records consist of definite information on file in the county office that will enable the agent to verify the data on extension work included in this report.

GENERAL ACTIVITIES

Report Only This Year's Activities and Results that can be Verified

1. List below the names, titles, and periods of service of the county extension agents whose work is included in this report.

Rhandana A. Armstrong District Ex. Agent 11 months 25 days
(Name) (Title) (Months of service this year)

2. County extension organization or association.

(a) Name White Pine, Eureka and Lander County Farm Bureaus. 2

(b) Number of members: (1) Men 52, (2) Women 4

3. Number of communities in county where extension work should be conducted 20 3

4. Number of above communities in which the extension program has been cooperatively worked out by extension agents and local committees 14 4

5. Number of different voluntary county or community local leaders or committeemen actively engaged in forwarding the extension program. 5

(a) Adult work: (1) Men NA, (2) Women 45

(b) 4-H Club work: (1) Men NA, (2) Women 27

(c) Keep Growing (2) Women 14: (3) Older club boys NA, (4) Older club girls 0

6. Number of clubs or other groups organized to carry on adult home demonstration work 12 6

7. Members in above clubs or groups 159 7

8. Number of 4-H Clubs 17 8

9. Number of different 4-H Club members enrolled: (a) Boys NA, (b) Girls 120 9

10. Number of different 4-H Club members completing: (a) Boys NA, (b) Girls NA 10

11. Number of members now enrolled in 4-H Club work for:

(a) Boys NA 11
(b) Girls 63 31 10 6 8 2 11

Age	10	11	12	13	14	15	16	17	18	19	20
Boys	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Girls	34	19	18	16	12	9	5	6	1	NA	NA

¹ Report the total number of different boys or girls enrolled in club work. This total should equal the sum of the project enrollments reported on pages 8 to 24, less any duplications due to the same boy or girl carrying on two or more subject-matter lines of work.

GENERAL ACTIVITIES—Continued

Report Only This Year's Extension Activities and Results that can be Verified

13. Number of 4-H Club members in school 120 Out of school 0 13

14. Number of 4-H Club teams trained: (a) Judging 0, (b) Demonstration 4 14

15. Number of groups organized for extension work with rural young people above the 4-H Club age 0 15

16. Members in above groups: (a) Young men 0, (b) Young women 0 16

17. Total number of farm visits² made in conducting extension work NA 17

18. Number of different farms visited NA 18

19. Total number of home visits² made in conducting extension work 721 19

20. Number of different homes visited 329 20

21. Number of calls relating to extension work: (a) Office 97, (b) Telephone 25 21

22. Number of days agent spent in office 97 22

23. Number of days agent spent in field 190 23

24. Number of news articles or stories published³ 70 24

25. Number of individual letters written 590 25

26. Number of different circular letters prepared (not total copies mailed) 70 26

27. Number of bulletins distributed 501 27

28. Number of radio talks made 0 28

29. Number of events at which extension exhibits were shown 0 29

30. Training meetings held for local leaders or committeemen: (a) Adult work: (1) Number 4, (2) Total men leaders attending NA, (3) Total women leaders attending 25; (b) 4-H Club: (1) Number 0, (2) Total leaders attending 0 30

31. Method demonstration meetings held (do not include meetings reported under No. 30): (a) Number 184, (b) Total attendance 2065 31

32. Meetings held at result demonstrations: (a) Number 48, (b) Total attendance 1422 32

33. Tours conducted: (a) Number 0, (b) Total attendance 0 33

34. Achievement days held: (a) Adult work: (1) Number 1, (2) Total attendance 75; (b) 4-H Club: (1) Number 2, (2) Total attendance 160 34

² List as farm or home visit according to principal purpose of visit.

³ Include county and State press, agricultural journals, and home magazines. Do not count items relating to notices of meetings only.

GENERAL ACTIVITIES—Continued

Report Only This Year's Extension Activities and Results that can be Verified

	(1) Number.....	0	
35. Encampments held	(a) Farm women (2) Total members attending.....	0	35
	(3) Total others attending.....	0	
	(1) Number.....	1	
(b) 4-H Club	(2) Total boys attending.....	NA	36
	(3) Total girls attending.....	15	
36. Other meetings of an extension nature participated in and not previously reported	(4) Total others attending.....	4	36
	(a) Number.....	50	
37. Meetings held by local leaders or committeemen not participated in by agent and not reported elsewhere	(b) Total attendance.....	3052	37
	(a) Adult work (1) Number.....	0	
	(2) Total attendance.....	0	
	(b) 4-H Club (1) Number.....	6	
	(2) Total attendance.....	35	

8-5146

PROGRAM SUMMARY

List below information on each subdivision of the program of work. Include under each heading all of the work done with men, women, boys, and girls. If an assistant agent has been employed include his or her time with that of the agent. This page should not be filled out until the questions on the following pages have been answered. Estimate where records are not available.

Line of work	Number of communities or other units participating (a)	Number of leaders or committeemen assisting (b)	Days specialists helped with line of work (c)	Days agent devoted to line of work (d)	Number of meetings held in relation to line of work (e)	Number of news stories published (f)	Number of circular letters issued (g)	Number of farm or home visits made (h)	Number of office calls received (i)	
38. Cereals (page 8)	NA	NA	NA	NA	NA	NA	NA	NA	NA	38
39. Legumes and forage crops (pages 9, 10)	NA	NA	NA	NA	NA	NA	NA	NA	NA	39
40. Potatoes, Irish (page 11)	NA	NA	NA	NA	NA	NA	NA	NA	NA	40
41. Cotton (page 11)	NA	NA	NA	NA	NA	NA	NA	NA	NA	41
42. Tobacco and other special crops (page 11)	NA	NA	NA	NA	NA	NA	NA	NA	NA	42
43. Home gardens and home beautification (page 12)	9	11	10	25	8	9	4	142	12	43
44. Market garden and truck crops (page 12)	NA	NA	NA	NA	NA	NA	NA	NA	NA	44
45. Fruits (page 12)	NA	NA	NA	NA	NA	NA	NA	NA	NA	45
46. Forestry (page 13)	NA	NA	NA	NA	NA	NA	NA	NA	NA	46
47. Rodents and miscellaneous insects (page 13)	NA	NA	NA	NA	NA	NA	NA	NA	NA	47
48. Agricultural engineering and home engineering (page 14)	NA	NA	NA	NA	NA	NA	NA	NA	NA	48
49. Poultry (page 15)	NA	NA	NA	NA	NA	NA	NA	NA	NA	49
50. Dairy (page 15)	NA	NA	NA	NA	NA	NA	NA	NA	NA	50
51. Other livestock (page 15)	NA	NA	NA	NA	NA	NA	NA	NA	NA	51
52. Farm management (page 16)	NA	NA	NA	NA	NA	NA	NA	NA	NA	52
53. Marketing—farm and home (page 17)	NA	NA	NA	NA	NA	NA	NA	NA	NA	53
54. Foods and nutrition (page 18)	17	35	7	67	113	5	23	113	10	54
55. Child training and care (page 19)	3	0	0	1	0	0	0	5	0	55
56. Clothing (page 20)	19	32	0	75	90	8	13	180	20	56
57. Home management (page 21)	4	1	1	14	3	5	4	30	0	57
58. House furnishings (page 22)	13	19	5	27	35	2	12	40	9	58
59. Home health and sanitation (page 23)	10	13	2	8	8	1	0	100	0	59
60. Community activities (page 24)	1	0	2	6	2	0	1	20	6	60
61. Miscellaneous (page 24)	8	8	0	12	10	2	5	5	3	61
62. Building extension program of work ¹	0	0	3	8	0	0	0	0	0	62
63. Organization—extension association and committee ²	5	5	7	30	10	2	8	86	37	63
Health Survey Reports & Misc.	19	42	0	15	0	36	0	0	0	

¹ Under "building the extension program" include all work incident to the collection of economic and social data as a basis for determining programs, the conducting of program surveys, and the outlining of county, district, and community programs. Do not include work related to the execution of programs, as this should be reported under the projects above.

² Under "organization" include all work incident to maintaining extension associations, agricultural councils, home demonstration councils, advisory committees, project committees, community committees, and the like not reported under building the extension program.

CEREALS¹

Report Only This Year's Extension Activities that are Supported by Records

Item	(a) Corn	(b) Wheat	(c) Oats	(d) Rye	(e) Barley	(f) Other ²	
64. Number of method demonstration meetings held.....							64
65. Number of adult result demonstrations completed or carried into the next year.....							65
66. Total number of acres included in adult result demonstrations.....							66
67. Average increased yield per acre on adult result demonstrations due to recommended practices.....	bu.	bu.	bu.	bu.	bu.	bu.	67
68. Number of 4-H Club members enrolled.....							68
69. Number of 4-H Club members completing.....							69
70. Number of acres grown by club members completing.....							70
71. Total yields of cereals grown by club members completing.....	bu.	bu.	bu.	bu.	bu.	bu.	71
(Use space below for State questions not listed above)							

¹ Report fall-sown crops the year they are harvested.
² Indicate crop by name.

LEGUMES AND FORAGE CROPS

Report Only This Year's Extension Activities that are Supported by Records

Item	(a) Alfalfa	(b) Sweet clover	(c) Clover (red, alsike, white)	(d) Vetch	(e) Lespedeza	(f) Pastures	
72. Number of method demonstration meetings held.....							72
73. Number of adult result demonstrations completed or carried into the next year.....							73
74. Total number of acres included in adult result demonstrations.....							74
75. Average increased yield per acre on adult result demonstrations due to recommended practices ¹	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ xxxxxx xxxxxx	75
76. Number of 4-H Club members enrolled.....							76
77. Number of 4-H Club members completing.....							77
78. Number of acres grown by club members completing.....							78
79. Total yield of crops grown by club members completing ¹	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ xxxxxx xxxxxx	79
(Use space below for State questions not listed above)							

¹ Indicate whether yield is bushels of seed or tons of cured forage.

LEGUMES AND FORAGE CROPS—Continued

Report Only This Year's Extension Activities that are Supported by Records

Table with 7 columns: Item, (g) Soy beans, (h) Cowpeas, (i) Velvet-beans, (j) Field beans, (k) Peanuts, (m) Other 1. Rows 72-79 list extension activities and yields.

1 Indicate crop by name.

2 Indicate whether yield is bushels of seed or tons of cured forage.

POTATOES, COTTON, TOBACCO, AND OTHER SPECIAL CROPS

Report Only This Year's Extension Activities that are Supported by Records

Table with 6 columns: Item, (a) Irish potatoes, (b) Sweet potatoes, (c) Cotton, (d) Tobacco, (e) Other 1. Rows 80-87 list extension activities and yields.

1 Indicate crop by name.

2 Report yield of cotton in pounds of seed cotton.

FRUITS, VEGETABLES, AND BEAUTIFICATION OF HOME GROUNDS

Report Only This Year's Extension Activities that are Supported by Records

Item	(a) Home gardens	(b) Market gardening, truck, and canning crops	(c) Beautification of home grounds	(d) Tree fruits	(e) Bush and small fruits	(f) Grapes	
88. Number of method demonstration meetings held.....	2	0	2	0	0	0	88
89. Number of adult result demonstrations completed or carried into the next year.....	19	0	7	0	0	0	89
90. Total number of acres included in adult result demonstrations.....	x x x x x	0	x x x x x	0	0	0	90
91. Average increased yield per acre on adult result demonstrations due to recommended practices.....	x x x x x	0 bu.	x x x x x	0 bu.	0 qts.	0 lbs.	91
92. Number of 4-H Club members enrolled.....	(1) Boys.....	0	0	0	0	0	92
	(2) Girls.....	0	0	0	0	0	
93. Number of 4-H Club members completing.....	(1) Boys.....	0	0	0	0	0	93
	(2) Girls.....	0	0	0	0	0	
94. Number of acres grown by club members completing..... (Use space below for State questions not listed above)			x x x x x				94
a. <u>3 garden result demonstration meetings.</u>							
b. <u>persons testing new varieties of vegetables--16.</u>							
c. <u>persons installing hot beds--2.</u>							
d. <u>persons improving vegetable gardens in at least one respect--45.</u>							
e. <u>trees, shrubs and vines planted--264.</u>							
f. <u>lawns started--21.</u>							
g. <u>grounds planned to scale--7.</u>							
h. <u>grounds planned to scale started--7.</u>							
<u>No. families installing trellis, bird bath or lily pond--3.</u>							

FORESTRY

Report Only This Year's Extension Activities that are Supported by Records

95. Number of method demonstration meetings held.....							95
96. Number of adult result demonstrations completed or carried into the next year.....							96
97. Number of 4-H Club members enrolled.....	(a) Boys.....						97
	(b) Girls.....						
98. Number of 4-H Club members completing.....	(a) Boys.....						98
	(b) Girls.....						
99. Number of transplant beds cared for by club members completing.....							99
100. Number of acres farm wood lot managed by club members completing.....							100
101. Number of new forest or farm woodland areas planted according to recommendations.....							101
102. Acres involved in preceding question.....							102
103. Number of farms assisted in forest or wood-lot management.....							103
104. Acres involved in preceding question.....							104
105. Number of farms planting windbreaks according to recommendations.....							105
106. Number of farms following recommendations as to control of white-pine blister rust.....							106
107. Number of farms assisted in other ways relative to forestry (specify below)..... (Use space below for State questions not listed above)							107
RODENTS, OTHER ANIMAL PESTS, AND MISCELLANEOUS INSECTS							
Report Only This Year's Extension Activities that are Supported by Records							
(Do not include work reported under "Crop" and "Livestock" headings)							
Item	(a) Rodents	(b) Other animal pests	(c) Insects				
108. Number of method demonstration meetings held.....							108
109. Number of result demonstrations completed or carried into the next year.....							109
110. Pounds of poison used.....							110

AGRICULTURAL AND HOME ENGINEERING

Report Only This Year's Extension Activities that are Supported by Records

111. Number of method demonstration meetings held..... 111

112. Number of adult result demonstrations completed or carried into the next year..... 112

113. Number of 4-H Club members enrolled..... 113
 (a) Boys.....
 (b) Girls.....

114. Number of 4-H Club members completing..... 114
 (a) Boys.....
 (b) Girls.....

115. Number of farms following recommendations in installing drainage systems..... 115

116. Acres drained by such systems..... 116

117. Number of farms following recommendations in installing irrigation systems..... 117

118. Acres irrigated by such systems..... 118

119. Number of farms building terraces and soil-saving dams to control erosion according to recommendations..... 119

120. Acres on which soil erosion was so prevented..... 120

121. Number of farms clearing land of stumps or boulders according to recommended methods..... 121

122. Number of families assisted with house-planning problems..... 122

123. Number of dwellings constructed according to plans furnished..... 123

124. Number of dwellings remodeled according to plans furnished..... 124

125. Number of sewage-disposal systems installed according to recommendations..... 125

126. Number of water systems installed according to recommendations..... 126

127. Number of heating systems installed according to recommendations..... 127

128. Number of lighting systems installed according to recommendations..... 128

129. Number of farms on which buildings other than dwellings were constructed or remodeled this year according to plans furnished..... 129

130. Number of buildings involved in preceding question..... 130
 (a) Dairy barns.....
 (b) Hog houses.....
 (c) Poultry houses.....
 (d) Silos.....
 (e) Other.....

(Use space below for State questions not listed above)

POULTRY, DAIRY CATTLE, BEEF CATTLE, SHEEP, SWINE, AND HORSES

Report Only This Year's Extension Activities that are Supported by Records

Item	(a)	(b)	(c)	(d)	(e)	(f)
	Poultry	Dairy cattle	Beef cattle	Sheep	Swine	Horses and mules
131. Number of method demonstration meetings held.....						131
132. Number of adult result demonstrations completed or carried into the next year.....						132
133. Number of animals involved in these completed adult result demonstrations.....						133
134. Total profit or saving on adult result demonstrations completed.....						134
135. Number of 4-H Club members enrolled.....						135
						(1) Boys.....
						(2) Girls.....
136. Number of 4-H Club members completing.....						136
						(1) Boys.....
						(2) Girls.....
137. Number of animals involved in 4-H Club work completed.....						137
138. Number of farms assisted in obtaining purebred sires.....						138
139. Number of farms assisted in obtaining high-grade or purebred females.....						139
140. Number of bull, boar, ram, or stallion circles or clubs organized.....						140
141. Number of members in preceding circles or clubs.....						141
142. Number of herd or flock improvement associations organized or reorganized.....						142
143. Number of members in these associations.....						143
144. Number of farms not in associations keeping performance records of animals.....						144
(Use space below for State questions not listed above)						

FOODS AND NUTRITION

Report Only This Year's Extension Activities that are Supported by Records

184. Number of method demonstration meetings held.....	87	184
185. Number of adult result demonstrations completed or carried into the next year.....	5	185
	Food selection and preparation	Food preservation
	(a)	(b)
186. Number of 4-H Club members enrolled.....	(1) Girls 16	0
	(2) Boys 0	0
187. Number of 4-H Club members completing.....	(1) Girls 13	0
	(2) Boys NA	NA
188. Number of homes assisted in planning family food budget for a year.....	5	188
189. Number of homes budgeting food expenditures for a year.....	5	189
190. Number of homes balancing family meals for a year.....	0	190
191. Number of homes improving home-packed lunches according to recommendations.....	7	191
192. Number of schools following recommendations for a hot dish or school lunch.....	2	192
193. Number of children involved in preceding question.....	25	193
194. Number of homes using improved methods in child feeding.....	115	194
195. Number of individuals adopting recommendations for corrective feeding (such as weight control, anemia, pellagra, and constipation).....	0	195
196. Number of jars of canned products preserved by 4-H Club members.....	25	196

(Use space below for State questions not listed above)

Ten Keep Growing demonstrations 1929-30. Twelve started 1930-31.

1928-29 enrollments, Eureka Co. 116, Lander Co. 60, White Pine Co. 156.

1929-30 enrollments, Eureka Co. 132, Lander Co. 75, White Pine Co. 137.

Results: Normals increased, White Pine County, -4.%. Eureka +8%, Lander +13.%

Dangerously underweight decreased, +2.%. " +8%, " -13.%

% in the safe zone, 64.%. " 68.%, " 68.%

% Dangerously underweight, 18.%. " 18.%, " 21.%

CHILD TRAINING AND CARE

Report Only This Year's Extension Activities that are Supported by Records

197. Number of method demonstration meetings held.....	0	197
198. Number of result demonstrations completed or carried into the next year.....	0	198
199. Number of groups devoting major part of program to child training and care.....	0	199
200. Membership in these groups.....	0	200
201. Number of 4-H Club members enrolled.....	(a) Boys NA	} 201
	(b) Girls 0	
202. Number of 4-H Club members completing.....	(a) Boys NA	} 202
	(b) Girls 0	
203. Number of homes improving habits of school children (other than reported under "Foods and Nutrition" and "Home Health and Sanitation").....	3	203
204. Number of homes substituting positive methods of discipline for negative ones.....	0	204
205. Number of homes providing recommended play equipment.....	0	205
206. Number of homes making recommended physical adjustments to better meet children's needs.....	0	206
207. Number of homes adopting better adult habits with respect to development of children.....	0	207

(Use space below for State questions not listed above)

No. 203. Results from home visits.

CLOTHING

Report Only This Year's Extension Activities that are Supported by Records

208. Number of method demonstration meetings held.....	68	208
209. Number of adult result demonstrations completed or carried into the next year.....	0	209
210. Number of 4-H Club members enrolled.....	(a) Girls..... 104 (b) Boys..... NA	210
211. Number of 4-H Club members completing.....	(a) Girls..... 75 (b) Boys..... NA	211
212. Number of individuals following recommendations in improving construction of clothing.....	(a) Women..... 71 (b) Girls..... 58	212
213. Number of individuals using a clothing budget.....	(a) Women..... 0 (b) Girls..... 0 (c) Boys..... 0	213
214. Number of individuals making garments for themselves.....	(a) Women..... 0 (b) Girls..... 58	214
215. Number of individuals improving children's clothing according to recommendations.....	(a) Women..... 1 (b) Girls..... 58	215
216. Number of individuals following recommendations in improving care, renovation, and remodeling of clothing.....	(a) Women..... 18 (b) Girls..... 54	216

(Use space below for State questions not listed above)

Nine adult communities. Twenty additional meetings with clubs and three picnic clubs. 4-H Clubs 101 members, 104 projects. Members completed, projects completed White Pine Co. 62 enrollments, Eureka Co. 23 enrollments, Lander Co 6 enrollments, Nye Co. 11 enrollments. Those making clothing accessories, 7 girls and 4 women made 30 purses. 5 used decorative stitches on clothing.

HOME MANAGEMENT

Report Only This Year's Extension Activities that are Supported by Records

217. Number of method demonstration meetings held.....	2	217
218. Number of adult result demonstrations completed or carried into the next year.....	4	218
219. Number of 4-H Club members enrolled.....	(a) Girls..... 0 (b) Boys..... 0	219
220. Number of 4-H Club members completing.....	(a) Girls..... 0 (b) Boys..... 0	220
221. Number of homes keeping home accounts according to a recommended plan.....	4	221
222. Number of homes budgeting expenditures in relation to income according to a recommended plan.....	4	222
223. Number of homes following recommended methods in buying for the home.....	0	223
224. Number of women following a recommended schedule for home activities.....	0	224
225. Number of kitchens rearranged for convenience according to recommendations.....	1	225
226. Number of homes following recommendations in obtaining labor-saving equipment.....	6	226
227. Number of homes adopting recommended laundering methods.....	0	227
228. Number of homes adopting recommended methods in care of house.....	0	228
229. Number of homes assisted in an analysis of their home conditions with reference to a standard of living.....	0	229
230. Number of homes assisted in making adjustments in home making to gain a more satisfactory standard of living.....	0	230

(Use space below for State questions not listed above)

Three meetings on budgets.

COMMUNITY ACTIVITIES
Report Only This Year's Extension Activities

253. Number of communities surveyed or scored.....	0	253
254. Number of clubhouses, permanent camps, etc., built.....	0	254
255. Number of community rest rooms established.....	0	255
256. Number of community or county-wide pageants or plays presented.....	0	256
257. Number of communities developing recreation according to recommendations.....	0	257
258. Number of communities assisted in improving hygienic practices.....	0	258
259. Number of school or other community grounds landscaped in accordance with plans furnished.....	0	259
260. Number of 4-H Clubs engaging in community activities such as landscaping school grounds, conducting a local fair, etc.....	0	260
261. Total number of different communities assisted in connection with the community work reported on this page.....	0	261

(Use space below for State questions not listed above)

White Pine County Junior Fair was given for all boys and girls from 7 to 17 years of age. Five White Pine girls made exhibits.

BEEES, WEEDS, HANDICRAFT, AND MISCELLANEOUS

Under This Heading Report Other Lines of Work not Included in the Preceding Pages, Such as Bees, Weeds, Handicraft, and Similar Work, i. e., any Other Information that can be Reported Statistically and that Will Help to Give a Complete Account of the Year's Work

Item	(a) Bees	(b) Weeds	(c) Handicraft	(d) ¹ Community project	(e) ¹ Rug	
262. Number of method demonstration meetings held.....			10	0		262
263. Number of adult result demonstrations completed or carried into next year.....			6	1		263
264. Number of 4-H Club members enrolled.....	(1) Boys.....		0	5 hooked in pillows completed.		} 264
	(2) Girls.....		0	0		
265. Number of 4-H Club members completing.....	(1) Boys.....		0	0		} 265
	(2) Girls.....		0	0		

¹ Indicate project by name.

UNIVERSITY OF NEVADA
AGRICULTURAL EXTENSION DIVISION
C. W. CREEL, DIRECTOR

EAST CENTRAL DISTRICT

ANNUAL REPORT

November 1, 1929 to November 1, 1930

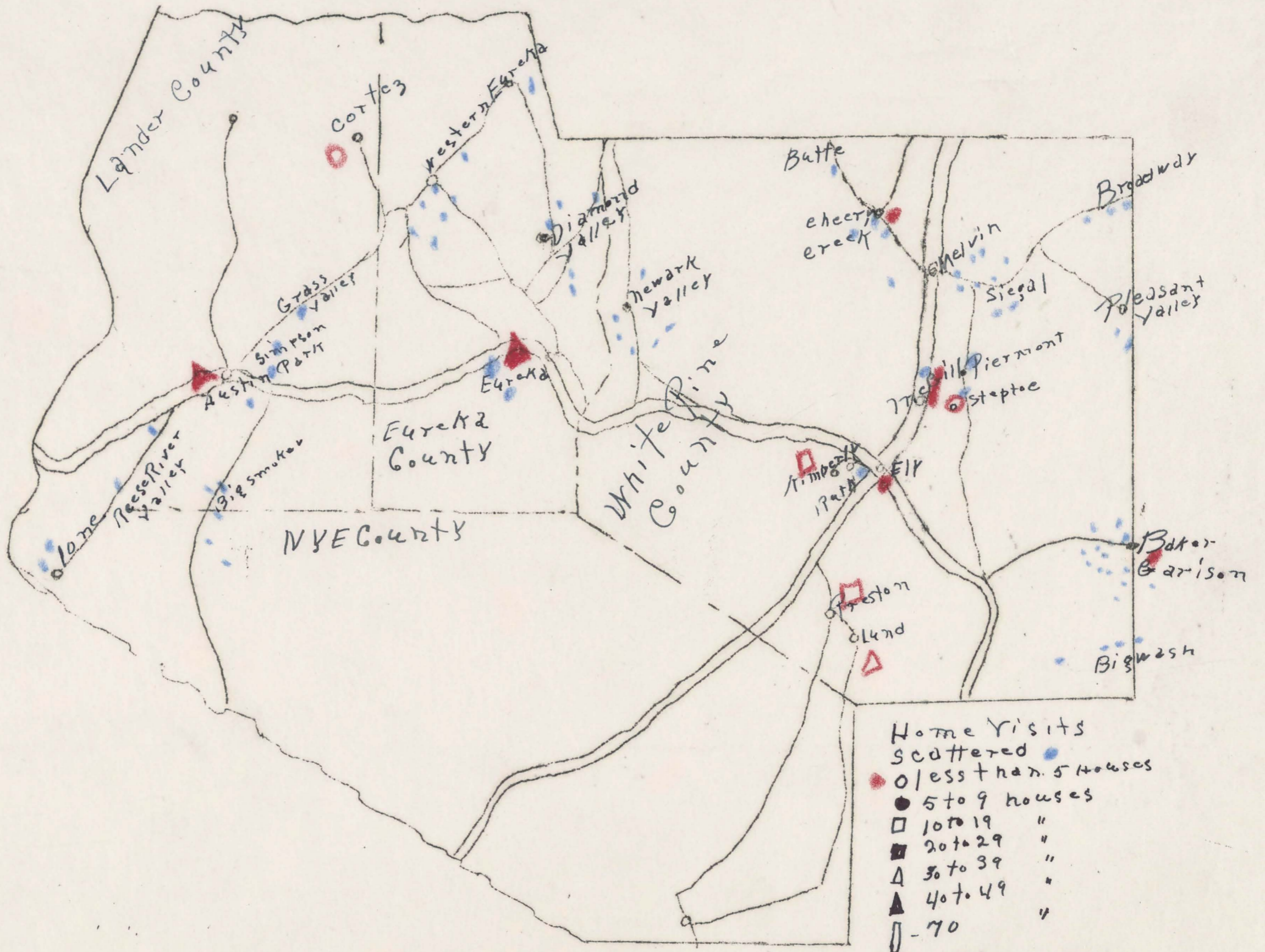
RHANDENA A. ARMSTRONG, DISTRICT
EXTENSION AGENT

*

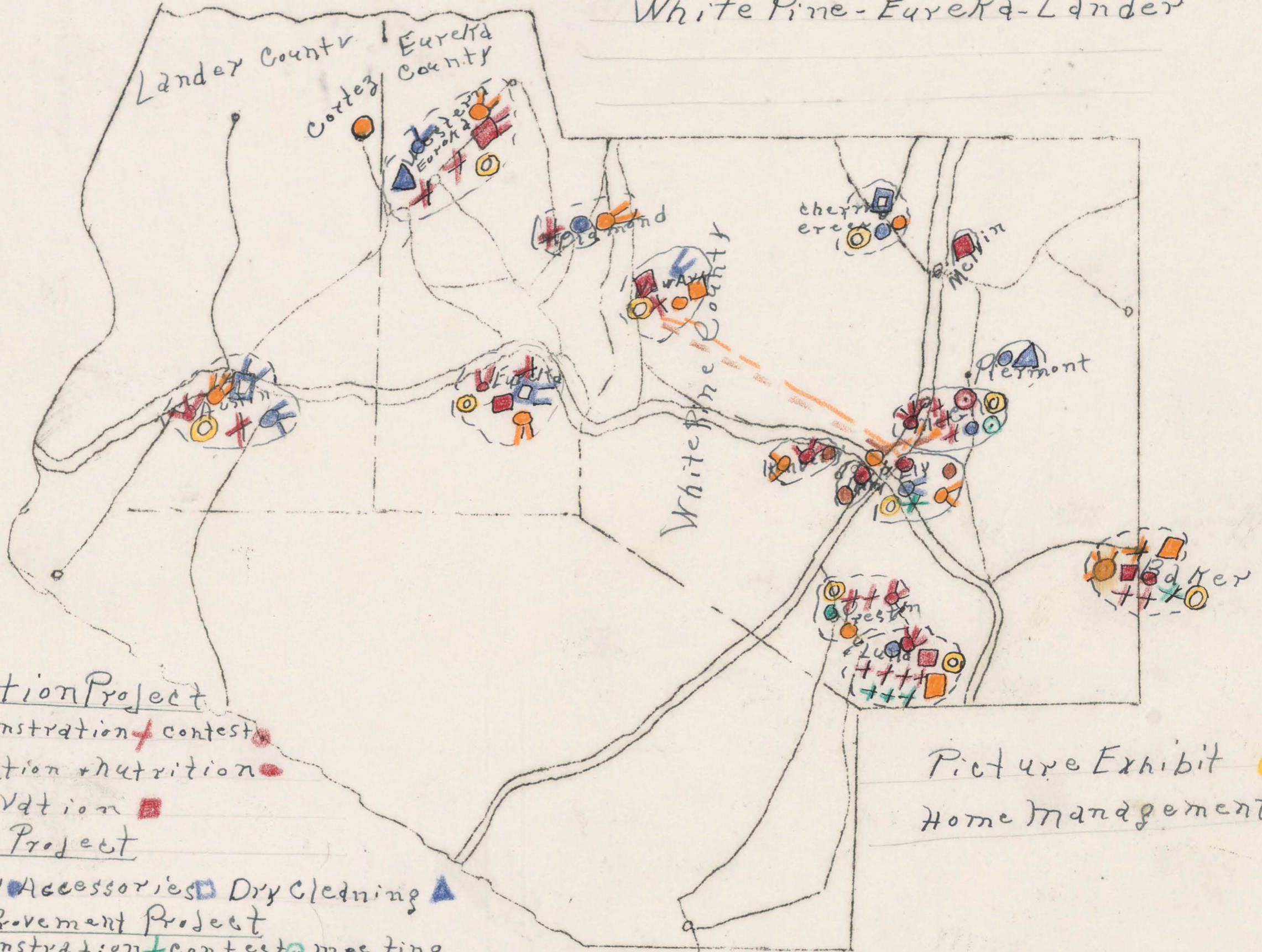
Submitted by:-

District Extension Agent
Ely, Nevada

Date Mailed _____



Adult Demonstrations White Pine - Eureka - Lander



Nutrition Project

Garden Demonstration + contest

Food Preparation + nutrition

Food Preservation

Clothing Project

Millinery Accessories Dry Cleaning

Home Improvement Project

Yard Demonstration + contest + meeting

House Furnishing meetings

Room Demonstration + meeting

Picture Exhibit

Home Management

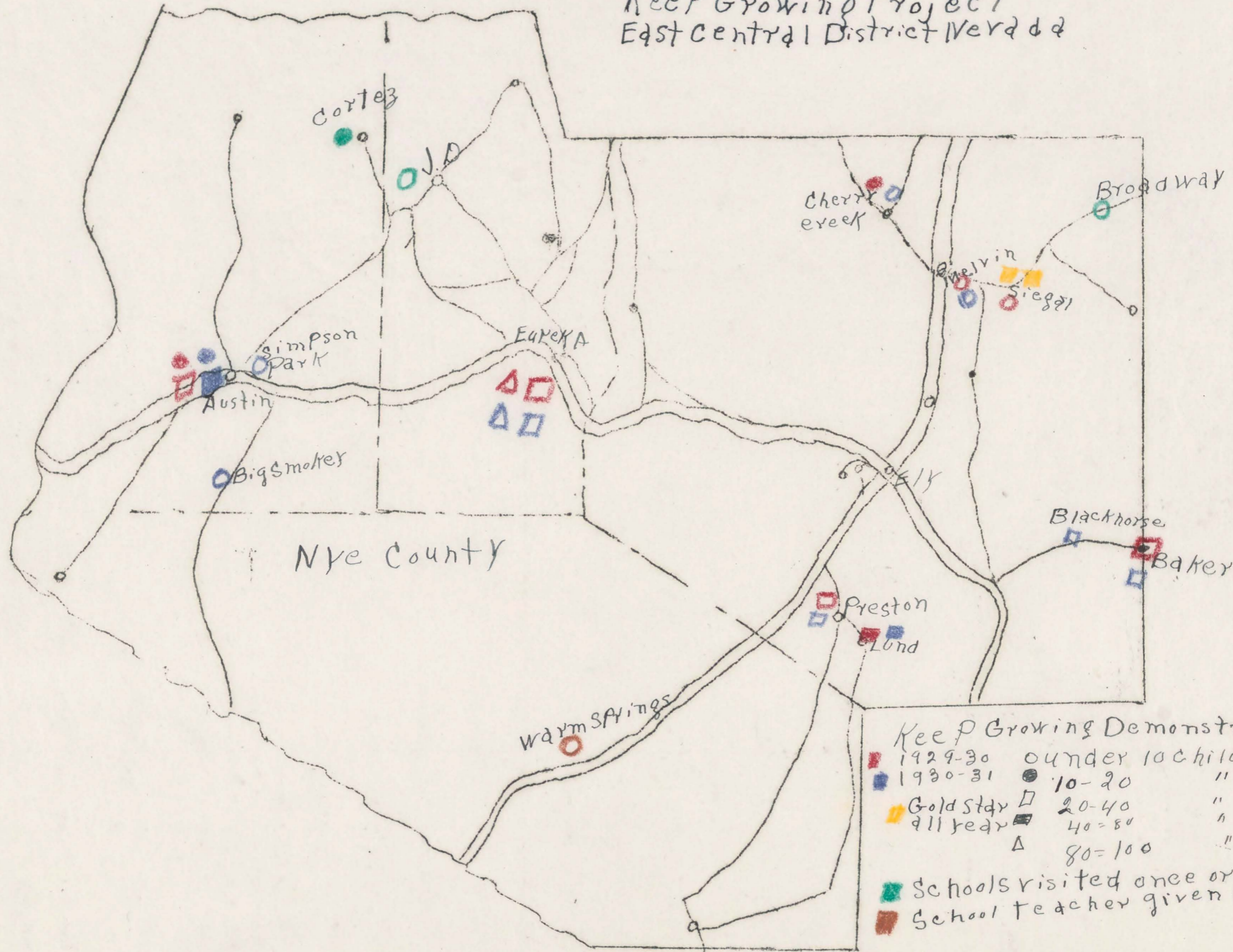
4H Clubs and enrollment
Lander-Eureka-White Pine and
Northern Nye Counties



Club Enrollments
 ○ under five
 ● five to ten
 ◻ ten to fifteen
 ⊕ number of girls taking more than one project

4H Clubs
1929-30
 ■ Food Preparation
 ■ Canning Enrollment
 ■ Clothing
 ■ Room Improvement 1930-31
 ■ Club Started on Single Enrollment

Keep Growing Project
East Central District Nevada



Keep Growing Demonstration

■	1929-30	●	under 10 children
■	1930-31	●	10-20 "
■	Gold Star	□	20-40 "
■	all year	■	40-80 "
		△	80-100 "

■ Schools visited once or twice
■ School teacher given material

-- INDEX --

	Page
Maps Outlining Work	1-4
Index	5-6
Summary of Activities & Accomplishments in North Central District.....	7-9
<u>WHITE PINE COUNTY</u>	
Status of County Extension Organization	10-11
Program of Work	11-12
Home Gardens	12-13
Keep Growing	13-14
Food Selection and Preparation	14
4-H Food Selection and Preparation	14
Food Preservation	14
Home Ground Improvement	14-16
Clothing	16-17
Room Improvement	17-18
4-H Home Improvement Club	18
Better Pictures	18
Home Management	18-23
Kitchens	23
Survey of Medical Attention	23
White Pine County Junior Fair	23
Farm Bureau Co-operation	23
Kitchen Plans	24
Outlook and Recommendation	25
<u>EUREKA COUNTY</u>	
Status of County Extension Organization	26
Program of Work	26-27
Gardens	27
Food Preservation	27
Keep Growing	27-28

-- INDEX --

BUREKA COUNTY - Continued

Page

Food Preparation	28
Home Ground Improvement	28
Millinery	28
Dry Cleaning	28
4-H Clothing Clubs	28
Christmas Gifts	28
Better Pictures	28-29
House Furnishing Accessories	29
Room Improvement	29
Color	29
Child Health Medical Survey	29
Farm Bureau Co-operation	29
Outlook and Recommendation	29
Nutrition Work Begun at Austin and Eureka	30
<u>LANDER COUNTY</u>	
Status of County Extension Organization	31
Program of Work	31
Keep Growing	31-32
Food Selection and Preparation	32
Clothing	32
Better Pictures	33
Color Study	33
Other Home Makers Meetings	33
Farm Bureau Co-operation	33
Outlook and Recommendations	33
<u>NYE COUNTY</u>	34

I SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS IN NORTH CENTRAL DISTRICT

NUTRITION

Adequate Gardens (Demonstration Stage)

There were sixteen garden demonstrations to test one or more of the following green leaf vegetables: broccoli, witloof chicory, escarolle, kale, mustard (2 varieties), New Zealand and mountain spinach. All plants grew satisfactorily in one or more gardens.

Six gardens experimented with paper mulch. One demonstration was satisfactory.

One garden method and three garden result demonstration meetings were held.

(Campaign Stage)

McGill had a garden contest with twenty-nine enrolled. Plots of 1380 sq. ft. were valued up to \$90. There was one method demonstration meeting.

Keep Growing

There were ten demonstrations with 332 children and one Gold Star school. The land-of-health stories were used and liked in four rooms. There were 36 result demonstration meetings, 36 method demonstration meetings and visits to two schools not enrolled.

Food Selection and Preparation

Fifteen method demonstrations on canned milk, dried milk, salads, germ meal, and balancing the diet were given in eight communities. Sixty-one women are using better practices. There was one pressure cooking food preparation demonstration.

4-H Club

2 clubs	8 first year projects	8 completed
	8 second year projects	5 completed

48 better practices were adopted. There were two pressure cooker food preparation demonstrations.

Food Preservation

The home made evaporator was used in seven communities nine times. There was one canning demonstration. Two evaporators were built. Three used evaporators. 84 lbs. of corn dried by one woman, 28 lbs. of apples dried by a second woman, and spinach, beans, apples, and peas were dried by a third in the evaporator.

Six pressure cookers were purchased and used in canning 128 jars of meat, 10 jars of soup, and 214 jars of vegetables.

HOME IMPROVEMENT

Home Ground Improvement (Demonstration Stage)

There are seven demonstration yards started on a five year program in four communities.

(Campaign Stage)

There was one contest in McGill with 36 enrolled and two

contest meetings.

Room Improvement

Six communities are enrolled in room improvements. There are three living rooms, five living-dining rooms, four dining rooms, four kitchens, three bedrooms, and one bathroom involved in these demonstrations in these nine homes. Five method demonstrations have been held for adults. Fifteen families adopted improved practices.

4-H Club

Eight girls enrolled for room improvement--one for two projects. There were four completions; one first year bedroom demonstration and three second year bedroom demonstrations. The other four girls all did about half the required work before going away to school.

Better Pictures

There were ten exhibits of reproductions of British and American masterpieces and five talks on selecting and hanging pictures. Forty-three homes have hung pictures in a more artistic manner. Many have come to a better appreciation of pictures, including 111 school children who attended the exhibit.

Rug Making

Demonstrations on making the Indian Tied rug were given to four adult groups and one 4-H Club. Seven rugs have been completed and seven are partly made.

Other Phases of Room Improvement and Accessories

Stenciling has been practiced in three communities and one method demonstration was given and 68 articles decorated.

Picture framing demonstrations were given in four communities and 45 frames have been made this year.

A training school on making book ends and magazine ends was held for three communities and one other demonstration was given. Thirty-one sets have been made.

Three demonstrations were given on smocking stitches, two for adults and one for a 4-H Club, after which thirty pillows were completed.

One demonstration on refinishing furniture was given for the 4-H Room Improvement Club and ten pieces have been completed.

The making of color cards and meetings on color study have been held in six communities. Fifty-nine cards were made and twenty-nine have been used to work out pleasing color effects in clothing, and house furnishings. Two meetings were held late in the year and reports from them cannot be secured yet.

Rug Industry

The Lund Relief Society ladies have made six hooked in pillows since the last report. Two of the Indian designs have been made up and were shown at the White Pine County Annual Meeting.

Dry Cleaning

Two demonstrations of dry cleaning were given late in 1929 at Piermont Mine and before the Western Eureka County group. The report of two demonstrations show that 55 garments were cleaned at a saving of \$38.75.

Millinery

Construction: Thirteen demonstrations in making felt hats that cost between 40¢ and 55¢ have been given in ten communities. Ninety-two new hats have been made. A demonstration was given at the Extension Conference bringing the total to ninety-six.

Renovation: Several hats have been renovated during the construction meetings. They total four dyed and seven more renovated.

Sawdust blocks: Four meetings have been held on the making of sawdust blocks--two as part of other phases of millinery. Twenty-four blocks have been made and are being used.

Childrens' Clothing

Smocking stitches for clothing were the work of two meetings in connection with the house furnishing project. Five women have used the stitches on childrens' clothing.

Clothing Accessories

Three communities through meetings on Christmas gifts and felt purses, or home visits, were given patterns and instructions for making felt and fabric purses. Seven girls and four women report having made thirty.

Christmas Gifts

Besides the purses and pillows, childrens' oil cloth toys were shown for gifts and eight were made.

4-H Clothing Clubs

There were eight standard clubs with 71 members taking 72 projects; three clubs with 4 members each taking 14 projects; five clubs with 3 each, 15 enrollments and 3 scattered enrollments. These represent 59 first year, 41 second year, three third year, and one fourth year sewing club members. 23 girls and 25 projects were from Eureka County, 6 Lander, 11 in Nye, and 62 in White Pine County. 44 projects were completed in first year; 28 projects completed in second year; 2 projects completed in third year; and 1 project completed in fourth year.

HOME MANAGEMENT

Budgets

Material was organized for this project and two community and one county wide meeting held. Three families have made detailed family budgets.

WHITE PINE COUNTY

II STATUS OF COUNTY EXTENSION ORGANIZATION(1) FORM OF ORGANIZATION - CHANGES AND DEVELOPMENT

This closes the second year of residence in Ely by a woman Extension Agent. Eight months of field and office work have been devoted to White Pine County this year. The County organization sponsoring extension work is the Farm Bureau, which is designated by law to handle extension funds.

The White Pine County Farm Bureau has forty-four members, with five regularly appointed officers, and two associate directors. These members are elected at the annual meetings by delegates from the various communities. In addition to the board of directors, various organizations of the local people assist with the program.

There are Home Makers Clubs for extension work with women in several communities, and in several others the Relief Society of the L. D. S. church forms a club with which work is carried on. The Parent Teachers' Association is helpful, especially in the Keep Growing, which is a nutrition project. Home Makers' meetings have been carried on in the rural communities of Preston, Lund, Baker, and Newark Valley with one meeting at Melvin. The mining camps of Cherry Creek, Kimberly, Ely, and McGill have had more than four meetings each. Piermont had two meetings and Ruth one.

An attempt has been made to spread the work to many of the outlying rural valleys and districts in addition to Baker, Lund, Preston, and Cherry Creek, mentioned. The school district of Siegel carried on a Keep Growing Demonstration. 4-H Club work has been carried on in Butte Valley, Broadway school district, and Pleasant Valley, in addition to eight of the communities mentioned above. This year's work, in at least one of these three lines, has covered the entire western set of valleys, one of three communities in Spring Valley, most of the Steptoe Valley region, and practically everything that could be done during this year in the western section of the county.

(2) FUNCTION OF LOCAL PEOPLE, COMMITTEES, OR PROJECT LEADERS IN DEVELOPING THE PROGRAM OF WORK

Local conditions such as a scattered population and varied interests, as between rural communities and mining camps, has hindered the agent, so far, in carrying local leadership to the point desired. The leaders in the Keep Growing project have carried on their duties in a very efficient manner and have been exceedingly faithful. 4-H Club leaders have devoted much time to the children, but changes during the year in leadership of several clubs has retarded the development of the club work in organization and recreation.

Two or three women in each community, the agent has found very helpful in shaping the program of project work for adults. If some means is devised to bridge over the distance between communities, and to increase a feeling of county wide interest, the program with the Home Makers Club can be more unified. A local leader training school of county wide extent was planned for March 31st, but the attendance of the communities represented was out more than in half

WHITE PINE COUNTY

because of an untimely and heavy snow fall and blizzard. In practically every community, where work has been done, the local people have been enthusiastic and welcomed the opportunities which it brought.

(3) GENERAL POLICIES, INCLUDING RELATIONSHIPS TO OTHER ORGANIZATIONS

It is a policy with the Ely office to co-operate with any organization indicating a desire for the lines of work being carried on. Contacts are made with the officials of the various mining camps, church societies, and Parent Teachers' Associations, as well as with groups organized particularly for extension work. The local newspapers co-operate in presenting news items and articles to the subscribers throughout the district.

III PROGRAM OF WORK, GOALS ESTABLISHED, METHODS EMPLOYED AND RESULTS ACHIEVED

(1) FACTORS CONSIDERED AND METHODS USED IN DETERMINING PROGRAM OF WORK

The program of work has been determined by the needs of the community and by the interest which was manifest when a line of work was suggested to a group or to leaders.

The Nutrition Project, which has taken the major share of time, includes home gardens, food study, food preparation and preservation with adults and 4-H club members, and also the Keep Growing Demonstrations. This has been given a greater amount of time than any other project, because garden stuff is expensive in the district, and limited in supply. Much of the malnutrition and comparatively poor nutrition is due to lack of vegetables of the right kind in sufficient quantity, faulty food habits, and to lack of information on what is necessary for good nutrition.

The Clothing project has covered millinery in three phases, renovation, making of hat blocks, and construction. A little work in decorative stitches and clothing accessories and 4-H Club demonstrations have been carried on. There is comparatively little dress making done in the homes. Clothing construction has been given a minimum of attention.

The House Furnishing project included the planning of color schemes, the renovating of rooms, study of color combinations, selection and hanging of pictures, and several projects on decorative accessories. Much work is possible in this line to familiarize the Home Makers with appropriate colors and finishes for furniture and furnishings, with the possibilities in renovating equipment now in the homes, and in making practical and attractive accessories. Throughout the district, which is still in a pioneer stage, there has been a tendency and is still, in many sections, to get along with bare necessities, both because of expense and inaccessibility to markets. Thus little has been done to make the homes convenient and attractive. A beginning has been made with the 4-H Club members in this project. Rug making, picture framing, and stenciling are three forms of craft work that were tied into the home finishing program this year.

A beginning has been made on Home Management with work on

WHITE PINE COUNTY

budgets and accounts. Due to the regular income of those in the mining camps it is easier to carry on this project in the camps than among the rural population. The need for planning the use of the income is evident to thinking people and as soon as suitable methods are evolved this project can be enlarged.

(2) PROJECT ACTIVITIES AND RESULTS

NUTRITION

Home Gardens: This project, in White Pine County, has been carried on in both demonstration and campaign stages.

(Demonstration Stage)

Five communities took part in the demonstration gardens. In Preston, Lund, Baker, McGill, and Newark Valley nine varieties of green leaf vegetables were tested: Broccoli, Witloof Chicory (to be forced for winter salads), Escarolle, tall and dwarf Kale, Chinese Green and Ostrich Plume Mustard, New Zealand Spinach, and Atriplex Hortensus, which is a variety known as Mountain Spinach. This was a poor garden year but New Zealand and Mountain Spinach were the only ones that did not grow well. Results in the other counties make it appear that this was due to wrong methods of planting and cultivating. The tall kale appears to grow better than the dwarf. The other kinds of greens seem to be well adapted to the district.

Paper mulch was tried in three gardens and appears valuable from the demonstration made by George Smith of Baker. The poor growing season and blight that struck the other gardens made it impossible to decide upon the effect in the Baker demonstration. Peas, carrots and chard were mulched and the increase in yields runs from 25% peas, to 50% chard, and 500% carrots. One half row not mulched produced 9 lbs. carrots and the same space mulched produced 55 lbs.

(Campaign Stage)

There were 29 garden enrollments in the campaign at McGill. This campaign is described more in detail under the heading of Yard Improvement. There were eight prize gardens with sixteen kinds of greens, nine kinds of root vegetables, eight other kinds of vegetables, and three fruits found in the various gardens. These gardens had at least four square feet in area and supplied most of the vegetables used by the family over the entire summer.

The vegetables raised by P. A. Salerno this year yielded 455 pounds of beet greens, lettuce, spinach, parsley, chicory, kale, cabbage, cauliflower, broccoli, and young green string beans. This was 65 pounds per person for the seven in the family and supplied all the green stuff needed for 38 weeks out of the year. At an average price of $.12\frac{1}{2}$ ¢ a pound, these 455 pounds of garden stuff were worth \$56.87 $\frac{1}{2}$. As a matter of fact it is worth more to the health of the family, as few families will spend the equivalent \$1.50 a week for green stuff and instead of being spent this was saved and its value added again to the income.

The same garden produced 8 $\frac{1}{2}$ bushels of carrots, beets, and parsnips, and 93 bunches of radishes. These will supply the members of the family with an adequate amount of root vegetables

WHITE PINE COUNTY

for twenty weeks and save an expenditure of \$1.43 each of the twenty weeks. In addition there were 25 pounds of peas and 7½ dozen ears of corn.

The garden was worth \$90.00 to the family in return for the expenditure of a few dollars in seed and the labor which can be set off as added income again since others might spend that time, energy, and money in sports. This retail value for 1390 square feet is equivalent to \$2840 per acre.

One family canned 21 qts. of beets from the garden, another 10 qts. of cauliflower, 14 qts. of string beans, and 10 qts. of beets and dried 10 bunches of parsley.

Keep Growing Demonstration

The purpose of the Keep Growing demonstration as has been indicated is to correct bad habits in eating, sleeping, and general living. It is carried on through the co-operation of the schools as it is possible to reach a large number of children, and to appeal to their pride through competition with others. The school officials generally appreciate the assistance, as they have many phases of work to carry on and little outside assistance or preparation for nutrition work. The children are weighed each month of the school year by the extension agent or local leader, and are given slips telling their weight and its relation to their weight the previous month and that normal for their height and age. On the slips special points of encouragement or recommendation for the succeeding month for the child are mentioned.

Improved methods of child feeding have been put into practice as the result of the Keep Growing demonstrations in fifty-two homes in White Pine County.

The children are measured for height in the spring and fall, and their normal weight computed for their height and age. The percentage variation is reckoned for each child, fall and spring, and this percentage variation tabulated in groups of up to weight, slightly underweight, seriously underweight, dangerously underweight, and seriously overweight children. The State goals are to increase the percentage in the two upper divisions by 5% during the year, to decrease the percentage of dangerously underweight 5% during the year, and ultimately to have 75% in the two upper classes, and not more than 10% in the dangerously underweight class.

Three demonstrations were continued in schools enrolled in 1928-1929. One demonstration was ended; one that had not been carried on for several years renewed; and another added, making a total of five for 1929-1930.

Reports of the progress in each school and summaries are attached at the close of this report for White Pine County. As can be seen in the statistics, Baker and Cherry Creek more than doubled the State goal in decreasing the number of dangerously underweight children. Melvin and Cherry Creek have tripled the number of up to weights. Preston, who had over half the children underweight at the beginning of the year, had 38% up to weight in the spring. The gains made are particularly evident in the case of Ervin Borthert 14, and

WHITE PINE COUNTY

Frances Dolan 13, from Cherry Creek. These children have been the object of attention for several years and while dangerously underweight at the beginning of the year, they were two and five and one-fourth pounds respectively underweight in May. This shows the cumulative benefit of work with underweight children.

A still better check on real progress are the cases of Eleanor Smith and Lydia Fielding of Baker. From September 1929 to September 1930, Eleanor gained enough to improve from a minus fourteen percent underweight to a minus ten percent. Lydia gained eleven and a fourth pounds and while fifteen percent underweight in 1929, she is only ten percent underweight now.

In 1930-1931 one school had been dropped where three children were involved and were in the safe zone of health. Another school has been added with three children where the work is needed more.

Food Selection and Preparation

Food selection and preparation demonstrations have been given in six communities this year. There have been eleven demonstration meetings held on the use of canned milk, germ meal, powdered skim milk, and cabbage and raw carrots as a foundation for salads, the food needs of the body, and the making of food budgets. Canned milk and powdered skim milk are valuable as supplements to Vitamin F which is needed in the diet. Twenty-two women have increased the use of vegetables, twenty are using canned milk in a greater variety of ways. The germ meal, which has been used as mush in some families, is being used to a greater extent in the same families, and in five others, now that the cold weather is starting.

4-H Food Selection and Preparation

Two cooking clubs were organized in Preston and Lund with eleven girls enrolled. Eight took the first year demonstration and eight the second, as five took two projects during the year. Eleven meetings were held by the agent with these girls and demonstrations were given on the use of the pressure cooker and on setting the table and serving meals. Both clubs had demonstration teams, and one of them gave a demonstration at the Annual State Farm Bureau meeting at Ely. There were 13 girls completed the project; 354 meals were served.

Food Preservation

Food preservation has been taken up from a new angle, with the use of the home made evaporator. Five meetings were held in White Pine County, and green leaves such as escarolle, mustard, chard, string beans, peas, corn, carrots, turnips, and apples were dried as demonstrations. One evaporator has been built for use in the county, in addition to the office drier. 84 lbs. of corn and 28 lbs. of apples have been dried as a result of the demonstrations given. In addition 10 women have used better methods in preparing corn for drying. One pressure cooker has been purchased in the county, and help given another woman on the proper use of her cooker.

HOME GROUND IMPROVEMENTS

Home Ground Improvements: This project has been carried on in the demonstration and campaign stages.

WHITE PINE COUNTY

Prize Awards Made in McGill Garden Contest

The annual yard and garden contest at McGill was brought to completion at the Achievement Day program, Friday evening, August 29. This year there were 29 entries in vegetable gardens, 22 yards of the first, second and third year of improvement, and 11 yards improved over three years, which were eligible for the certificate of merit.

Prizes were awarded as follows:

For yards improved 1, 2 or 3 years, Mr. and Mrs. William Knight, No. 1 G avenue, \$25; second, Mr. and Mrs. J. O. Jorgensen, 26 A avenue, \$15; third, William H. Kling, 24 B avenue; prizes of five dollars each to H. J. Allan, 28 A avenue; Mr. and Mrs. Anton Usnick, 23 Fourth street; Mr. and Mrs. N. R. Tennant, 27 Second street.

For vegetable gardens: N. T. Peterson, 22 E avenue, first, \$25; Mr. and Mrs. P. A. Salerno, 13 E avenue, second, \$15; Mrs. Mary Grubic, 15 Sixth street, \$5; Mr. and Mrs. H. A. Humphries, 12 E avenue, \$5.00; Mr. and Mrs. John Cottrell, 9 Third street, \$5; Mr. and Mrs. Leroy Franzen, 30 D avenue, \$5; Mr. and Mrs. Jim Assuras, 42 Fourth avenue, \$5; Mr. and Mrs. George Pieratis, 1 Fifth avenue, \$5.

Program Held.

These prizes were awarded at a public meeting attended by the entrants in the yard and garden contest and their friends. On the program was community singing and a talk by Mrs. Mary Stilwell Buol of the Nevada extension service on the progress made in McGill in the last seven years.

Mrs. Buol said that a survey of the town showed that out of 406 homes, 327 yards had been improved, if only by the planting of a little grass and vines, while only 79 yards have not been improved at all. She said that she felt that McGill could well be called "the garden city of Nevada."

This is the first year for the granting of honor certificates. No yard can be entered in this class until its fourth year of improvement, and upon being awarded a certificate of merit has graduated from the yard and garden contest. The certificates are signed by the Nevada Extension service and embossed with the state seal.

They were granted this year to Mr. and Mrs. Leroy Franzen, 30 D avenue; Mr. and Mrs. H. A. Humphries, 12 E avenue; Mr. and Mrs. M. Laurenson, 14 E avenue; Mrs. H. A. Fowler, 24 F avenue; Mr. and Mrs. George O'Boyle, 37 First street; Mr. and Mrs. Fred Feld, 29 First street, and Mr. and Mrs. Frank Goodale, 26 Third street.

The committee sponsoring the contest this year was composed of Harry Williams, E. T. Gibson, Gust Constantine, Ivas Munson, Mrs. N. F. Davis, Mrs. J. O. Jorgensen and Mrs. Thomas Stack.

WHITE PINE COUNTY

(Demonstration Stage)

Yard planning demonstrations are being carried on at four Lund homes, one East Ely, and one Baker home. The plans are for five year demonstrations. In the spring of 1930 Mr. Mark Menke, Extension Agent at Elko, spent several days visiting these homes and held a meeting to present ideas on landscaping and care of yards to the McGill Householders. Two other homes were visited to give suggestions on work under way.

The plans for these yards have been drawn to scale showing walks, location of trees, shrubs, and flower beds. Symbols on the flower beds indicate the type of plants to be used and names of several varieties of perennials and annuals have been given to these people for their gardens.

This year, in these demonstration yards, plantings included 4 lawns, 9 trees, 21 shrubs, 2 vines, perennials and annuals at 2 homes each.

(Campaign Stage)

The McGill Yard and Garden Contest was carried on for the sixth year with a committee enlarged from four to seven active members, who represented all nationalities and sections of the town.

Two public meetings were held; one early in the season to start the campaign and the Achievement night which is described in the accompanying newspaper article. The committee met with the agent to plan the contest and served in enrolling entrants and assisting with the judging. There were three judges from the Extension Staff.

A new phase of the contest this year was the division of the yard contest into Class A, for yards improved not over three years; Class B, for yards having been improved for greater lengths of time. The Class B entrants were awarded Certificates of Honor in recognition of their achievement, while the money prizes, as before, were awarded on the basis of the greatest improvement. There were 27 entries in the first class and 9 in the second. Six money prizes were awarded and 7 Honor Certificates, as reported in the accompanying newspaper article.

Improvements this year have included 17 new lawns; 2 water gardens or pools, in which there are water plants and gold fish; 2 bird baths; 2 yards screened by trees; 2 new trellises; 103 trees and saplings started; 55 shrubs planted; 74 vines; 68 climbers; 8 varieties of perennial plants; 35 varieties of annual plants; and 6 varieties of bulbs, which totaled 384 single bulbs.

CLOTHINGMillinery

Demonstrations on the making of felt hats have been given in six communities with total of 49 hats made at meetings, 4 at the Extension Conference, and 3 since the meetings. The hats which these women made cost from 45¢ to 60¢ and can be valued anywhere from \$2.00 to \$3.00

Two groups were shown how to make the hat blocks, which are serviceable, practical, and inexpensive.

4-H Clothing Club

Standard clothing clubs were organized in four communities with a total of 41 enrollments. Two other communities in isolated valleys had 5 enrollments, and four school districts had 3 each. Of these 62 enrollments 34 were enrolled in the first year work; 24 in the second; 3 in the third; and 1 in the fourth year sewing. Completions totaled 24 first year; 13 second year; 2 third year; and 1 fourth year.

Representatives of two clothing clubs attended camp and also the leaders of two clothing clubs were at camp. In two towns there were Achievement Day programs, at which a large part of the community attended to hear the children give their songs, yells, demonstrations, and stories of their club activities.

HOME IMPROVEMENT PROJECTRoom Improvement

This is the second year in which a specialist planning tour has been held in White Pine County to help the women, who wanted assistance, in planning their house furnishings on an attractive color scheme, and a serviceable and durable scale.

Trips were made to Newark Valley, Baker, and Lund, and three homes planned with three or more rooms at each place, and in Ely one other room was planned. The completions were as follows: 2 out of 6 living rooms; 3 out of 4 dining rooms; 1 out of 3 kitchens; and 1 out of 3 bedrooms. At Lund visits were made by the specialist to a demonstration in its second year of work, and the women attending the meeting had a chance to see what progress had been made and the added attractiveness which was gained thereby. A second Ely home, where advice was given last year, has been completed, so that at the present time 7 rooms have been completed and there are plans for 9 more, which will be improved on another year.

At the visits made to these homes treatment of walls, woodwork, ceilings, floors, furniture, windows, and coverings for chairs and tables have been recommended.

At the three meetings with the specialist, instructions were given the women on such furnishings as varnishes and paints, the surfaces which are best treated in this way, the advantages of papering, the various colors that can be used, and a discussion given on curtain and upholstering fabrics.

Miss Orpha Miller also assisted at a training school, whereby leaders from McGill, Ely, and Newark Valley gained a better understanding of the principles of attractive home furnishings and made magazine and book ends, which will bring pleasing effects and color into the rooms where used. Twenty-two pairs were made this year.

Stenciling as a useful art has been used in three communities. Although only one demonstration has been given on stenciling, the stencils have been loaned to the others. Twenty-three table covers, eleven pillows, four wall hangings, and thirty pencil and pad cases, which were used for Christmas gifts, have been made with the use of these stencils.

WHITE PINE COUNTY

Meetings, which dealt especially with the making of color cards which could be used by the women possessing them for more artistic furnishing of their homes, for better combinations of color in their clothing, and for greater enjoyment of color effects, were held in Ely, Kimberly, Baker, and Cherry Creek. A total of 39 cards were made and 29 were used this year. They will prove increasingly valuable as time passes.

A demonstration on rug making was given to the adult clubs and to one 4-H Club. The method used is known as the Indian Tied. In a short time it is possible to gain considerable skill and make an attractive rug from left over materials and old clothing. Seven rugs have been started, three of which are already completed.

A special project, a hooked rug industry, was planned last year among the Relief Society women of Lund. So far six rugs have been finished and one of these has been sold. The agent has assisted by preparing six different designs, copied from Indian rugs and drawn to a scale suitable for pillow tops. This is the beginning of an industry which can be supported by tourist trade and will be an income to the women and an advertisement to the Ely district.

4-H Home Improvement Club

A 4-H Club was organized in the Home Improvement project, at Baker, with seven girls and eight project enrollments. The high school girls have a great variety of school activities and since many of them were in their last year they did not complete all of the work outlined by the agent. Three of the girls completed all of the work planned and one of them completed two projects. Home visits were made to assist these girls in planning what was to be done. Of the work planned woodwork and walls were finished in three rooms, ceiling in one, floor coverings renovated in one, four pairs of curtains made, two rugs made, ten pieces of furniture refinished, ten pillows and one pair of pillow slips made, and one each of dresser scarf, laundry bag, and pin cushion.

Better Pictures

Copies of fifty Modern American and fifty American and British paintings were shown at Cherry Creek, Baker, Lund, Preston, Ely, McGill, and Newark Valley this year to a group of 115 women and girls. The object of the project has been to increase familiarity with fine pictures.

In addition to the exhibit a talk on the qualities of painting peculiar to landscape and portraiture, was given by the Agent at Baker, Lund, and Preston. The group were shown different ways in which pictures can be grouped; unity of interest and the relationship of size and grouping to wall space were considered. Pictures have been reported rehung in ten different homes.

One picture framing demonstration was given to the Home Improvement Club of Baker so that the girls might frame three pictures purchased for the Baker schools the year before.

HOME MANAGEMENT

The special project to be worked out in this district for 1929-30 and introduced as far as possible in three communities was

BUDGET MAKES BOTH ENDS MEET FOR FAMILY WITH REDUCED WAGES, EXTENSION AGENT SAYS

This is a first of series of three articles prepared exclusively for Times readers in the hope that it may smooth the road over the rough spots in maintaining a family on lowered income.—Editor.

Budgets are a subject of special interest in White Pine county this summer, says Miss R. A. Armstrong, district extension agent. Lay-offs, lowered wages for many and a smaller general payroll is making many

keeps the purse flat; still another has illnesses and bad luck, and one may accumulate a modest bank account.

Such illustrations make one wonder about per cent budgets. Little wonder that few people can find one that suits their needs! And still as a starting point a percentage budget for the \$30 a week family that runs similar to the table shown with this article may be good:

Savings and Insurance.....	1 to 3%	or	\$.30 to .90 per week
Food	40 to 50%	or	12.00 to 15.00 per week
Shelter	16 to 17%	or	4.80 to 5.10 per week
Clothing	12 to 13%	or	3.60 to 3.90 per week
Housekeeping	10%	or	3.00 per week
Personal	11 to 15%	or	3.30 to 4.50 per week

ing for formal education, reading material, public welfare, gifts to friends, recreation, vacation, vocational charges. Personal allowances may well be granted each member of the family for toilet articles, barber, hairdresser, candy, tobacco and personal items. The automobile comes under the division of the budget. It may be the principal expense for recreation and vacation in the small income family.

How the budget is made out it operates will be the subject of later articles in connection with budgets for \$2000 and \$2500 incomes.

people think.

The keeping of a family budget is of prime importance in the management of a home. At least a billion dollars a week is spent in the United States for food, clothing, shelter and other services by the women of the country. In order to spend this huge sum wisely, if not alone to save the worry of making "both ends meet," the budget plan is helpful.

"Budgeting" has a fearful sound and yet it means no more than cutting the cloth according to the pattern—than choosing a pattern to fit the cloth, if the yardage is limited. The woman who cuts a dress without material enough for sleeves is far more fortunate than she who spends the pay envelope for dresses and desserts before thinking of bread and rent.

Is Wise System

The budget means nothing more than spending on paper before passing out the cash. making a budget involves a juggling of expenditures to arrive at a nice balance between needs and desires. Its purpose is to help distribute the income more wisely and to get more value and enjoyment out of it; to obtain the maximum comfort in the present with reasonable protection for the future. The process is similar to the laying out of a highway; surveying for a roadbed, determining grades and placing road signs for curves and danger spots—all to be supplemented by careful driving in changing gears and taking detours.

The story of the ambitions and achievements of different families on a \$1500 yearly income would indicate as many different budgets—as many different ways of handling \$28.84½ a week. One family lives on a simple diet of whole grain cereals, milk, the cheaper meats, dried fruits and other fruits and vegetables in season; wears overalls, khaki suits and homemade dresses to spend the surplus on automobile, radio and overstuffed furniture. Another spends all available money on silk dresses and silk stockings for the women; another finds that the weekly installment buying of radio, sewing machine and vacuum cleaner

How much this family should save for a permanent reserve depends on the future prospects of the family and upon what protection should be provided by insurance. A saving account equal to the years salary and an insurance policy for twice one year's salary are considered the minimum standard. At this rate 3% or \$45 a year should be the smallest amount set aside.

Food Moot Question

The expenditure for food is a moot question. Home economics experts give examples of adequate food budgets for a family of two adults and three children of ages 10, 7 and 3, priced from \$10.22 to \$14.50 a week. How near the purchaser can adhere to these limits depends on the tastes of the family, the level of food costs and the skill of the buyer.

Shelter or rent is a division of the budget covers rent or expenses such as taxes, interest on mortgage, repairs and insurance on the owned home. One week's pay for a month's rent has been commonly quoted for rent. In places where more must be spent, other expenses must be pared to correspond.

Clothing: ready-mades, "hand-me-downs," made overs, materials for home sewing and shoes may take any amount. It must be determined according to what is available except in cases when the employment of one or more members of the family demands a certain standard. At any figure this allotment should be divided for the year among the individuals to be clothed.

Expenses

Housekeeping expenses should cover fuel, laundry, light and power, hired service, water, supplies for cleaning, insurance on household goods, stationary and communication, travel to and from work, and replacing household equipment and furnishings.

Personal and Advancement expenses will include most of the "leaks." The division on education and health are so closely akin to saving that they should be planned for and set aside at the same time. Advancement is interpreted as spend-

Budget Living Brings Satisfaction For Those Who Comply With Requirements

By RHANDENA ARMSTRONG
District Extension Agent

SECOND ARTICLE

Economists have a way of speaking about different incomes in terms of a "standard of living." Such standards are descriptive of the character of housing, menus, clothing and living that the family can purchase. For convenience these groups are divided as follows: First, the minimum standard ranging from \$1200 to \$1500 yearly; second, the comfort standard, \$1800 to \$2200; third, the moderate standard, \$2500 to \$5000 and fourth, the liberal standard \$6000 and above.

Salary Levels

These levels correspond to the living typical of the laborer's family; the skilled mechanic, clerk or teacher; the business man or professional worker; and the professional or business leader, respectively. The buying power of any given income can be extended upward to the next group by careful planning and purchasing on the part of the housewife and the cooperation of all members of the family. Likewise the purchasing power can be greatly diminished by untrained and careless spending. It follows therefore, that "planned spending," the income budgeted, is as good as an increased income.

Is Advantage

Another outstanding advantage of living on a budget is the margin of expenditures for the worthwhile things of life—the enjoyment of which is the measure of success. Few people have not found that to plan for a desired book, a coveted trip, a vacuum cleaner or a radio, makes it easy to save dimes that

ures of the family, it is easy to go on to saving for less tangible and more remote objects. In fact to know that all ones resources are distributed wisely and for a well balanced living is reason enough for the time and thought expended in making the budget.

Idleness, Folly, Pride

Benjamin Franklin once wrote of taxes: "The taxes are indeed very heavy, and if those laid by the government were the only ones we had to pay, we might more easily discharge them, but we have others and much more greivous to some of us. We are taxed twice as much for our Idleness, three times as much by our Pride, and four times as much by our Folly, and for these taxes the commissioners cannot ease or deliver us by an abatement."

Because each family is unique in its needs, its aims and its hopes, its difficulties and its responsibilities, no general plan can be taken as a model for its budget. It may be useful to compare similar expenses among several households and even to test the buying power of a suggested food budget, for example, against the costs of food and quantities consumed in the household.

\$40 Per Week Plan

The percentage suggested for the \$1500 income in yesterday's article, provide very liberally for food for the \$2000 income, but will fail to suggest what sum can reasonably be devoted to savings and the calls on the personal and advancement fund. Consequently the following readjustment is suggested on a basis of \$40 per week:

Saving and Insurance.....	2 to 4 per cent	\$.80—\$ 1.60
Food	35 to 40 per cent	14.00— 16.00
Shelter	18 per cent	7.20
Clothing	13 to 15 per cent	5.20— 6.00
Housekeeping	12 per cent	4.80
Personal & Advancement	16 to 20 per cent	6.40— 8.00

otherwise would be spent without a thought.

Saving for the sake of saving is drab and uninteresting, but there is the thrill of a game in planning and recording purchases in order to beat the high cost of living.

If the result of the first attempt is added to the comforts and pleas-

The sum of the lower figures is \$38.40 per week, and of the higher, figures \$43.60. If one figure is a little lower and the other a little higher, than the income to be budgeted by a particular family, all the better, for these figures are given as suggestive rather than final.

Any budget that is to be used

should be made by all members of the family concerned. What is needed plus what is wanted should be used in the original estimate. Costs of different items should be compared to present costs and decreased or increased accordingly. The totals for each group may be compared afterward to the suggested figures and a decision arrived at to be adopted for a certain period of time.

Just Set Limits

The food budget can be proved well or poorly planned in a few weeks; rent will remain the same unless moving is contemplated; clothing is a cost that must be limited in any budget; the scale of living as far as cost of fuel, lights and laundry is concerned is subject to control; savings and the personal column will feel the pinch unless the figures set are arrived by considering needs and deserved goals and accepted as final. To set recognized limits is one object of the budget.

Brings Satisfaction

The family who operates on a budget may decide to limit food or clothing expenditures to figures suggested previously for the \$1500 income and use the surplus for the savings or the educational fund. To recognize the conditions that are to be faced and to set a fair standard for the family concerned, is one purpose of making a budget. It is the belief of those who administer their finances in this way that orderly spending brings more real

pleasure and more lasting satisfaction for less money.

BUDGET WILL SAVE MONEY FOR FAMILY IF FOLLOWED CLOSELY; MUST BE ADAPTED TO SALARY

THIRD ARTICLE

Let the assumption stand that the budget will save money for the family—money that will be used for greater financial security or better living. Then the income must be divided among the many demands against it.

And what if the income is uncertain or irregular, some one will ask? Can you plan on spending month by month or week by week a sum of money you may not have? Yes and no. Yes, because fuel and food must be purchased, and the rent paid. After that each week or month the most urgently needed items should be provided for, then those of lesser importance, and all surplus above the budget for the week or month carried forward to tide over a deficit. On the other hand, if the income does not meet the demands of the budget for a time, certain planned expenditures can be postponed for the next period until a sufficient surplus can accumulate to equalize the fat and lean times.

Three Stages

The business house follows three stages in its annual budget. The business basis of the household can well do the same: First, plan for the contemplated expense, second, keep a record of expenditures and third, review and compare expenses and plan. The plan is the budget; the records, the accounts; and the review the audit.

Keeping records on accounts is a bugbear to many and an excuse of those not mathematically minded for not budgeting. A simple day by day entry blank with a three inch column for items purchased and six additional columns added, savings, food, shelter, clothing, operating and advancement, will be sufficient. If the amount set aside for each column is written in colored ink at its head three lines at the foot of the page of table are useful, one for the amount spent that month, the second for the amount above or under the amount set aside, indicated by a plus or minus sign, and the third row for the "to date standing" of the money allotted to each division.

If January and February showed two and five dollars respectively overdrawn on food, there will be a minus seven to warn against purchasing luxuries in the food balance for food for the March to date column. Clothing, after winter clothing is purchased, will probably show a

expenditures at the end of the year (or more frequently) is the time to readjust the plan and revise estimates. If the children are growing older and require different clothing, more food or larger allowances, their needs can be considered in comparison with those of the past year. The figures may show that it was easy to live within all or most of the estimates in which case the budget has proved itself successful. If the overdrafts were considerable, the members of the family will have records to be searched for the difficulty in order to find a remedy.

As one year follows another, the annual summaries will become increasingly valuable to the family. They can be taken into consideration in adjusting the plan to a varying number of people in the household, to special health demands, to the expense included with rent such as water and heat in an apartment; to the differences in city, suburban or rural living; to changes in needs for transportation for school, church or business; to changes in the family income; to marketing facilities and local costs, and to personal choice.

Determine Own Needs

It cannot be too strongly stressed that each family should determine its own needs and their corresponding costs in setting allotments for the various budget items. Luxuries for one family are in different cases necessities for another. A luxury—something which is thoroughly enjoyed—is not necessarily harmful, but could be dispensed with out detriment to health or efficiency. Whether the automobile or any other item is a luxury, a convenience or a temptation to overspending can be determined by this test. That many automobiles are maintained by methods that the skilled budget theorist cannot detect is certain.

On \$2500 Basis

The \$2500 income to be used today illustrates the general law that as money income increases the amount spent for food increases, but its percentage of the income decreases. On low incomes food may require nearly half of the money earned, but above \$50 a week, it falls to one fourth or thereabouts. The number of people in the family is a decided factor is food cost. These percentages are typical of the requirements for two adults and three children under fourteen years of age.

Distribution of \$50 per week:

Saving and Insurance	3—6%	\$ 1.50—\$ 3.00
Foods	30—35%	15.00— 17.50
Shelter	18%	9.00
Clothing	15—17%	7.50— 8.50
Housekeeping	14%	7.00
Personal and Advancement	18—22%	9.00— 11.00

gradual accumulation until time to replenish the spring wardrobe and thus there is a constant check against the proposed plan.

The Extension Service has a supply of these sheets for the use of those interested. In connection with the monthly record it is helpful to use a second sheet which shows what money has accumulated for seasonal spending or emergencies. This accumulation table shows what funds are on hand month by month for such purposes as a vacation, labor saving equipment or special goals.

May Revise

The review of budget plan and

The budget as a factor in the management of the home is to be the subject of county-wide meeting at the Court House in Ely, Monday, July 14, at 2 p. m. This meeting is planned by Miss Rhandena Armstrong of the extension service to coincide with the visit of Miss Mary Rokahr of Washington, D. C., who is an extension service specialist in home management covering the entire United States.

BUDGETING INCOMES EXPLAINED IN TALK

U. S. Worker Tells Local Women Secrets of Home and Income Planning for All

Miss Mary Rokahr, extension economist in home management for the extension service of the United States spoke to a group of women at the court house in Ely, Monday afternoon, July 14. The group was made up of representatives from McGill, Ely, Kimberly and Newark Valley.

Among those present were Mrs. Bud Olsen, Mrs. F. O. Ricketts, Mrs. Earl Ashworth and Mrs. A. J. Proctor of Kimberly; Mrs. Ross Smith, Mrs. W. A. Shallenberger, Mrs. J. C. Lambert, of Ely; Mrs. James Huron, Mrs. Junk Baker and Mrs. Helen Jones of McGill, and Mrs. Thelma Flavin of Strawberry.

Miss Rokahr discussed the problem of the home from the standpoint of economics and budgeting as a technique of apportioning funds.

She said that the income of the home could be increased by more wisely using time; second, by producing more efficiently through wise selection of equipment and better methods of work; and, third, by consuming more efficiently through better buying. Miss Rokahr expressed an opinion that it was time to stress the organization of eye, ear and brain to relieve knee and elbow responsibility in the home; to use mental rather than muscular energy; in other words, to plan before doing.

Family Must Plan.

To plan adequately for the most complete and most enjoyable family life, the members should think of the standards which the family demands. These are in the material realms of food, clothing, and housing; in the non-material realm of education, recreation and religion, and in that realm which may be termed advantageous, those standards which are not easily determined in advance such as health, vacation and savings. The scope in each group depends to a certain extent upon the amount of the income.

The various phases of living can be roughly divided into the "minimum", where a family of five lives on from \$1200 to \$1800 a year; the "comfort", covering incomes from \$1900 to \$2400; the "moderate," between \$2500 and \$5000; and the "liberal," above \$6,000.

The group discussed the relative standards of housing, lighting and household equipment that could be expected on the various planes. It

was discovered that in the minimum plane, a four or five-room house will be the expectation, then the number of rooms would increase up to the five, then ten, and to more in the home on the liberal scale. Similarly lighting would start with kerosene or gasoline lights, progress to a second-hand electric plant, and on to a more complete set of fixtures as the scale of spending increased in farming districts. Any family might surpass this economic level in one respect, but could not definitely extend its consumption of comforts and services upward into the next level.

In order to choose family pleasures or desired equipment for the good of the entire family, the following score card was tried out to compare the relative value of turning in the old car for a new one or buying an electric refrigerator:

Score Card.	Score
Time Saved	15
Physical Energy Saved	15
Health Value	10
Use among all members of the family	10
Educational Value For Children	10
Hospitality	10
Social Prestige	10
Art Enjoyment	10
Leisure Enjoyment	10
Total	100

The decision of the group on these points was decided in favor of the electric refrigerator. A similar test between two conflicting wants in any family would save many white elephant purchases, or feast and famine days. In concluding Miss Rokahr said wherever there is a money problem (defined as, "less money than will satisfy the desires of all members of the family"), first call the family together for a discussion; second get ahold of system, even though it is a poor one; third, analyze the records of spending; fourth, practice sales resistance fifth, study wise methods of choosing and buying; and sixth, have a progress plan for the home equipment and family life.

Simple budget forms may be secured at the Farm Bureau office in the Court House where Miss Armstrong's assistance may be requested.

WHITE PINE COUNTY

that on planning budgets and inaugurating simple plans for keeping a budget. Demonstration meetings were held in two communities for this purpose. Complete family budgets were made with three women who were working along the system outlined and they report that they are making progress and feel that they have gained valuable insight into the financial standing. Forms have been distributed to 46 women who were given instructions on using them through meetings. Work on that phase of the program is barely started and the rushed schedule of the agent with the other Home Makers demonstrations and 4-H Clubs has made it necessary to leave the follow up work until the next year. Three articles on budgeting were given the local paper. These are attached.

The district was exceedingly fortunate in having Miss Mary Rokahr, Home Management Specialist from Washington, D. C., address a county wide meeting. The report which reached more in the district than those attending through the newspaper is attached.

Kitchens

Major changes in kitchen arrangements were planned in two ranch homes during the specialist's home improvement tour. One kitchen, which was 11 feet by 7½ feet, was very poorly arranged with a stove in the middle of one long wall, which hid the window; a long set of shelves on the narrow wall, which were hard to keep neat, and adjoining these shelves on the other long wall was a door opening to the dining room. This door was at the opposite end of the kitchen from the entrance from outdoors, so it was necessary for those coming in from that way to pass through the kitchen. The kitchen being small and thus cut up, there was no satisfactory working space. The plans of the original and the remodeled kitchen are shown on the accompanying diagram.

OTHER WORK TAKING A DAY OR MORESurvey of Medical Attention Given to Pre-School Children

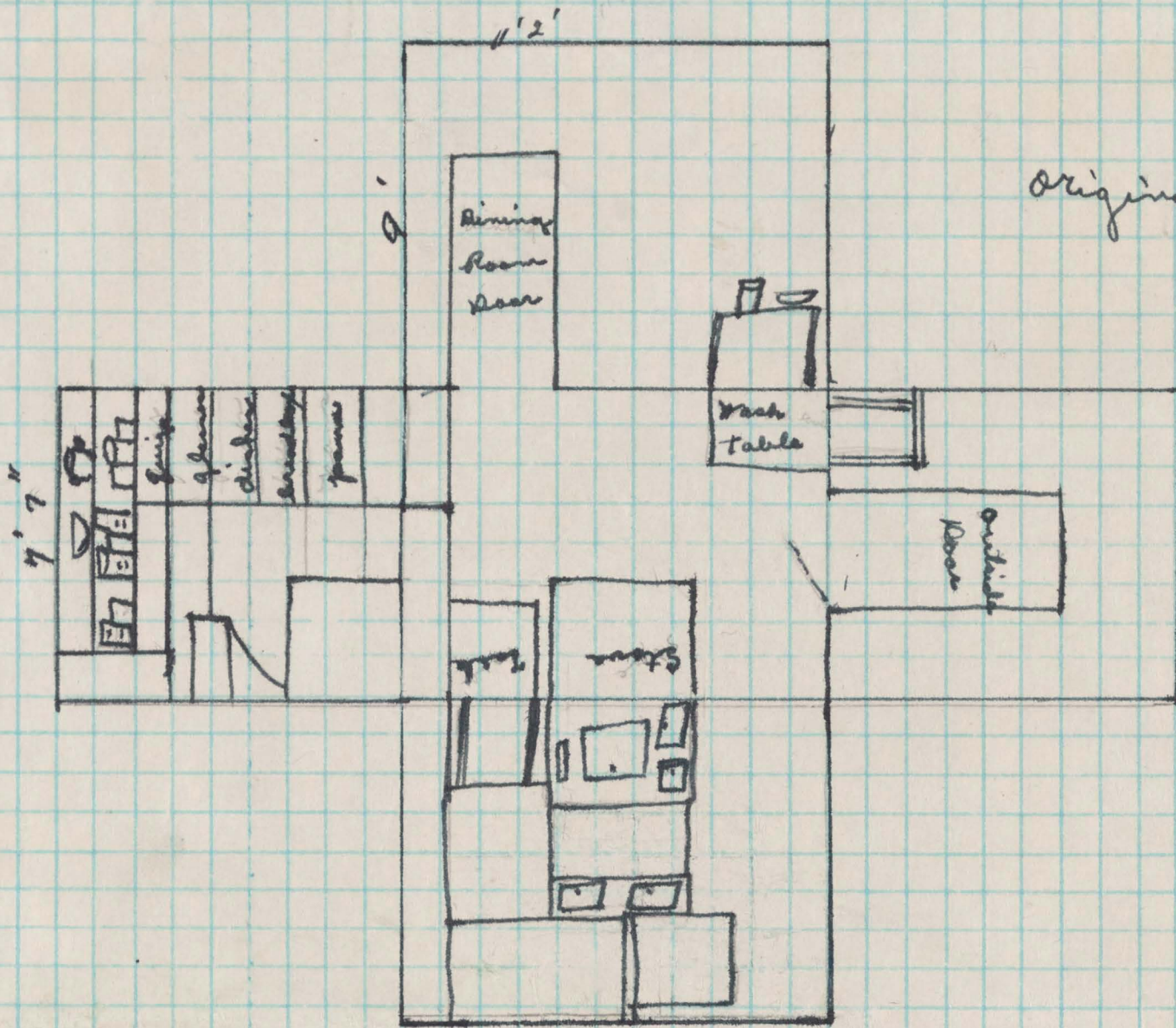
Visits were made to three rural communities and one mining camp and to the outlying ranches to get a record of how much medical attention had been given small children. This information was requested by the physicians who are reporting at the White House Conference on child care. One purpose of this conference is to recommend public health service which will be adapted to such a district as White Pine County.

White Pine County Junior Fair

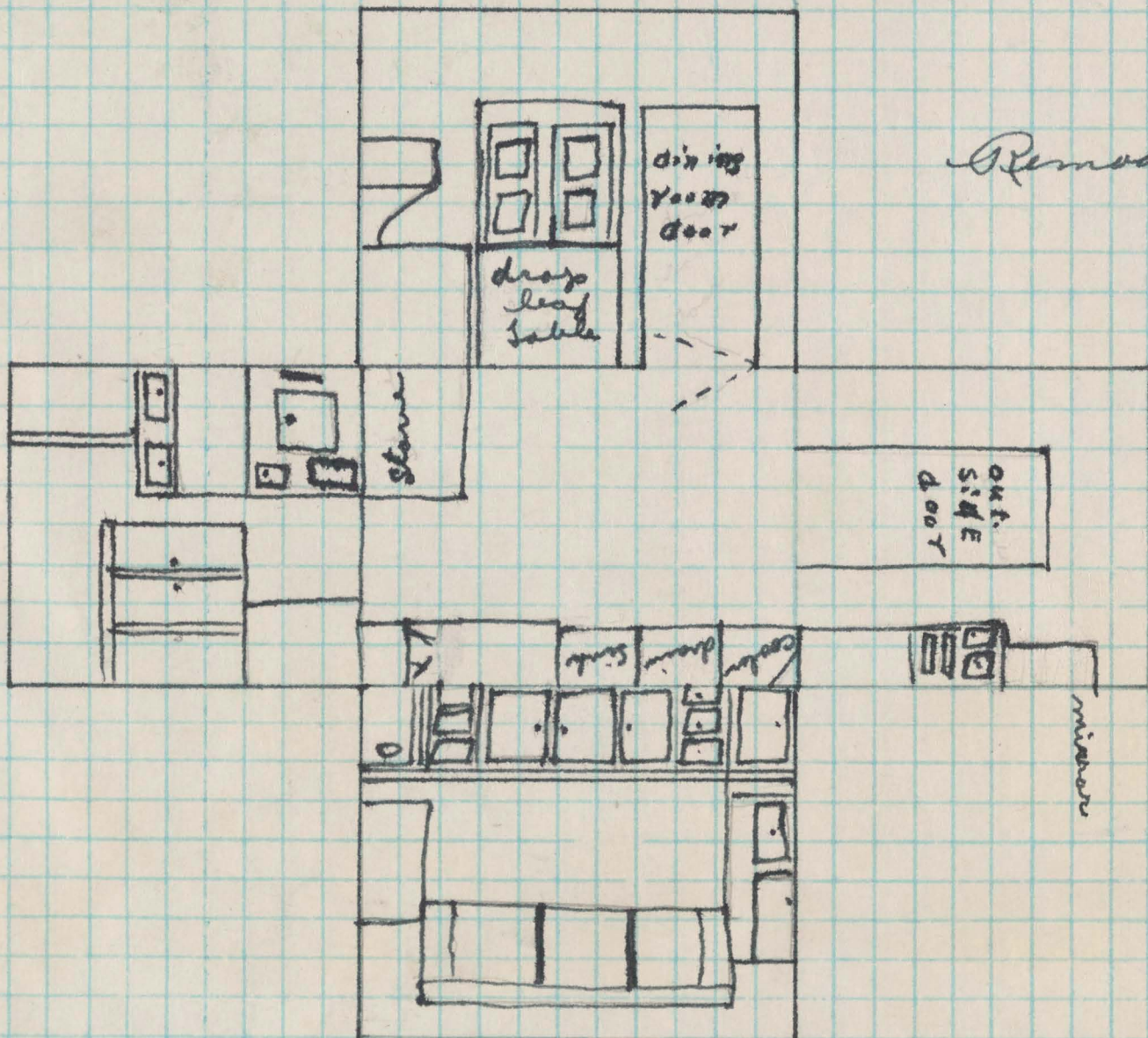
The business men of Ely became interested in promoting a fair which would give the children of White Pine County a chance to exhibit their handicraft and which would encourage constructive use of the summer vacation. The agents of the Extension Service were asked to serve on the committee and assist in the rural communities by securing enrollments. Assistance was secured from the University of Nevada in registering articles and in judging. The fair was held on Labor Day and attended by 1500 people and participated in by the rural children and 4-H Club girls in five communities under the direction of the agent.

Farm Bureau Co-operation

County Board meetings have been attended and plans made for the Annual County meeting. News items were prepared for State and County meeting in Ely and a report of the years work given at the latter.



Original Kitchen



Remodeled Kitchen

IV OUTLOOK AND RECOMMENDATION

The Home Makers Clubs in White Pine County are scattered among the valleys and towns already in a representative way. There may be an opportunity to open up work in Spring Valley as the several ranches are changing hands. In the mining camps of the Ely district, Ruth is the only one in which a program has not been worked out.

The changes in Spring Valley may bring in a number of girls of club age with whom work can be attempted. During the past year there were only three girls over ten in all of the six schools of the valley.

At the present time there are six Keep Growing Demonstrations: two in the north Steptoe Valley, two on the east side and two south. If more are to be started within two or three years scales must be purchased and a local leader ready to assist.

The program of work is representative of the needs and interests of the communities. A central committee of women is needed particularly to sponsor and arrange for county wide meetings of leaders and committee men. A more unified interest with a county wide program, while it is difficult to bring it about, would greatly strengthen the work, relieve the agent of much detail and repetition of effort and also spread the interest and effectiveness of the work.

NUTRITION PROJECT
SUMMARY OF KEEP GROWING DEMONSTRATION
White Pine County, 1929-1930.

Rhandena Armstrong, District Extension Agent

This year there were five Keep Growing demonstrations carried on in White Pine County in the communities of Baker, Cherry Creek, Lund, Preston and Siegel.

Four out of the five communities made very good progress - in many respects making three to five times the state goals. One community, however, brought down the general average so much that the county as a whole failed to make either of the state goals. The number of normal children decreased 4.46% and the number of those dangerously underweight increased 2.85%. The annual state goal is to have the number of normal children increase 5% and decrease those dangerously underweight 5%.

Siegel is the outstanding community of the county this year as it is an All Year Gold Star community, having maintained the state Gold Star requirement all year. All of its children are in the Safe Zone and none are dangerously underweight.

We wish to express our deep appreciation of the faithful and helpful work done by the local leaders in each community. The schools have also cooperated in every way.

Recommendations for the Coming Year:

1. Have physical defects attended to so children will be "free to gain". This is White Pine County's outstanding problem.
2. See that all children get more sleep, at least 10 hours a night six nights a week.
3. Use more milk - a quart a day.
4. Have some hot food at noon to prevent over-fatigue.
5. Arouse a spirit of home cooperation to help these children build up Positive Good Health.

WHITE PINE COUNTY REPORT FOR THE YEAR 1929- 1930
 COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

** Gold Star community
 for whole year

COMMUNITIES	Children			Increase in normal children. State goal, +5%	Decrease in dangerously underwts. State goal, -5%	% children now normal or slightly underweight. State goal, 75%	% children now dangerously underwt. State goal, 10% or less
	Exam.	Compltg.	%				
Baker	27	36	140	+ .93	-12.97	66.67	16.66
Cherry Creek	19	16	84	+15.46	-13.81	75.00	12.50
Lund	66	63	95	-29.00	+13.58	58.73	20.64
Melvin	8	7	88	+16.07	+17.85	42.85	42.85
Preston	33	34	103	+23.08	- .54	67.64	17.64
**Siegel	3	3	100	0.00	0.00	100.00	0.00
TOTALS	156	159	102	- 4.46	+ 2.85	64.14	18.87

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
October, 1929 to May, 1930

Baker Community, White Pine County

Total number of children examined in fall. 27
Total number of children completing demonstration. 39 or 140%

	<u>Oct. 1929</u>	<u>May 1930</u>	<u>Safe Zone</u>
Normal (N to 20% above)	29.65%	30.56%	66.67%
Slightly underweight (1-6%)	33.33	36.11	
Seriously underweight (7-9%)	7.40	16.66	
Dangerously underweight (10% and up)	29.63	16.66	
Seriously overweight (20% and up)	00.00	00.00	
	<u>99.99%</u>	<u>99.99%</u>	

During the year Baker has increased the number of children who are up to average weight for age and height only .93%. The state goal is to secure an increase of 5%. The number of dangerously underweight children was decreased 12.97%. This is over twice the state goal of 5% decrease in those dangerously underweight. Baker now has 66% in the Safe Zone (up to average or slightly under) and 16% are still dangerously underweight. The ultimate state goal is to have 75% in the Safe Zone and 10% or less dangerously underweight. By working real hard Baker could make this state goal next year and be declared a Gold Star community.

Baker had several severe problems this year. The school enrollment increased 40% during the year, and so a number of the children were not under the influence of the Keep Growing work all year. A number of the children increased unusually rapidly in height. Four children grew three inches in height and three grew four inches in height during the school year. This made it unusually hard for these children to maintain an average relation between weight and height for their age.

There are still a number of children in this school who have severe physical defects that need medical attention. A number of these cases are of long standing and the effect upon the health of these children grows more and more serious as time goes on. We earnestly urge that these children receive medical attention at once.

Mrs. Millie Bellander and Mrs. George Baker, who acted as local leaders, did excellent work in encouraging the children in establishing correct eating and sleeping habits. Mrs. Bellander also gave many of the underweight children milk at recess which was a decided help in gaining weight.

Recommendations for the Coming Year:

1. Provide medical attention for children with physical defects.
2. Have a hot food for children eating noon meals at school or at home.
3. Aim to include a quart of milk a day in the diet of each child.
4. Make Baker a Gold Star community.

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
October, 1929 to May, 1930.

Cherry Creek Community, White Pine County.

Total number of children examined. 19
Number completing demonstrations 16 or 84%

	Oct. 1929	May 1930	Safe Zone
Normal (N and up to 20% above)	15.79%	31.25%	75.00%
Slightly underweight (1-6%)	36.84	43.75	
Seriously underweight (7-9%)	15.79	12.50	
Dangerously underweight (10% and up)	26.31	12.50	
Seriously overweight (20% and up)	5.26	00.00	
	99.99%	100.00%	

This has been a year of excellent progress at Cherry Creek. Nine children were in school through the entire year. Of the four who were dangerously underweight at the beginning of the year three gained more than enough to offset an increase in height and are now only slightly underweight, and one is still seriously underweight. It has taken several years work to effect this gain and both parents and pupils, as well as the teachers, are to be congratulated on the result.

The Keep Growing record has been disturbed by a 50% change of enrollment through the loss of pupils throughout the fall and early winter and new enrollments in the spring so that only half of the children were influenced by the program throughout the year.

In spite of these changes Cherry Creek made a 15% increase in the number of normal children and a 13% decrease of dangerously underweight children. Compared to the state goal of 5% increase and a 5% decrease respectively, this is excellent. The ultimate goal of 75% in the Safe Zone and 10% dangerously underweight is almost reached and should be achieved in another year.

Mrs. Lester Pierce has been most faithful as a local leader and has received the support of the teacher, Mrs. Eula McMullen and the pupils.

Recommendations for the Coming Year:

1. See that each child has a hot lunch at noon whether at school or home. This is most important as hot food prevents over-fatigue.
2. Secure a quart of milk daily for each child.
3. Make Cherry Creek a Gold Star community. (75% in the Safe Zone and not more than 10% dangerously underweight).

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
October, 1929 to May, 1930

Lund Community, White Pine County

Total number of children examined. 66
Number of children completing demonstration. 63 or 93%

	<u>Oct. 1929</u>	<u>May 1930</u>	<u>Safe Zone</u>
Normal (N and up to 20% above)	57.57%	28.57%	58.73%
Slightly underweight (1-6%)	25.76	30.16	
Seriously underweight (7-9%)	7.57	17.46	
Dangerously underweight (10% and up)	6.06	20.64	
Seriously underweight (20% and up)	3.03	3.17	
	99.98%	100.00%	

Lund had the proud distinction of starting the school year as a Gold Star community by having 83% of its children in the Safe Zone (up to average weight for age and height or slightly under) and only 6% dangerously underweight. There was every reason to expect Lund to maintain this high standard throughout the school year and thereby secure for the school the highest honor conferred in the Keep Growing project, that of being declared an All Year Gold Star community and receiving a double starred certificate of achievement. We are very sorry to report that Lund has not succeeded in making this good record. The number of normal children decreased 29% and the number of dangerously underweight children increased 13% during the year - so Lund has only 58% in the Safe Zone and 20% dangerously underweight.

The reason for the startling decrease in the good health of these school children is due, we believe, to the following reasons: Lack of an adequate amount of sleep; cold lunches at noon, especially among those children who have to eat their lunch at school; and last but not least to a number of serious physical defects which need medical attention. These factors were aggravated by an unusually rapid increase in height among nearly half of the children. Twenty-seven children grew three inches and four grew four inches in height during the school year. Such growth is a severe tax on a child's constitution, and for future health every effort should be made to see that the children follow the rules of sensible living.

The lack of enough sleep is a serious menace not only to good health but to school progress. Children who are starved for sleep can neither maintain good health nor study properly. This is a serious problem and needs the whole-hearted cooperation of the whole community to solve. Every school child needs at least ten hours of sleep six nights a week, and the homes, school board, and church should cooperate to see that they get it.

The children who eat lunch at school need one warm food at noon. A thermos bottle for every child would easily solve this problem.

There were a number of epidemics in Lund during the year which have aggravated existing physical defects and produced new ones. Nearly every one of the children now dangerously underweight have physical defects such as bad tonsils, adenoids or teeth which need attention of a doctor. We suggest that the Relief Society and the school and the homes cooperate to secure the medical attention at once.

Mrs. Joe Vance and Mrs. Della Scow have acted as local leaders during this year and have been most faithful in their work! The school has also given excellent cooperation. What is needed in Lund is a revival of the splendid home and community cooperation which has been shown in the past.

For two years Lund has been the only school in the county to lose standing among the up-to-weights during the school year. The Lund children have lost weight or failed to gain weight in proportion to their increase in height during 1928-29 and 1929-30. In an agricultural community where milk and vegetables can be had in abundance this situation should not exist. Proper food, extra meals and more rest could build up the resistance of the children against frequent epidemics once medical attention has been provided for those who need it. Good health should be the asset of each child, otherwise no child can do his best in school and be adequately prepared for success in adult life.

Recommendations for the Coming Year:

1. A physical examination for each underweight child.
2. An earlier bedtime to provide ten hours sleep for each child. Sleep is an important part of the program for building good health.
3. Use of green leaf vegetables twice a week to build up a greater resistance to epidemics.
4. A quart of milk daily for each child.
5. Make Lund a Gold Star community with 75% of the children in the Safe Zone of weight and not more than 10% dangerously underweight.

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
October, 1929 to ~~May~~, 1930

Melvin Community, White Pine County

Total number of children examined. 8
Number of children completing demonstration. 7 or 88%

	Oct. 1929	May, 1930	Safe Zone
Normal (N and up to 20% above)	12.50%	28.57%	42.85%
Slightly underweight (1-6%)	12.50	14.28	
Seriously underweight (7-9%)	50.00	14.28	
Dangerously underweight (10% and up)	25.00	42.85	
Seriously overweight (20% and up)	00.00	00.00	
	100.00%	99.98%	

Melvin school district has made the splendid increase of 16% in the up to weight children which is three times the state goal of 5%. Unfortunately the children who were seriously and dangerously underweight at the beginning of the year did not gain enough to keep up with their height. Consequently there was an increase of 17.85% in the dangerously underweight children where the goal was a 5% decrease.

It is hoped that the parents will make a strenuous effort to see that those children have one hot food each noon, a quart of milk daily and a liberal supply of fruits and vegetables. Several of the underweight children have physical defects (bad tonsils) which should be corrected during the summer.

Recommendations for the Coming Year:

1. Have underweight children examined by physicians for physical defects.
2. Provide hot food for noon meal.
3. Provide a quart of milk a day for each child.
4. Stress daytime naps and 10 hours sleep for dangerously underweight children.

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
September, 1929 to May, 1930

Preston Community

White Pine County

Total number of children examined in fall.....33
Number completing demonstration.....34 or 103%

	Sept. 1929	May 1930	Safe Zone
Normal (N to 20% above)	15.15%	38.23%)	67.64%
Slightly underweight (1-6%)	57.57	29.41)	
Seriously underweight (7-9%)	9.09	14.71	
Dangerously underweight (10% and up)	18.18	17.64	
Seriously overweight (21% above and up)	00.00	00.00	
	99.99%	99.99%	

This has been a year of good progress in the Preston Keep Growing demonstration. A reference to the above statistical summary shows that the number of normal children was increased 23.08%, which is nearly five times the state yearly goal of 5% increase in normal children. This is an unusually fine record for one year's improvement. The number of dangerously underweight children was decreased .54%. This is not so good a record, as the state yearly goal is to decrease the number of dangerously underweight children 5%. However, the Preston dangerously underweight children are not to blame for this failure to increase their weight as practically all of those dangerously underweight are handicapped by some serious physical defect such as enlarged tonsils and adenoids, and defective teeth. Until these physical defects receive medical attention, it is practically impossible for these children to gain weight no matter how hard they try. It is earnestly hoped that the Preston community will make every effort to secure medical assistance for these dangerously underweight children, so that they may be "free to gain". It will certainly be money well invested from the viewpoint of both physical good health and ability to do good work in school.

Preston now has 67% of its children in the Safe Zone, that is, up to average weight for age and height or slightly below. 17% of its children are still dangerously underweight. The state goal is to have 75% in the Safe Zone and next year Preston can undoubtedly reach this goal and be declared a **Gold Star** community if the serious physical defects receive medical attention.

Mrs. Hyrum Whitlock and Mrs. Herbert Allred, who have acted as local leaders, deserve much credit for their faithful work in sustaining the interest of the children during the year. The cooperation of the homes and the community is earnestly requested in regard to the serious physical defects, so that Preston may be a **Gold Star** community next year.

Recommendations for the Coming Year:

1. An early bedtime; ten hours is the minimum for grade school children.
2. Doctor's care of children with physical defects.
3. A quart of milk daily in the diet of each child.
4. Leafy vegetables served twice a week.
5. Make Preston a Gold Star community.

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
October, 1929 to May, 1930

Siegel Community, White Pine County

**All Year Gold Star Community

Total number of children examined. 3
Number of children completing demonstration. 3 or 100%

	Oct. 1929	May, 1930	Safe Zone
Normal (N and up to 20% above)	33.33%	33.33%	100.00%
Slightly underweight (1-6%)	66.67	66.67	
Seriously underweight (7-9%)	00.00	00.00	
Dangerously underweight (10% and up)	00.00	00.00	
Seriously overweight (20% and up)	00.00	00.00	
	100.00%	100.00%	

The Siegel school, composed of three boys, has held its own during the school year. It was a Gold Star community in the fall and maintained its standing 75% in the Safe Zone and not more than 10% dangerously underweight. There was no increase in the percentage of up to weight children although one of the slightly underweight boys gained from a -6 to a -2%.

Recommendations for the Coming Year:

1. These boys are growing rapidly and need some hot food with their school lunch to prevent over-fatigue and help them to keep up to weight.
2. Hot mush for breakfast and a quart of milk daily will help all of them reach the up-to-weight for height standard.
3. Ten hours sleep six nights a week.

KEEP GROWING DEMONSTRATION REPORT 1929 - 1930
 EXAMPLES OF INDIVIDUAL RECORDS
 WHITE PINE COUNTY

Name	Age	Orig.		Sep.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	Final		Lbs. Gain	Orig. % Var.	Final % Var.
		Ht.	N.W.										Ht.	N.W.			
<u>BAKER</u>																	
Joe Smith	13-14	63	108		101	104 $\frac{3}{4}$	108 $\frac{3}{4}$	107		111 $\frac{1}{4}$		115	64	113	14	- 6	+ 2
Elwin Robinson	14	61	99		93 $\frac{5}{4}$	93 $\frac{1}{2}$	103	103 $\frac{5}{4}$	105 $\frac{1}{2}$	105 $\frac{1}{4}$	107	107	63	108	13 $\frac{1}{4}$	- 5	N
<u>CHERRY CREEK</u>																	
Irvin Borchert	14	60	94		83 $\frac{1}{4}$	87 $\frac{1}{4}$	90 $\frac{5}{4}$	92	92	96 $\frac{1}{4}$	99 $\frac{1}{2}$	101	62	103	17 $\frac{3}{4}$	-12	-3
Frances Dolan	13	60	97		85 $\frac{1}{2}$	87	88 $\frac{3}{4}$	91 $\frac{1}{2}$	92 $\frac{1}{2}$	91 $\frac{3}{4}$	92 $\frac{1}{2}$	95 $\frac{3}{4}$	61	101	10 $\frac{1}{4}$	-12	- 5
<u>LUND</u>																	
Terry Vance	8-9	52	64		60 $\frac{1}{2}$	64 $\frac{1}{4}$	64 $\frac{3}{4}$			68 $\frac{1}{4}$	67 $\frac{1}{2}$	68	54	70	7 $\frac{1}{2}$	- 6	- 3
Dorcus Gardner	14	62	109		96 $\frac{1}{2}$	94 $\frac{3}{4}$	98 $\frac{5}{4}$			110 $\frac{1}{2}$	109 $\frac{1}{4}$	109 $\frac{3}{4}$	65	121	13 $\frac{1}{4}$	-11	- 9
<u>MELVIN</u>																	
Eva Burke	14	63	112		103 $\frac{1}{2}$	110	112	112 $\frac{1}{2}$	115 $\frac{3}{4}$	113	119	121 $\frac{1}{4}$	65	121	17 $\frac{3}{4}$	- 8	N
<u>PRESTON</u>																	
Levon Gardner	9	51 $\frac{1}{2}$	62 $\frac{1}{2}$	58 $\frac{1}{2}$	60 $\frac{1}{4}$	63	64 $\frac{3}{4}$	64 $\frac{3}{4}$	64 $\frac{3}{4}$	65	66	66	52	64	7 $\frac{1}{2}$	- 7	+ 3
Lona Cazier	14	67	130	122	119 $\frac{1}{2}$	123 $\frac{1}{2}$	125	122 $\frac{1}{4}$	125	123 $\frac{1}{2}$	128 $\frac{1}{2}$	130 $\frac{1}{2}$	67	130	8 $\frac{1}{2}$	- 7	N

EUREKA COUNTY

II STATUS OF COUNTY EXTENSION ORGANIZATION(1) FORM OF ORGANIZATION - CHANGES AND DEVELOPMENT

The Eureka County Farm Bureau has seven members, with a Board composed of five directors and two associate members. The form of organization has not changed in the past few years, but interest has developed among the outlying ranches of the Eureka County district in the last twelve months.

The womens work in the outlying valleys north of Eureka was started in the fall of 1929 and has been continued throughout the present year. Meetings were held with the women each month, as long as road conditions permitted, and wherever there were girls of club age, they were enrolled and are working on their projects. Most of the ranches have been visited once or more and although the women have to travel from a few miles to thirty, in order to attend the meetings, they have felt it worth while to do so. The map of Eureka County will show the area covered. Only that part of Eureka County which lies south of the line extending across the northern end of White Pine County is in the district allotted to the agent in the East Central District. Forty-three different homes have been visited in Eureka and twelve different ranches.

(2) FUNCTION OF LOCAL PEOPLE, COMMITTEES, OR PROJECT LEADERS IN DEVELOPING THE PROGRAM OF WORK

The extension organization among the women is not complex as there are only a few ranch families with whom it is possible to make personal contacts. The women come in for the meetings with the extension agent, and work is carried on through the instructions given them at meetings and through correspondence. Not enough of the women drive autos, or have enough time to travel among the ranches to carry on projects through local leadership. In the town of Eureka there has been a Home Makers club organized for several years. This group has held meetings each week of the year except during the summer. The leaders have been very faithful in holding the work together when there has been no extension agent, and in keeping up interest in the work. In all six years of the Keep Growing work there has been only two local leaders.

(3) GENERAL POLICIES, INCLUDING RELATIONSHIPS TO OTHER ORGANIZATIONS

Eureka has a population of about seven hundred. The organizations in the whole county include lodges, church societies, and stock mens organizations. All these groups are represented in the Home Makers Club, and there is cooperation between them all.

III PROGRAM OF WORK, METHODS EMPLOYED AND RESULTS ACHIEVED(1) FACTORS CONSIDERED AND METHODS USED IN DETERMINING PROGRAM OF WORK

The program of work in Eureka County is not unlike that in the rest of the district. The larger part of the population is in the mining camp in Eureka, but as there is little mining going on, the families are connected by either business, family or friendship, to the surrounding ranch families. Their interests are closely tied together. The program has included Nutrition, Clothing, and both

EUREKA COUNTY

Yard and Home Improvement, all in the demonstration stage.

(2) PROJECT ACTIVITIES AND RESULTS

NUTRITIONGardens

Green leaf vegetable variety tests were made for broccoli and kale in the gardens of Mrs. James Rogantini in Diamond Valley, at the J. D. Ranch through Mrs. E. C. Johnson, at the Tonkin Ranch through Mrs. Steve Damele, and for other varieties at the Edgar Sadler Ranch. All varieties were successful in one or more gardens. With early planting in a cold frame, broccoli is most satisfactory. Escarolle, tall Kale, Witloof Chicory (to be forced for winter salads) Chinese Green and Ostrich Plume Mustard, Mountain Spinach and New Zealand Spinach seem to be very hardy and made an excellent growth. The dwarf kale does not seem to be as hardy as the tall. These tests are not yet completed, but interest has been aroused, and their spread promises to be valuable for variety in the diet and for the nutrition value for the family.

Food Preservation

Evaporation of vegetables and fruits was demonstrated in Eureka and Western Eureka County. In the demonstrations spinach, Swiss chard, mustard leaves, shelled peas, string beans, cabbage, apples and apricots were dried. While this method of food preservation is best used where people have gardens, one of the women found that the cabbage was most handy when dried as she could use small amounts in soups without cutting into a whole head.

Reports include that one home evaporator was built; 2½ bu. greens, 4 qts. corn, 2 pecks parsley, and spinach, string beans, and apples were dried with quantities not reported for the last. This project is no more than started, and its value will be seen in succeeding years.

The pressure cooker, as a means of canning as well as cooking, has been used in Western Eureka County. Five new cookers have been purchased this year and reports for canning from three women indicate a total of 200 jars, including two kinds meat and soup and at least eight different kinds of vegetables.

Fern Johnson has completed two years of canning work, with enrollments received too late to be counted for 1930. She has put up with the pressure cooker 20 jars of vegetables, and 20 jars of meat.

Keep Growing

This project was started in Eureka County when Miss Lassie Lane was agent and has been continued each year in both grade and high school. There were 111 different children in this project during 1929-1930. The children in one other rural district was visited once and assistance given to a second school. The reports of the work are attached at the end of the county report.

Miss Pauline Hjul, who has served so faithfully for several years with the Keep Growing demonstration, is being relieved this year by Mrs. Judson Hooper. Visits have been made to the schools four times

EUREKA COUNTY

in the year to weigh the children and to have personal interviews with them and to talk to the various grades and high school, in assembly, on special phases of good health habits, and on the progress of the demonstration in their school.

Food Preparation

A demonstration on the use of canned milk in cake making, was given to the Eureka Home Makers. Other phases of this project have been given to this group in previous years. A candy demonstration, making use of canned milk, was held for the benefit of the high school girls and Home Makers.

Home Ground Improvement

A planting plan has been made for the yard of Edgar Sadler's ranch. The work on this yard will take several years for completion.

CLOTHINGMillinery

Demonstrations have been given this year to the Home Makers group in Western Eureka County, Diamond Valley, and to the 4-H Club members, in making felt hats. The group in Western County have also made hat blocks of sawdust, at almost no cost. These will be valuable in keeping hats in shape and making new ones, and in renovating and cleaning others.

Dry Cleaning

A dry cleaning demonstration was given in Western Eureka County in November. Mrs. E. C. Johnson, who was appointed demonstrator, has dry cleaned 20 dresses, 3 sweaters, and 2 coats, at a saving of at least \$23.75.

4-H Clothing Clubs

This year there has been four clothing clubs enrolled in Eureka County; six girls in first year demonstration and ten girls in second year demonstration in Eureka; three girls in first year clothing in Diamond Valley; four girls in Western Eureka County for first year clothing, one of whom took second year work too.

Christmas Gifts

Each year suggestions are given to the women on Christmas gifts. At the meeting in 1929, purses that are accessories to clothing, made in fabrics or felt, were shown. The designs were given by one woman in Eureka County to another and demonstrations were held for the 4-H Club girls. In 1929, 24 purses were made of felt and decorated with wool yarns. Oil cloth toys were also shown at the meetings and eight were made.

HOME IMPROVEMENTBetter Pictures

Through the loan of 100 pictures, which were reproductions of famous British and American artists, the Eureka Home Makers Club, the school children and Western Eureka County were privileged to enjoy a study of better pictures and the selection and use of such pictures in the home. This is the second year that such an exhibit has been held, and in as much as only a few residing in the county have access to art galleries, it is planned to continue these exhibits.

EUREKA COUNTY

Through the continuation of the picture framing project by local leaders, 18 frames have been made during the past year by the different women. These new frames are more suitable than any that have been made in the past, and as house cleaning time has come around, the pictures have been placed on the walls, and have been hung in a more artistic manner.

House Furnishing Accessories

Rug making and covering of book ends with cretonnes that harmonize with the colors of the living and dining rooms has been made a project this year. Two rug demonstrations were given and three rugs have been completed and three more are nearing completion. A fourth rug is being used which was put on the frame the previous year. These were all made by the method known as the Indian Tied, which are so successfully used by the Indian women.

There have been nine pairs of book ends and magazine ends made in four different homes as the result of one demonstration given. Eight smocked pillows have also been made.

Room Improvement

Visits have been made to the homes of Mrs. James Hunter and Mrs. Peter Carletti to plan demonstration rooms. At Eureka a meeting on bedroom color schemes was held with the Home Makers Club.

Color

Nine color cards were made at Western Eureka County in October as a preliminary to work on house furnishings. A discussion of complimentary and tried schemes was given. Three additional cards were made as a follow up of a previous Eureka demonstration.

OTHER WORK TAKING A DAY OR MOREChild Health Medical Survey

One day was spent by the agent and Mrs. Buol from the University, with the help of three local leaders, for finding out how much medical attention was being given to children under school age. This information is being used by the association of physicians meeting with President Hoover to plan a public health program which will be beneficial to this section of Nevada, as well as other parts of the United States.

Farm Bureau Co-operation

County Board meetings have been attended and the agent also attended the Annual Farm Bureau meeting at which a report of the year's work was given and 4-H pins were awarded.

IV OUTLOOK AND RECOMMENDATION

Outlines have been made for 15 projects in Eureka County and an account of the work done in each one has been prepared for Miss Grace Herr, who is succeeding the present agent in the district. She has been introduced to the roads leading to the ranches in the central part of the county, and has been taken personally to visit eight ranches, to attend one meeting where three more ranch families were represented, and has also been taken to call on six leaders in Eureka, who will assist in the 1931 program of work. Work will be continued on the projects reported above and the house furnishing work expanded.

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
October, 1929 to May, 1930

Eureka Community
Grade School

Eureka County

Total number of children examined.....85
Number completing demonstration.....88 or 104%

	Oct., 1929	May, 1930	Safe Zone
Normal (N and up to 20% above)	35.29%	36.36%)	67.04%
Slight underweight (1-6%)	32.94	30.68)	
Seriously underweight (7-9%)	11.76	10.22	
Dangerously underweight (10% and up)	18.82	20.45	
Seriously overweight (21% above and up)	1.17	2.27	
	99.98%	99.98%	

The Eureka Grade children made splendid gains through the fall and early winter but failed to maintain their weight in the spring. The examination showed only 1% increase in normal children and a 1.63% increase in the dangerously underweights. (The state goal is a 5% increase in normals and a 5% decrease in dangerously underweights). Eureka Grades reached neither of these goals.

The ultimate goal is to have 75% in the Safe Zone and not more than 10% dangerously underweight. At Eureka the present standing is 67% and 20% respectively which is too far from the goal.

The following factors contribute to the unsatisfactory result; physical defects that could be corrected (bad tonsils and teeth), epidemics (which can be lessened in severity by increasing resistance through proper living), and too little sleep. The children in Eureka suffer from lack of sufficient sleep. Ten hours six nights a week is the minimum needed, and in the high altitude of Eureka with the present degree of underweight, daily naps and an eight o'clock bed-time should be the rule. In addition underweight children should have a mid-morning lunch and a mid-afternoon lunch of bread and butter and milk or fresh fruit, or both.

Miss Pauline Hjul again faithfully acted as local leader. She needs more home cooperation, particularly in regard to sleep and rest.

Recommendations for the Coming Year:

1. Correct the physical defects handicapping the children.
2. A quart of milk daily for each child.
3. Ten hours sleep six nights a week supplemented by naps for underweight children.
4. More vegetables, particularly green leaf, and fruits. Fruit and vegetables build up resistance against disease.
5. We earnestly recommend that all seriously underweight children be prevented from taking part in athletics till they are up to weight and that rest periods be substituted for these children.

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
October, 1929 to May, 1930

Eureka Community
High School

Eureka County

Total number of children examined 31
Total number of children completing demonstration 28 or 90%

	Oct. 1929	May 1930	Safe Zone
Normal (N and up to 20% above)	35.71%	35.71%)	71.42%
Slightly Underweight (1-6%)	32.26	35.71)	
Seriously Underweight (7-9%)	19.35	17.85	
Dangerously Underweight (10% and up)	12.90	10.71	
Seriously Overweight (21% above and up)	0.00	0.00	
	99.99%	99.98%	

Students of the Eureka High School deserve praise for their standing in the spring record and their cooperation in this year's Keep Growing program. In spite of the effort made, neither the increase of normals, .23%, nor the decrease of dangerously underweights, 2%, met the state goal of 5%, as was expected.

The percentage now in the Safe Zone is 71% and dangerously underweight 10.71%, while the ultimate state goal and the requirement of a Gold Star community is 75% and 10% respectively. By following the recommendations as to rest and food these goals could be attained.

Colds and other epidemics are more severe where the requirements of sleep are disregarded and the resistance of the body is lowered by improper eating. A greater supply of fruits and vegetables should be secured from nearby ranches, and supplemented by canned and dried goods. The supply of fresh milk, although better than in the past few years, is not yet sufficient.

Recommendations For Next Year.

1. A quart of milk daily for each boy and girl.
2. More vegetables, particularly leafy vegetables--fresh when possible.
3. More fruits--fresh, canned and dried.
4. In particular MORE SLEEP--ten hours six nights a week.
5. Make the High School record, 75% in the Safe Zone and not more than 10% dangerously underweight.

EUREKA COUNTY REPORT FOR THE YEAR 1929 - 1930
 COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	Children			Increase in normal children. State goal, +5%	Decrease in dangerously underwts. State goal, -5%	% children now normal or slightly underweight. State goal, 75%	% children now dangerously underweight. State goal, 10% or less.
	Exam.	Compltg.	%				
Eureka Grades	85	88	104	+ 1.07	+ 1.63	67.04	20.45
Eureka High School	31	28	90	+ .23	- 2.19	71.42	10.71
TOTALS	116	116	100	+ .87	+ .86	68.10	18.10

KEEP GROWING DEMONSTRATION REPORT 1929 - 1930
 EXAMPLE OF INDIVIDUAL RECORDS
 EUREKA COUNTY

Name	Age	Orig		Sep.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	Final		Lbs. Gain	Orig % Var.	Final % Var.
		Ht.	N.W.										Ht.	N.W.			
<u>EUREKA GRADES</u>																	
Robert McKay	7	45 $\frac{1}{2}$	47		41 $\frac{1}{2}$	44 $\frac{5}{8}$	44	44 $\frac{1}{2}$	45 $\frac{1}{4}$	45 $\frac{1}{4}$	46 $\frac{1}{2}$	46 $\frac{1}{2}$	46	48	5	-12	- 3
Mary Blair	9	50	58		55	57	58 $\frac{1}{4}$	59 $\frac{1}{4}$	59 $\frac{1}{4}$	60 $\frac{1}{2}$	60 $\frac{3}{4}$	60	50 $\frac{1}{2}$	59 $\frac{1}{2}$	5	- 5	N
Pearl Pieretti	12-13	61 $\frac{1}{2}$	102 $\frac{1}{2}$		92 $\frac{1}{2}$	98 $\frac{1}{4}$	98 $\frac{1}{4}$	100 $\frac{1}{2}$	100	100 $\frac{1}{2}$	104	101 $\frac{1}{4}$	62	106	8 $\frac{5}{8}$	-10	- 4
<u>EUREKA HIGH</u>																	
James Prina	15	66	125		117	117	116	121 $\frac{5}{8}$	126	124 $\frac{3}{4}$	124	125	66	125	8	- 6	N
George Howard	15	63 $\frac{1}{4}$	111 $\frac{1}{4}$		99 $\frac{1}{2}$	103 $\frac{5}{8}$	107 $\frac{1}{4}$	108 $\frac{1}{4}$	107 $\frac{1}{2}$	107	111 $\frac{1}{4}$	110 $\frac{1}{4}$	64 $\frac{1}{2}$	117 $\frac{1}{2}$	10 $\frac{3}{4}$	-10	- 6

Nutrition Work Begun at Austin and Eureka

Miss Rhandena A. Armstrong has recently returned from starting the current program in Keep Growing, the special nutrition project of the Nevada Extension Service. One hundred and thirty-two high and grade school pupils are enrolled in Eureka and 72 in Austin. There is a growing rivalry between these schools, says Miss Armstrong, even though Austin is beginning only its second year of effort as against the sixth for Eureka. The goals are to bring 75 per cent of the children to within 6 per cent of the weight normal for their height and age. Fewer than 63 per cent of the students in Eureka have reached this goal and only 55 per cent in Austin.

Much effort is being made to impress the need of ten hours sleep a night, and extra rest periods for the dangerously underweight. The program includes the popularizing of simple nutritious foods, in order to increase weight after physical defects needing medical attention have been remedied.

The extension service awards special recognition to schools reaching 75 per cent in the safe zone and having fewer than 10 per cent dangerously underweight. At present these two towns have 25 per cent 32 per cent respectively so far underweight as to endanger their health and vitality and adversely effect their ability to do school work.

Austin School Gains.

Each school is measured by its progress during the school year in raising the percentage in the safe zone and decreasing the percentage of those dangerously underweight. The Austin children of the grade school last year made an increase of 12 per cent and a decrease of 19 per cent, respectively. The problem is an ever recurring one, however, as new pupils come in each year and as yet the summer vacation is not used for building up positive health.

Local volunteer leaders assist Miss Armstrong in weighing and measuring the children. Mrs. Judson Hooper and Mrs. Estelle Gensoli are in charge of the Eureka demonstration and Mrs. James Gurr of that in Austin.

Louise Escobar, of Austin, 11 years old, discovered that a 20-minute afternoon rest resulted in an hour's sleep and Marie Hicks, a first grade pupil of Eureka, regularly falls asleep after a strenuous day at school. Extra rest will do much to counteract the nervous strain that accompanies high altitudes.

LANDER COUNTY

II STATUS OF COUNTY EXTENSION ORGANIZATION(1) FORM OF ORGANIZATION - CHANGES AND DEVELOPMENT

Lander County has a smaller number of ranches than either of the other two served by the agent for women and girls work. One community had been previously assisted in home demonstrations and 4-H Clothing projects. During the past year the plan started in the summer of 1929, to visit as many ranches as possible, was followed up.

Work had been started in the mining camp of Cortez, where there were 20 families, but this was rudely interrupted by the cessation of mining activities. Visits were made to the homes in the valleys southeast and southwest of Austin, and to the ranches in the canyons around the Austin summit.

The Farm Bureau continues to be the organization officially recognized for Extension work but its meetings are centered in the northern end of the county, which lies in the district of another Extension Agent. Visits have been made to the home of one Board member, and the work was discussed with still another who attended the State Farm Bureau meeting.

(2) FUNCTION OF LOCAL PEOPLE, COMMITTEES, OR PROJECT LEADERS IN DEVELOPING THE PROGRAM OF WORK

The local people have responded more and more as the year went on to the meetings held monthly for Home Makers, and to the opportunities in club work and the Keep Growing project. Visits have been made to the homes to find out what the women were interested in and in planning a program which would be the most valuable to them according to the philosophy of extension work. The responsibility of meetings and supplies is being turned over to the leaders as fast as possible in order to allow the agent to carry on more work in more communities.

(3) GENERAL POLICIES, INCLUDING RELATIONSHIPS TO OTHER ORGANIZATIONS

The assistance of all the organized bodies, such as lodges and schools, has been desired. Since there is a small population, those interested in the program represent practically all interests of the community and thus requires less special effort.

III PROGRAM OF WORK, METHODS EMPLOYED AND RESULTS ACHIEVED(1) FACTORS CONSIDERED AND METHODS USED IN DETERMINING PROGRAM OF WORK

Such a program of work as will best contribute to more attractive and comfortable homes, more healthy families, is the goal of the Extension work previously stated. Considerable time has been spent on the Keep Growing demonstration in Austin as communities which are not principally agricultural are generally lacking in a supply of milk and vegetables, needed for the best nutrition: good physical development and ability to do ones work efficiently and aptly.

(2) PROJECT ACTIVITIES AND RESULTSNUTRITIONKeep Growing

The Keep Growing project, which was started in Austin, has

LANDER COUNTY REPORT FOR THE YEAR 1929 - 1930
 COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	Children			Increase in normal children. State goal, +5%	Decrease in dangerously underwts. State goal, -5%	% children now normal or slightly underweight. State goal, 75%	% children now dangerously underwt. State goal, 10% or less.
	Exam.	Compltg.	%				
Austin Grade	33	28	85	+17.00	- 9.05	78.57	14.28
Austin High	12	13	108	+ 5.77	- 3.20	46.15	38.46
TOTALS	45	41	91	+13.93	- 13.60	68.29	21.95

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
October, 1929 to May, 1930.

Austin Community
Grade School

Lander County

Total number of children examined.....33
Number completing demonstration.....28 or 85%

	Oct., 1929	May, 1930	Safe Zone
Normal (N and up to 20% above)	15.15%	32.15%)	78.57%
Slightly underweight (1-6%)	42.42	46.42)	
Seriously underweight (7-9%)	9.09	7.14	
Dangerously underweight (10% and up)	33.33	14.28	
Seriously overweight (21% above and up)	00.00	00.00	
	99.99%	99.99%	

This is the first year of the Keep Growing demonstration in Austin and it has been marked by splendid cooperation on the part of pupils and parents. Austin grades show an increase of 17% in the number of normal or up to weight children which is more than three times the state goal of 5%. There is likewise a decrease of 13.6% in the number of dangerously underweight children which is more than twice the state goal. In October, 19 or 57.57% of the children were found to be in the Safe Zone of weight in relation to height and age, and 11 or 33.33% were dangerously underweight. In May, taking into account increases in height and weight, 22 or 78.57% were in the Safe Zone and 4 or 14.28% dangerously underweight.

However, the whole story cannot be told in these figures as eight children were absent in October and thirteen in May. Of those absent in October six were in the Safe Zone and only one dangerously underweight, while of those absent in May, as nearly as can be estimated, eight were in the Safe Zone and five dangerously underweight. Taking these absences into consideration, the October percentages are a little lower and the May percentages a little higher than the examination of all the children at the same time would show. In fact nine of the forty one children in the grades are still dangerously underweight - two of them to the extent of 23% and 26%. The relatively poor physical condition of these dangerously underweight children is due to three factors: physical defects (such as bad tonsils and teeth) which prevent a child from gaining, lack of the proper kind of food in sufficient quantities, namely milk, fruit and vegetables, a lack which Austin shares with mining camps in general, and insufficient rest where more than the average amount of it is needed because of the high altitude.

Mrs. Frank Long and Miss Marguerite Maestretti have given able assistance to the Extension Agent in taking monthly weights and the children have shown a marked interest in improving.

Recommendations for the Coming Year:

1. Increase the supply of fresh milk from cows and goats.
2. Make use of dried and canned milk as a supplement to fresh milk for baking, soups, beverages and desserts.
3. Provide medical attention for physical defects.
4. Parents and children stress an early bedtime.
5. Try to make Austin Grammar school a Gold Star school.

NUTRITION PROJECT
KEEP GROWING DEMONSTRATION REPORT
October, 1929 to May, 1930

Austin Community
High School

Lander County

Total number of children examined.....12
Number completing demonstration13 or 108%

	Oct., 1929	May, 1930	Safe Zone
Normal (N and up to 20% above)	25.00%	30.77%)	46.15%
Slightly underweight (1-6%)	25.00	15.38)	
Seriously underweight (7-9%)	8.33	15.38	
Dangerously underweight (10% and up)	41.66	38.46	
Seriously overweight (21% above and up)	00.00	00.00	
	<u>99.99%</u>	<u>99.99%</u>	

This is the first year of the Keep Growing demonstration in Austin High School. Of the nineteen students only twelve were present in October and thirteen in May. Among this group there was an increase of 5.77% in the up to weight children and a decrease of 3.20% in the dangerously underweights during the year. The state goal is a 5% increase in the first class, which Austin met, and a decrease of 5% in dangerously underweights which was not attained.

Among those absent in October and May there were four dangerously underweight which means that the percentage of dangerously underweight boys and girls is nearly 50%. This does not argue well for either the future good health or the present ability to do the best school work on the part of this group of young people. The state goal is to have less than 10% dangerously underweight, so Austin has need for much health work.

The influences that are largely responsible for this poor showing are, first: over-activity and a lack of rest and sleep; and second: an insufficient supply of building foods, milk and eggs, together with vegetables and fruits which build up resistance to disease.

The boys in the high school made a gain twice as great as that made by the girls. The latter need to have the fact impressed upon them that the standard of weight set for their age and height is a minimum rather than a maximum figure; that a girl who is positively healthy usually is as much as 10% above this.

The high altitude of Austin induces a high degree of nervous tension which requires more rest. More than one night party a week is a severe drain on vitality. Everyone of these underweight boys and girls need an afternoon nap and extra meals.

Recommendations for the Coming Year:

1. More sleep - sleep starvation is as bad as insufficient food.
2. More milk. A quart a day per person. At least half should be fresh cow's or goat's milk.
3. An abundance of vegetables, particularly green leaf vegetables - lettuce, spinach, cabbage.
4. Continue the Keep Growing Project.

KEEP GROWING DEMONSTRATION REPORT 1929 - 1930
 EXAMPLES OF INDIVIDUAL RECORDS
 LANDER COUNTY

Name	Age	Orig.		Sep.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	Final		Lbs Gain	Orig. % Var.	Final % Var.
		Ht.	N.W.										Ht.	N.W.			
<u>AUSTIN GRADES</u>																	
Georgina Barianca	6	43	41		36 $\frac{1}{2}$	39	39 $\frac{1}{2}$	39 $\frac{1}{2}$	40 $\frac{1}{4}$	40	40	40 $\frac{1}{4}$	44	42	4	-11	- 4
Florence Moss	9-10	53 $\frac{1}{2}$	68 $\frac{1}{2}$		60 $\frac{3}{4}$	65 $\frac{1}{2}$	65	65 $\frac{1}{2}$	68	69	68	69	55	74	8 $\frac{1}{2}$	-11	- 7
Louise Escobar	10	50 $\frac{1}{2}$	60		50 $\frac{1}{2}$	52	58 $\frac{3}{4}$	54	54	55 $\frac{1}{2}$	54 $\frac{3}{4}$	56 $\frac{1}{4}$	52	64	5 $\frac{3}{4}$	-16	-12
<u>AUSTIN HIGH</u>																	
William Easton	17-18	66	132		110 $\frac{1}{2}$	116 $\frac{1}{2}$	117 $\frac{1}{2}$	114	118 $\frac{1}{2}$	120	118 $\frac{1}{4}$	119	66 $\frac{1}{2}$	137 $\frac{1}{2}$	8 $\frac{1}{2}$	-16	-13
Dale Acree	16	71	151			131	137 $\frac{1}{2}$	137	138 $\frac{1}{2}$	138 $\frac{1}{2}$	140 $\frac{1}{2}$	140 $\frac{3}{4}$	71	151	9 $\frac{3}{4}$	-13	- 7

LANDER COUNTY

received the co-operation of the school teachers, mothers, and local leaders appointed to help in the weighing of the children, and the interest is kept up by the visits of the extension agent. The children are measured at the beginning and close of the school year and weighed each month. Each child talks with the agent individually for a report on his increase in weight and to receive suggestions on health practices to be followed in the succeeding month. A large number of the children have been found to be very dangerously underweight, some as much as twenty to fifty pounds. This means that these children have more vitality and do good school work at too great a drain on their physical strength and nervous energy. The report of the year's Keep Growing work is attached. The agent feels that the results are very good for the first year's effort although far below the standard which should be set for the school.

Bathroom scales, purchased by the Lander County Farm Bureau, are brought down to be used for the 1930-31 year by the school children of the Simpson Park and Big Smokey districts, so that in place of one school completing the demonstration for 1930 there are three starting in the fall for the report of 1931.

Food Selection and Preparation

Thirty-five different families have been reported at the three meetings on this subject held at Austin. There has been an average attendance of 20 every time. The subjects were on the use of canned milk in cakes and desserts; the use of germ meal in muffins and hot bread together with salad making and a demonstration on dried fruits in puddings and desserts. The results will be best measured in the increased health of the school children and adults, but so far sixteen women have made use of the recipes given at these demonstrations: 9 of the canned milk; 3 germ meal; 8 salads and salad dressings; 11 fruit desserts.

CLOTHING

4-H Club Clothing Project

Six girls scarcely ten years old started clothing club work in Austin in the fall of 1929. All six of these children have completed the work satisfactorily and started on the second year clothing. They have been joined by two first year members in Austin and two first year members on the Dory ranch. Two of these girls attended the 1930 Club Camp, at Reno, and are most enthusiastic over all they learned and saw.

This club held meetings nearly every week of the winter and made for themselves a hand towel, sewing bag, needle book, laundry bag, and shoe bag. They also learned to darn stockings and mend their clothes. They kept a record of the sewing done and the cost and value of their project, all of which they reported to the Extension Agent with a story of their years work after which they were awarded their pins.

Dry Cleaning

One woman, who was appointed demonstrator following a dry cleaning demonstration in September 1929, reported that she cleaned thirty garments with a saving of \$15.00 at least. This was easily, quickly, and satisfactorily done.

HOME IMPROVEMENTBetter Pictures

Better pictures has been a project carried out over the entire district. For two years its purpose has been to give enjoyment in the studying of reproductions of various paintings and to guide Home Makers in selecting pictures that have real artistic merit.

An exhibit of 100 pictures was made in May for the Home Makers and the school children. It consisted of the work of recent American and other famous British and American artists. The school children had the whole day to study the pictures and 21 attended the evening meeting when a demonstration on hanging and grouping pictures and the qualities of paintings was given.

Color Study

Eight adults and four 4-H Club girls have made color circles to learn the various types of color harmonies and these will be used in succeeding meetings.

Other Home Makers Meetings

A meeting on Christmas suggestions gave the Austin women an opportunity to copy patterns for novelty purses and oil cloth toys.

A demonstration on smocking was used by the women who decorate their childrens' clothes with a simple stitch and by others who made smocked pillows. One woman made seven for gifts and there were two additional.

FARM BUREAU COOPERATION

There have been no county meetings in the Austin district. A report was sent to the Annual meeting of 1929 and the 1930 meeting has not been planned yet.

IV OUTLOOK AND RECOMMENDATIONS

During the past twelve months an effort has been made to visit the ranches and get acquainted with the women in Smokey Valley, Reese River Valley south of Austin, and in and about Austin.

This fall the Keep Growing Demonstration is being started at the Simpson Park and Big Smokey schools. Two club girls are enrolled at the first and one at the latter.

The attendance at Home Makers meetings has increased since evening meetings are being held and averages around twenty. This response is gratifying and it is to be hoped that the work will seem valuable enough to the group that the attendance may grow even more. The extension agent is ready to meet with groups of ranch women and help them with their problems as soon as they are ready to come together.

Local leaders who will volunteer to assist in projects will find the time spent and experience gained valuable to them. Local leadership is necessary to a well organized community program of work to keep demonstrations, which have been started by the agent, alive for the use of new residents of the community and to make it possible for the agent to enlarge the scope of her work.

NYE COUNTY

Two trips were made to Ione where a 4-H Clothing Club of eight girls was organized in March. There they were assisted during the spring term by Miss Pearl Ivins of Lund, their teacher. Three girls sent in their reports and stories early in October, have been awarded pins and are enrolled for the succeeding year.

Mrs. Natalie Arigoni took club instruction books to the Little Cherry Creek school near Sharp from the Teachers' Institute of October 1929. She sent in two completions in April.

Mrs. Etta Titus assisted Irene Wilson, of Warm Springs, in the first year clothing demonstration. Irene completed and is enrolling for the second year demonstration.

Although there is no organized agency sponsoring Extension work in Nye County nor any tax levy made to support the work we are glad to give the ranchers near the district boundaries any help we can particularly when such eager leadership is ready to cooperate as is shown by the above.

UNIVERSITY OF NEVADA
AGRICULTURAL EXTENSION DIVISION
C. W. CREEL, DIRECTOR

NYE COUNTY

ANNUAL REPORT

November 1, 1929 to November 1, 1930

RHANDENA A. ARMSTRONG, DISTRICT
EXTENSION AGENT

*

Submitted by:-

District Extension Agent
Ely, Nevada

Date Mailed _____

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Eureka County

ANNUAL REPORT

November 1, 1929 to November 1, 1930

RHANDENA A. ARMSTRONG, DISTRICT
EXTENSION AGENT

Submitted by:-

District Extension Agent
Ely, Nevada

Date Mailed _____

I N D E X

EUREKA COUNTY

Status of County Extension Organization	2
Program of Work	2-3
Gardens	3
Food Preservation	3
Keep Growing	3-4
Food Preparation	4
Home Ground Improvement	4
Millinery	4
Dry Cleaning	4
4-H Clothing Clubs	4
Christmas Gifts.....	4
Better Pictures	4-5
House Furnishing Accessories	5
Room Improvement	5
Color	5
Child Health Medical Survey	5
Farm Bureau Co-operation	5
Outlook and Recommendation	5

EUREKA COUNTY

II STATUS OF COUNTY EXTENSION ORGANIZATION(1) FORM OF ORGANIZATION - CHANGES AND DEVELOPMENT

The Eureka County Farm Bureau has seven members, with a Board composed of five directors and two associate members. The form of organization has not changed in the past few years, but interest has developed among the outlying ranches of the Eureka County district in the last twelve months.

The womens work in the outlying valleys north of Eureka was started in the fall of 1929 and has been continued throughout the present year. Meetings were held with the women each month, as long as road conditions permitted, and wherever there were girls of club age, they were enrolled and are working on their projects. Most of the ranches have been visited once or more and although the women have to travel from a few miles to thirty, in order to attend the meetings, they have felt it worth while to do so. The map of Eureka County will show the area covered. Only that part of Eureka County which lies south of the line extending across the northern end of White Pine County is in the district allotted to the agent in the East Central District. Forty-three different homes have been visited in Eureka and twelve different ranches.

(2) FUNCTION OF LOCAL PEOPLE, COMMITTEES, OR PROJECT LEADERS IN DEVELOPING THE PROGRAM OF WORK

The extension organization among the women is not complex as there are only a few ranch families with whom it is possible to make personal contacts. The women come in for the meetings with the extension agent, and work is carried on through the instructions given them at meetings and through correspondence. Not enough of the women drive autos, or have enough time to travel among the ranches to carry on projects through local leadership. In the town of Eureka there has been a Home Makers club organized for several years. This group has held meetings each week of the year except during the summer. The leaders have been very faithful in holding the work together when there has been no extension agent, and in keeping up interest in the work. In all six years of the Keep Growing work there has been only two local leaders.

(3) GENERAL POLICIES, INCLUDING RELATIONSHIPS TO OTHER ORGANIZATIONS

Eureka has a population of about seven hundred. The organizations in the whole county include lodges, church societies, and stockmens organizations. All these groups are represented in the Home Makers Club, and there is cooperation between them all.

III PROGRAM OF WORK, METHODS EMPLOYED AND RESULTS ACHIEVED(1) FACTORS CONSIDERED AND METHODS USED IN DETERMINING PROGRAM OF WORK

The program of work in Eureka County is not unlike that in the rest of the district. The larger part of the population is in the mining camp in Eureka, but as there is little mining going on, the families are connected by either business, family or friendship, to the surrounding ranch families. Their interests are closely tied together. The program has included Nutrition, Clothing and both

EUREKA COUNTY

Yard and Home Improvement, all in the demonstration stage.

(2) PROJECT ACTIVITIES AND RESULTS

NUTRITIONGardens

Green leaf vegetable variety tests were made for broccoli and kale in the gardens of Mrs. James Rogantini in Diamond Valley, at the J. D. Ranch through Mrs. E. C. Johnson, at the Tonkin Ranch through Mrs. Steve Damele, and for other varieties at the Edgar Sadler Ranch. All varieties were successful in one or more gardens. With early planting in a cold frame, broccoli is most satisfactory. Escarolle, tall Kale, Witloof Chicory (to be forced for winter salads) Chinese Green and Ostrich Plume Mustard, Mountain Spinach and New Zealand Spinach seem to be very hardy and made an excellent growth. The dwarf kale does not seem to be as hardy as the tall. These tests are not yet completed, but interest has been aroused, and their spread promises to be valuable for variety in the diet and for the nutrition value for the family.

Food Preservation

Evaporation of vegetables and fruits was demonstrated in Eureka and Western Eureka County. In the demonstrations spinach, Swiss chard, mustard leaved, shelled peas, string beans, cabbage, apples and apricots were dried. While this method of food preservation is best used where people have gardens, one of the women found that the cabbage was most handy when dried as she could use small amounts in soups without cutting into a whole head.

Reports include that one home evaporator was built; $2\frac{1}{2}$ bu. greens, 4 qts. corn, 2 pecks parsley, and spinach, string beans, and apples were dried with quantities not reported for the last. This project is no more than started, and its value will be seen in succeeding years.

The pressure cooker, as a means of canning as well as cooking, has been used in Western Eureka County. Five new cookers have been purchased this year and reports for canning from three women indicate a total of 200 jars, including two kinds of meat and soup and at least eight different kinds of vegetables.

Fern Johnson has completed two years of canning work, with enrollments received too late to be counted for 1930. She has put up with the pressure cooker 20 jars of vegetables, and 20 jars of meat.

Keep Growing

This project was started in Eureka County when Miss Lassie Lane was agent and has been continued each year in both grade and high school. There were 111 different children in this project during 1929-1930. The children in one other rural district were visited once and assistance given to a second school. The reports of the work are attached at the end of the county report.

Miss Pauline Hjul, who has served so faithfully for several years with the Keep Growing demonstration, is being relieved this year by Mrs. Judson Hooper. Visits have been made to the school four times

EUREKA COUNTY

in the year to weigh the children and to have personal interviews with them and to talk to the various grades and high school, in assembly, on special phases of good health habits, and on the progress of the demonstration in their school.

Food Preparation

A demonstration on the use of canned milk in cake making, was given to the Eureka Home Makers. Other phases of this project have been given to this group in previous years. A candy demonstration, making use of canned milk, was held for the benefit of the high school girls and Home Makers.

Home Ground Improvement

A planting plan has been made for the yard of Edgar Sadler's ranch. The work on this yard will take several years for completion.

CLOTHINGMillinery

Demonstrations have been given this year to the Home Makers group in Western Eureka County, Diamond Valley, and to the 4-H Club members, in making felt hats. The group in Western Eureka County have also made hat blocks of sawdust, at almost no cost. These will be valuable in keeping hats in shape and making new ones, and in renovating and cleaning others.

Dry Cleaning

A dry cleaning demonstration was given in Western Eureka County in November. Mrs. E.C. Johnson, who was appointed demonstrator, has dry cleaned 20 dresses, 3 sweaters, and 2 coats, at a saving of at least \$23.75.

4-H Clothing Clubs

This year there has been four clothing clubs enrolled in Eureka County; six girls in first year demonstration and ten girls in second year demonstration in Eureka; three girls in first year clothing in Diamond Valley; four girls in Western Eureka County for first year clothing, one of whom took second year work too.

Christmas Gifts

Each year suggestions are given to the women on Christmas gifts. At the meeting in 1929, purses that are accessories to clothing, made in fabrics or felt, were shown. The designs were given by one woman in Eureka County to another and demonstrations were held for the 4-H Club girls. In 1929, 24 purses were made of felt and decorated with wool yarns. Oil cloth toys were also shown at the meetings and eight were made.

HOME IMPROVEMENTBetter Pictures

Through the loan of 100 pictures, which were reproductions of famous British and American artists, the Eureka Home Makers Club, the school children and Western Eureka County were privileged to enjoy a study of better pictures and the selection and use of such pictures in the home. This is the second year that such an exhibit has been held, and in as much as only a few residing in the county have access to art galleries, it is planned to continue these exhibits.

EUREKA COUNTY

through the continuation of the picture framing project by local leaders, 18 frames have been made during the past year by the different women. These new frames are more suitable than any that have been made in the past, and as house cleaning time has come around, the pictures have been placed on the walls, and have been hung in a more artistic manner.

House Furnishing Accessories

Rug making and covering of book ends with cretonnes that harmonize with the colors of the living and dining rooms has been made a project this year. Two rug demonstrations were given and three rugs have been completed and three more are nearing completion. A fourth rug is being used which was put on the frame the previous year. These were all made by the method known as the Indian Tied, which are so successfully used by the Indian women.

There have been nine pairs of book ends and magazine ends made in four different homes as the result of one demonstration given. Eight smocked pillows have also been made.

Room Improvement

Visits have been made to the homes of Mrs. James Hunter and Mrs. Peter Carletti to plan demonstration rooms. At Eureka a meeting on bedroom color schemes was held with the Home Makers Club.

Color

Nine color cards were made at Western Eureka County in October as a preliminary to work on house furnishings. A discussion of complimentary and tried schemes was given. Three additional cards were made as a follow up of a previous Eureka demonstration.

OTHER WORK TAKING A DAY OR MOREChild Health Medical Survey

One day was spent by the agent and Mrs. Buol from the University, with the help of three local leaders, for finding out how much medical attention was being given to children under school age. This information is being used by the association of physicians meeting with President Hoover to plan a public health program which will be beneficial to this section of Nevada, as well as other parts of the United States.

Farm Bureau Co-operation

County Board meetings have been attended and the agent also attended the Annual Farm Bureau meeting at which a report of the year's work was given and 4-H pins were awarded.

IV OUTLOOK AND RECOMMENDATION

Outlines have been made for 15 projects in Eureka County and an account of the work done in each one has been prepared for Miss Grace Herr, who is succeeding the present agent in the district. She has been introduced to the roads leading to the ranches in the central part of the county, and has been taken personally to visit eight ranches, to attend one meeting where three or more ranch families were represented, and has also been taken to call on six leaders in Eureka, who will assist in the 1931 program of work. Work will be continued on the projects reported above and the house furnishing work expanded.

UNIVERSITY OF NEVADA
AGRICULTURAL EXTENSION DIVISION
C. W. CREEL, DIRECTOR

LANDER COUNTY

ANNUAL REPORT

November 1, 1929 to November 1, 1930

RHANDENA A. ARMSTRONG, DISTRICT
EXTENSION AGENT

Submitted by:-

District Extension Agent
Ely, Nevada

Date Mailed _____

LANDER COUNTY

II STATUS OF COUNTY EXTENSION ORGANIZATION(1) FORM OF ORGANIZATION - CHANGES AND DEVELOPMENT

Lander County has a smaller number of ranches than either of the other two served by the agent for women and girls work. One community had been previously assisted in home demonstrations and 4-H Clothing projects. During the past year the plan started in the summer of 1929, to visit as many ranches as possible, was followed up.

Work had been started in the mining camp of Cortez, where there were 20 families, but this was rudely interrupted by the cessation of mining activities. Visits were made to the homes in the valleys southeast and southwest of Austin, and to the ranches in the canyons around the Austin summit.

The Farm Bureau continues to be the organization officially recognized for Extension work but its meetings are centered in the northern end of the county, which lies in the district of another Extension Agent. Visits have been made to the home of one Board member, and the work was discussed with still another who attended the State Farm Bureau meeting.

(2) FUNCTION OF LOCAL PEOPLE, COMMITTEES, OR PROJECT LEADERS IN DEVELOPING THE PROGRAM OF WORK

The local people have responded more and more as the year went on to the meetings held monthly for Home Makers, and to the opportunities in club work and the Keep Growing project. Visits have been made to the homes to find out what the women were interested in and in planning a program which would be the most valuable to them according to the philosophy of extension work. The responsibility of meetings and supplies is being turned over to the leaders as fast as possible in order to allow the agent to carry on more work in more communities.

(3) GENERAL POLICIES, INCLUDING RELATIONSHIPS TO OTHER ORGANIZATIONS

The assistance of all the organized bodies, such as lodges and schools, has been desired. Since there is a small population, those interested in the program represent practically all interests of the community and thus requires less special effort.

III PROGRAM OF WORK, METHODS EMPLOYED AND RESULTS ACHIEVED(1) FACTORS CONSIDERED AND METHODS USED IN DETERMINING PROGRAM OF WORK

Such a program of work as will best contribute to more attractive and comfortable homes, more healthy families, is the goal of the Extension work previously stated. Considerable time has been spent on the Keep Growing demonstration in Austin as communities which are not principally agricultural are generally lacking in a supply of milk and vegetables, needed for the best nutrition: good physical development and ability to do ones work efficiently and aptly.

(2) PROJECT ACTIVITIES AND RESULTSNUTRITIONKeep Growing

The Keep Growing project, which was started in Austin, has

LANDER COUNTY

received the co-operation of the school teachers, mothers, and local leaders appointed to help in the weighing of the children, and the interest is kept up by the visits of the extension agent. The children are measured at the beginning and close of the school year and weighed each month. Each child talks with the agent individually for a report on his increase in weight and to receive suggestions on health practices to be followed in the succeeding month. A large number of the children have been found to be very dangerously underweight, some as much as twenty to fifty pounds. This means that these children have more vitality and do good school work at too great a drain on their physical strength and nervous energy. The report of the year's Keep Growing work is attached. The agent feels that the results are very good for the first year's effort although far below the standard which should be set for the school.

Bathroom scales, purchased by the Lander County Farm Bureau, are brought down to be used for the 1930-31 year by the school children of the Simpson Park and Big Smokey districts, so that in place of one school completing the demonstration for 1930 there are three starting in the fall for the report of 1931.

Food Selection and Preparation

Thirty-five different families have been reported at the three meetings on this subject held at Austin. There has been an average attendance of 20 every time. The subjects were on the use of canned milk in cakes and desserts; the use of germ meal in muffins and hot bread together with salad making and a demonstration on dried fruits in puddings and desserts. The results will be best measured in the increased health of the school children and adults, but so far sixteen women have made use of the recipes given at those demonstrations: 9 of the canned milk; 3 germ meal; 8 salads and salad dressings; 11 fruit desserts.

CLOTHING4-H Club Clothing Project

Six girls scarcely ten years old started clothing club work in Austin in the fall of 1929. All six of these children have completed the work satisfactorily and started on the second year clothing. They have been joined by two first year members in Austin and two first year members on the Dory ranch. Two of these girls attended the 1930 Club Camp, at Reno, and are most enthusiastic over all they learned and saw.

This club held meetings nearly every week of the winter and made for themselves a hand towel, sewing bag, needle book, laundry bag, and shoe bag. They also learned to darn stockings and mend their clothes. They kept a record of the sewing done and the cost and value of their project, all of which they reported to the Extension Agent with a story of their years work after which they were awarded their pins.

Dry Cleaning

One woman, who was appointed demonstrator following a dry cleaning demonstration in September 1929, reported that she cleaned thirty garments with a saving of \$15.00 at least. This was easily, quickly and satisfactorily done.

LANDER COUNTY

HOME IMPROVEMENTBetter Pictures

Better pictures has been a project carried out over the entire district. For two years its purpose has been to give enjoyment in the studying of reproductions of various paintings and to guide Home Makers in selecting pictures that have real artistic merit.

An exhibit of 100 pictures was made in May for the Home Makers and the school children. It consisted of the work of recent American and other famous British and American artists. The school children had the whole day to study the pictures and 21 attended the evening meeting when a demonstration on hanging and grouping pictures and the qualities of paintings was given.

Color Study

Eight adults and four 4-H Club girls have made color circles to learn the various types of color harmonies and these will be used in succeeding meetings.

Other Home Makers Meetings

A meeting on Christmas suggestions gave the Austin women an opportunity to copy patterns for novelty purses and oil cloth toys.

A demonstration on smocking was used by the women who decorate their childrens' clothes with a simple stitch and by others who made smocked pillows. One woman made seven for gifts and there were two additional.

FARM BUREAU COOPERATION

There have been no county meetings in the Austin district. A report was sent to the Annual meeting of 1929 and the 1930 meeting has not been planned yet.

IV OUTLOOK AND RECOMMENDATIONS

During the past twelve months an effort has been made to visit the ranches and get acquainted with the women in Smokey Valley, Reese River Valley south of Austin, and in and about Austin.

This fall the Keep Growing Demonstration is being started at the Simpson Park and Big Smokey schools. Two club girls are enrolled at the first and one at the latter.

The attendance at Home Makers meetings has increased since evening meetings are being held and averages around twenty. This response is gratifying and it is to be hoped that the work will seem valuable enough to the group that the attendance may grow even more. The extension agent is ready to meet with groups of ranch women and help them with their problems as soon as they are ready to come together.

Local leaders who will volunteer to assist in projects will find the time spent and experience gained valuable to them. Local leadership is necessary to a well organized community program of work to keep demonstrations, which have been started by the agent, alive for the use of new residents of the community and to make it possible for the agent to enlarge the scope of her work.

UNIVERSITY OF NEVADA
AGRICULTURAL EXTENSION DIVISION
C. W. CREEL, DIRECTOR

WHITE PINE COUNTY

ANNUAL REPORT

November 1, 1929 to November 1, 1930

RHANDENA A. ARMSTRONG, DISTRICT
EXTENSION AGENT

Submitted by:-

District Extension Agent
Ely, Nevada

Date Mailed _____

I N D E X

WHITE PINE COUNTY

Status of County Extension Organization	2-3
Program of Work	3-4
Home Gardens	4-5
Keep Growing	5-6
Food Selection and Preparation	6
4-H Food Selection and Preparation	6
Food Preservation	6
Home Ground Improvement	6-7
Clothing	7-8
Room Improvement	8-9
4-H Home Improvement Club	9
Better Pictures	9
Home Management	9-10
Kitchens	10
Survey of Medical Attention	10
White Pine County Junior Fair	10
Farm Bureau Co-operation	10
Outlook and Recommendation	11

WHITE PINE COUNTY

II STATUS OF COUNTY EXTENSION ORGANIZATION(1) FORM OF ORGANIZATION - CHANGES AND DEVELOPMENT

This closes the second year of residence in Ely by a woman Extension Agent. Eight months of field and office work have been devoted to White Pine County this year. The County organization sponsoring extension work is the Farm Bureau, which is designated by law to handle extension funds.

The White Pine County Farm Bureau has forty-four members, with five regularly appointed officers, and two associate directors. These members are elected at the annual meetings by delegates from the various communities. In addition to the board of directors, various organizations of the local people assist with the program.

There are Home Makers Clubs for extension work with women in several communities, and in several others the Relief Society of the L. D. S. church forms a club with which work is carried on. The Parent Teachers' Association is helpful, especially in the Keep Growing, which is a nutrition project. Home Makers' meetings have been carried on in the rural communities of Preston, Lund, Baker, and Newark Valley with one meeting at Melvin. The mining camps of Cherry Creek, Kimberly, Ely, and McGill have had more than four meetings each. Piermont had two meetings and Ruth one.

An attempt has been made to spread the work to many of the outlying rural valleys and districts in addition to Baker, Lund, Preston, and Cherry Creek, mentioned. The school district of Siegel carried on a Keep Growing Demonstration. 4-H Club work has been carried on in Butte Valley, Broadway school district, and Pleasant Valley, in addition to eight of the communities mentioned above. This year's work, in at least one of these three lines, has covered the entire western set of valleys, one of three communities in Spring Valley, most of the Steptoe Valley region, and practically everything that could be done during this year in the western section of the county.

(2) FUNCTION OF LOCAL PEOPLE, COMMITTEES, OR PROJECT LEADERS IN DEVELOPING THE PROGRAM OF WORK

Local conditions such as a scattered population and varied interests, as between rural communities and mining camps, has hindered the agent, so far, in carrying local leadership to the point desired. The leaders in the Keep Growing project have carried on their duties in a very efficient manner and have been exceedingly faithful. 4-H Club leaders have devoted much time to the children, but changes during the year in leadership of several clubs has retarded the development of the club work in organization and recreation.

Two or three women in each community, the agent has found very helpful in shaping the program of project work for adults. If some means is devised to bridge over the distance between communities, and to increase a feeling of county wide interest, the program with the Home Makers Club can be more unified. A local leader training school of county wide extent was planned for March 31st, but the attendance of the communities represented was cut more than in half

WHITE PINE COUNTY

because of an untimely and heavy snow fall and blizzard. In practically every community, where work has been done, the local people have been enthusiastic and welcomed the opportunities which it brought.

(3) GENERAL POLICIES, INCLUDING RELATIONSHIPS TO OTHER ORGANIZATIONS

It is a policy with the Ely office to co-operate with any organization indicating a desire for the lines of work being carried on. Contacts are made with the officials of the various mining camps, church societies, and Parent Teachers' Associations, as well as with groups organized particularly for extension work. The local newspapers co-operate in presenting news items and articles to the subscribers throughout the district.

III PROGRAM OF WORK, GOALS ESTABLISHED, METHODS EMPLOYED AND RESULTS
ACHIEVED

(1) FACTORS CONSIDERED AND METHODS USED IN DETERMINING PROGRAM OF WORK

The program of work has been determined by the needs of the community and by the interest which was manifest when a line of work was suggested to a group or to leaders.

The Nutrition Project, which has taken the major share of time, includes home gardens, food study, food preparation and preservation with adults and 4-H club members, and also the Keep Growing Demonstrations. This has been given a greater amount of time than any other project, because garden stuff is expensive in the district, and limited in supply. Much of the malnutrition and comparatively poor nutrition is due to lack of vegetables of the right kind in sufficient quantity, faulty food habits, and to lack of information on what is necessary for good nutrition.

The Clothing project has covered millinery in three phases, renovation, making of hat blocks, and construction. A little work in decorative stitches and clothing accessories and 4-H Club demonstrations have been carried on. There is comparatively little dress making done in the homes. Clothing construction has been given a minimum of attention.

The House Furnishings project included the planning of color schemes, the renovating of rooms, study of color combinations, selection and hanging of pictures, and several projects on decorative accessories. Much work is possible in this line to familiarize the Home Makers with appropriate colors and finishes for furniture and furnishings, with the possibilities in renovating equipment now in the homes, and in making practical and attractive accessories. Throughout the district, which is still in a pioneer stage, there has been a tendency and is still, in many sections, to get along with bare necessities, both because of expense and inaccessibility to markets. Thus little has been done to make the homes convenient and attractive. A beginning has been made with the 4-H Club members in this project. Rug making, picture framing, and stenciling are three forms of craft work that were tied into the home finishing program this year.

A beginning has been made on Home Management with work on

WHITE PINE COUNTY

budgets and accounts. Due to the regular income of those in the mining camps it is easier to carry on this project in the camps than among the rural population. The need for planning the use of the income is evident to thinking people and as soon as suitable methods are evolved this project can be enlarged.

(2) PROJECT ACTIVITIES AND RESULTS

NUTRITION

Home Gardens: This project, in White Pine County, has been carried on in both demonstration and campaign stages.

(Demonstration Stage)

Five communities took part in the demonstration gardens. In Preston, Lund, Baker, McGill, and Newark Valley nine varieties of green leaf vegetables were tested: Broccoli, Witloof Chicory (to be forced for winter salads), Escarolle, tall and dwarf Kale, Chinese Green and Ostrich Plume Mustard, New Zealand Spinach, and Atriplex Hortensus, which is a variety known as Mountain Spinach. This was a poor garden year but New Zealand and Mountain Spinach were the only ones that did not grow well. Results in the other counties make it appear that this was due to wrong methods of planting and cultivating. The tall kale appears to grow better than the dwarf. The other kinds of greens seem to be well adapted to the district.

Paper mulch was tried in three gardens and appears valuable from the demonstration made by George Smith of Baker. The poor growing season and blight that struck the other gardens made it impossible to decide upon the effect in the Baker demonstration. Peas, carrots and chard were mulched and the increase in yields runs from 25% peas, to 50% chard, and 500% carrots. One half row not mulched produced 9 lbs. carrots and the same space mulched produced 55 lbs.

(Campaign Stage)

There were 29 garden enrollments in the campaign at McGill. This campaign is described more in detail under the heading of Yard Improvement. There were eight prize gardens with sixteen kinds of greens, nine kinds of root vegetables, eight other kinds of vegetables, and three fruits found in the various gardens. These gardens had at least four square feet in area and supplied most of the vegetables used by the family over the entire summer.

The vegetables raised by P. A. Salerno this year yielded 455 pounds of beet greens, lettuce, spinach, parsley, chicory, kale, cabbage, cauliflower, broccoli, and young green string beans. This was 65 pounds per person for the seven in the family and supplied all the green stuff needed for 38 weeks out of the year. At an average price of $.12\frac{1}{2}$ ¢ a pound, these 455 pounds of garden stuff were worth $\$56.87\frac{1}{2}$. As a matter of fact it is worth more to the health of the family, as few families will spend the equivalent $\$1.50$ a week for green stuff and instead of being spent this was saved and its value added again to the income.

The same garden produced $8\frac{1}{4}$ bushels of carrots, beets, and parsnips, and 93 bunches of radishes. These will supply the members of the family with an adequate amount of root vegetables

WHITE PINE COUNTY

for twenty weeks and save an expenditure of \$1.43 each of the twenty weeks. In addition there were 25 pounds of peas and $7\frac{1}{2}$ dozen ears of corn.

The garden was worth \$90.00 to the family in return for the expenditure of a few dollars in seed and the labor which can be set off as added income again since others might spend that time, energy, and money in sports. This retail value for 1390 square feet is equivalent to \$2840 per acre.

One family canned 21 qts. of beets from the garden, another 10 qts. of cauliflower, 14 qts. of string beans, and 10 qts. of beets and dried 10 bunches of parsley.

Keep Growing Demonstration

The purpose of the Keep Growing demonstration as has been indicated is to correct bad habits in eating, sleeping, and general living. It is carried on through the co-operation of the schools as it is possible to reach a large number of children, and to appeal to their pride through competition with others. The school officials generally appreciate the assistance, as they have many phases of work to carry on and little outside assistance or preparation for nutrition work. The children are weighed each month of the school year by the extension agent or local leader, and are given slips telling their weight and its relation to their weight the previous month and that normal for their height and age. On the slips special points of encouragement or recommendation for the succeeding month for the child are mentioned.

Improved methods of child feeding have been put into practice as the result of the Keep Growing demonstrations in fifty-two homes in White Pine County.

The children are measured for height in the spring and fall, and their normal weight computed for their height and age. The percentage variation is reckoned for each child, fall and spring, and this percentage variation tabulated in groups of up to weight, slightly underweight, seriously underweight, dangerously underweight, and seriously overweight children. The State goals are to increase the percentage in the two upper divisions by 5% during the year, to decrease the percentage of dangerously underweight 5% during the year, and ultimately to have 75% in the two upper classes, and not more than 10% in the dangerously underweight class.

Three demonstrations were continued in schools enrolled in 1928-1929. One demonstration was ended; one that had not been carried on for several years renewed; and another added, making a total of five for 1929-1930.

Reports of the progress in each school and summaries are attached at the close of this report for White Pine County. As can be seen in the statistics, Baker and Cherry Creek more than doubled the State goal in decreasing the number of dangerously underweight children. Melvin and Cherry Creek have tripled the number of up to weights. Preston, who had over half the children underweight at the beginning of the year, had 38% up to weight in the spring. The gains made are particularly evident in the case of Ervin Borchert 14, and

WHITE PINE COUNTY

Frances Dolan 13, from Cherry Creek. These children have been the object of attention for several years and while dangerously underweight at the beginning of the year, they were two and five and one-fourth pounds respectively underweight in May. This shows the cumulative benefit of work with underweight children.

A still better check on real progress are the cases of Eleanor Smith and Lydia Fielding of Baker. From September 1929 to September 1930, Eleanor gained enough to improve from a minus fourteen percent underweight to a minus ten percent. Lydia gained eleven and a fourth pounds and while fifteen percent underweight in 1929, she is only ten percent underweight now.

In 1930-1931 one school had been dropped where three children were involved and were in the safe zone of health. Another school has been added with three children where the work is needed more.

Food Selection and Preparation

Food selection and preparation demonstrations have been given in six communities this year. There have been eleven demonstration meetings held on the use of canned milk, germ meal, powdered skim milk, and cabbage and raw carrots as a foundation for salads, the food needs of the body, and the making of food budgets. Canned milk and powdered skim milk are valuable as supplements to Vitamin F which is needed in the diet. Twenty-two women have increased the use of vegetables, twenty are using canned milk in a greater variety of ways. The germ meal, which has been used as mush in some families, is being used to a greater extent in the same families, and in five others, now that the cold weather is starting.

4-H Food Selection and Preparation

Two cooking clubs were organized in Preston and Lund with eleven girls enrolled. Eight took the first year demonstration and eight the second, as five took two projects during the year. Eleven meetings were held by the agent with these girls and demonstrations were given on the use of the pressure cooker and on setting the table and serving meals. Both clubs had demonstration teams, and one of them gave a demonstration at the Annual State Farm Bureau meeting at Ely. There were 13 girls completed the project; 354 meals were served.

Food Preservation

Food preservation has been taken up from a new angle, with the use of the home made evaporator. Five meetings were held in White Pine County, and green leaves such as escarolle, mustard, chard, string beans, peas, corn, carrots, turnips, and apples were dried as demonstrations. One evaporator has been built for use in the county, in addition to the office drier. 84 lbs. of corn and 28 lbs. of apples have been dried as a result of the demonstrations given. In addition 10 women have used better methods in preparing corn for drying. One pressure cooker has been purchased in the county, and help given another woman on the proper use of her cooker.

HOME GROUND IMPROVEMENTS

Home Ground Improvements: This project has been carried on in the demonstration and campaign stages.

WHITE PINE COUNTY

(Demonstration Stage)

Yard planning demonstrations are being carried on at four Lund homes, one East Ely, and one Baker home. The plans are for five year demonstrations. In the spring of 1930 Mr. Mark Menke, Extension Agent at Elko, spent several days visiting these homes and held a meeting to present ideas on landscaping and care of yards to the McGill Householders. Two other homes were visited to give suggestions on work under way.

The plans for these yards have been drawn to scale showing walks, location of trees, shrubs, and flower beds. Symbols on the flower beds indicate the type of plants to be used and names of several varieties of perennials and annuals have been given to these people for their gardens.

This year, in these demonstration yards, plantings included 4 lawns, 9 trees, 21 shrubs, 2 vines, perennials and annuals at 2 homes each.

(Campaign Stage)

The McGill Yard and Garden contest was carried on for the sixth year with a committee enlarged from four to seven active members, who represented all nationalities and sections of the town.

Two public meetings were held; one early in the season to start the campaign and the Achievement night which is described in the accompanying newspaper article. The committee met with the agent to plan the contest and served in enrolling entrants and assisting with the judging. There were three judges from the Extension Staff.

A new phase of the contest this year was the division of the yard contest into Class A, for yards improved not over three years; Class B, for yards having been improved for greater lengths of time. The Class B entrants were awarded Certificates of Honor in recognition of their achievement, while the money prizes, as before, were awarded on the basis of the greatest improvement. There were 27 entries in the first class and 9 in the second. Six money prizes were awarded and 7 Honor Certificates, as reported in the accompanying newspaper article.

Improvements this year have included 17 new lawns; 2 water gardens or pools, in which there are water plants and gold fish; 2 bird baths; 2 yards screened by trees; 2 new trellises; 103 trees and saplings started; 55 shrubs planted; 74 vines; 68 climbers; 8 varieties of perennial plants; 35 varieties of annual plants; and 6 varieties of bulbs, which totaled 384 single bulbs.

CLOTHINGMillinery

Demonstrations on the making of felt hats have been given in six communities with a total of 49 hats made at meetings, 4 at the Extension Conference, and 3 since the meetings. The hats which these women made cost from 45¢ to 60¢ and can be valued anywhere from \$2.00 to \$3.00.

Two groups were shown how to make the hat blocks, which are serviceable, practical, and inexpensive.

WHITE PINE COUNTY

4-H Clothing Club

Standard clothing clubs were organized in four communities with a total of 41 enrollments. Two other communities in isolated valleys had 5 enrollments, and four school districts had 3 each. Of these 62 enrollments 34 were enrolled in the first year work; 24 in the second; 3 in the third; and 1 in the fourth year sewing. Completions totaled 24 first year; 13 second year; 2 third year; and 1 fourth year.

Representatives of two clothing clubs attended camp and also the leaders of two clothing clubs were at camp. In two towns there were Achievement Day programs, at which a large part of the community attended to hear the children give their songs, yells, demonstrations, and stories of their club activities.

HOME IMPROVEMENT PROJECTRoom Improvement

This is the second year in which a specialist planning tour has been held in White Pine County to help the women, who wanted assistance, in planning their house furnishings on an attractive color scheme, and a serviceable and durable scale.

Trips were made to Newark Valley, Baker, and Lund, and three homes planned with three or more rooms at each place, and in Ely one other room was planned. The completions were as follows: 2 out of 6 living rooms; 3 out of 4 dining rooms; 1 out of 3 kitchens; and 1 out of 3 bedrooms. At Lund visits were made by the specialist to a demonstration in its second year of work, and the women attending the meeting had a chance to see what progress had been made and the added attractiveness which was gained thereby. A second Ely home, where advice was given last year, has been completed, so that at the present time 7 rooms have been completed and there are plans for 9 more, which will be improved on another year.

At the visits made to these homes treatment of walls, woodwork, ceilings, floors, furniture, windows, and coverings for chairs and tables have been recommended.

At the three meetings with the specialist, instructions were given the women on such furnishings as varnishes and paints, the surfaces which are best treated in this way, the advantages of papering, the various colors that can be used, and a discussion given on curtain and upholstering fabrics.

Miss Orpha Miller also assisted at a training school, whereby leaders from McGill, Ely, and Newark Valley gained a better understanding of the principles of attractive home furnishings and made magazine and book ends, which will bring pleasing effects and color into the rooms where used. Twenty-two pairs were made this year.

Stenciling as a useful art has been used in three communities. Although only one demonstration has been given on stenciling, the stencils have been loaned to the others. Twenty-three table covers, eleven pillows, four wall hangings, and thirty pencil and pad cases, which were used for Christmas gifts, have been made with the use of these stencils.

WHITE PINE COUNTY

Meetings, which dealt especially with the making of color cards which could be used by the women possessing them for more artistic furnishing of their homes, for better combinations of color in their clothing, and for greater enjoyment of color effect, were held in Ely, Kimberly, Baker, and Cherry Creek. A total of 39 cards were made and 29 were used this year. They will prove increasingly valuable as time passes.

A demonstration on rug making was given to the adult clubs and to one 4-H Club. The method used is known as the Indian Tied. In a short time it is possible to gain considerable skill and make an attractive rug from left over materials and old clothing. Seven rugs have been started, three of which are already completed.

A special project, a hooked rug industry, was planned last year among the Relief Society women of Lund. So far six rugs have been finished and one of these has been sold. The agent has assisted by preparing six different designs, copied from Indian rugs and drawn to a scale suitable for pillow tops. This is the beginning of an industry which can be supported by tourist trade and will be an income to the women and an advertisement to the Ely district.

4-H Home Improvement Club

A 4-H Club was organized in the Home Improvement project, at Baker, with seven girls and eight project enrollments. The high school girls have a great variety of school activities and since many of them were in their last year they did not complete all of the work outlined by the agent. Three of the girls completed all of the work planned and one of them completed two projects. Home visits were made to assist these girls in planning what was to be done. Of the work planned woodwork and walls were finished in three rooms, ceiling in one, floor coverings renovated in one, four pairs of curtains made, two rugs made, ten pieces of furniture refinished, ten pillows and one pair of pillow slips made, and one each of dresser scarf, laundry bag, and pin cushion.

Better Pictures

Copies of fifty Modern American and fifty American and British paintings were shown at Cherry Creek, Baker, Lund, Preston, Ely, McGill, and Newark Valley this year to a group of 115 women and girls. The object of the project has been to increase familiarity with fine pictures.

In addition to the exhibit a talk on the qualities of painting peculiar to landscape and portraiture, was given by the Agent at Baker, Lund, and Preston. The group were shown different ways in which pictures can be grouped; unity of interest and the relationship of size and grouping to wall space were considered. Pictures have been reported rehung in ten different homes.

One picture framing demonstration was given to the Home Improvement Club of Baker so that the girls might frame three pictures purchased for the Baker schools the year before.

HOME MANAGEMENT

The special project to be worked out in this district for 1929-1930 and introduced as far as possible in three communities was

WHITE PINE COUNTY

that on planning budgets and inaugurating simple plans for keeping a budget. Demonstration meetings were held in two communities for this purpose. Complete family budgets were made with three women who were working along the system outlined and they report that they are making progress and feel that they have gained valuable insight into the financial standing. Forms have been distributed to 46 women who were given instructions on using them through meetings. Work on that phase of the program is barely started and the rushed schedule of the agent with the other Home Makers demonstrations and 4-H Clubs has made it necessary to leave the follow up work until the next year. Three articles on budgeting were given the local paper. These are attached.

The district was exceedingly fortunate in having Miss Mary Rokahr, Home Management Specialist from Washington, D. C., address a county wide meeting. The report which reached more in the district than those attending through the newspaper is attached.

Kitchens

Major changes in kitchen arrangements were planned in two ranch homes during the specialist's home improvement tour. One kitchen, which was 11 feet by $7\frac{1}{2}$ feet, was very poorly arranged with a stove in the middle of one long wall, which hid the window; a long set of shelves on the narrow wall, which were hard to keep neat, and adjoining these shelves on the other long wall was a door opening to the dining room. This door was at the opposite end of the kitchen from the entrance from outdoors, so it was necessary for those coming in from that way to pass through the kitchen. The kitchen being small and thus cut up, there was no satisfactory working space. The plans of the original and the remodeled kitchen are shown on the accompanying diagram.

OTHER WORK TAKING A DAY OR MORESurvey of Medical Attention Given to Pre-School Children

Visits were made to three rural communities and one mining camp and to the outlying ranches to get a record of how much medical attention had been given small children. This information was requested by the physicians who are reporting at the White House Conference on child care. One purpose of this conference is to recommend public health service which will be adapted to such a district as White Pine County.

White Pine County Junior Fair

The business men of Ely became interested in promoting a fair which would give the children of White Pine County a chance to exhibit their handicraft and which would encourage constructive use of the summer vacation. The agents of the Extension Service were asked to serve on the committee and assist in the rural communities by securing enrollments. Assistance was secured from the University of Nevada in registering articles and in judging. The fair was held on Labor Day and attended by 1500 people and participated in by the rural children and 4-H Club girls in five communities under the direction of the agent.

Farm Bureau Co-operation

County Board meetings have been attended and plans made for the Annual County meeting. News items were prepared for State and County meeting in Ely and a report of the years work given at the latter.

WHITE PINE COUNTY

IV OUTLOOK AND RECOMMENDATION

The Home Makers Clubs in White Pine County are scattered among the valleys and towns already in a representative way. There may be an opportunity to open up work in Spring Valley as the several ranches are changing hands. In the mining camps of the Ely district, Ruth is the only one in which a program has not been worked out.

The changes in Spring Valley may bring in a number of girls of club age with whom work can be attempted. During the past year there were only three girls over ten in all of the six schools of the valley.

At the present time there are six Keep Growing Demonstrations; two in the north Steptoe Valley, two on the east side and two south. If more are to be started within two or three years scales must be purchased and local leaders ready to assist.

The program of work is representative of the needs and interests of the communities. A central committee of women is needed particularly to sponsor and arrange for county wide meetings of leaders and committee men. A more unified interest with a county wide program, while it is difficult to bring it about, would greatly strengthen the work, relieve the agent of much detail and repetition of effort and also spread the interest and effectiveness of the work.