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Carbon

University of Nevada  
Agricultural Extension Division

CECIL W. CREEL, Director



ANNUAL REPORT

FOR

CLARK AND LINCOLN COUNTIES

ORPHA A. MILLER, District Extension Agent

1931

AC 00 89 / 1 / 39



# 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

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 Clark - Lincoln

Report of Orpha A. Miller County District Extension Agent  
(Name) (Title)

From August 15, 1928 to November 1st, 1931, 1931

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.

AC 0089/1/39



## 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"> <li>(a) Cereals.</li> <li>(b) Legumes and forage crops.</li> <li>(c) Potatoes, Irish.</li> <li>(d) Cotton.</li> <li>(e) Tobacco and other special crops.</li> <li>(f) Home gardens and home beautification.</li> <li>(g) Market garden and truck crops.</li> <li>(h) Fruits.</li> <li>(i) Forestry.</li> <li>(j) Rodents and miscellaneous insects.</li> <li>(k) Agricultural engineering and home engineering.</li> <li>(l) Poultry.</li> </ol>	<ol style="list-style-type: none"> <li>(m) Dairy.</li> <li>(n) Other livestock.</li> <li>(o) Farm management.</li> <li>(p) Marketing, farm and home.</li> <li>(q) Foods and nutrition.</li> <li>(r) Child training and care.</li> <li>(s) Clothing.</li> <li>(t) Home management.</li> <li>(u) Home furnishings.</li> <li>(v) Home health and sanitation.</li> <li>(w) Community activities.</li> <li>(x) Miscellaneous.</li> </ol>
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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 by an individual or group seeking agricultural or home-economics information, as a result of which some definite assistance or information is given. A telephone call differs from an office call in that the assistance or information is given or received by means of the telephone. Telephone calls may be either incoming or outgoing.
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

No. of Counties

1. List below the names, titles, and periods of service of the county extension agents whose work is included in this report.
- |                 |                          |                               |  |  |  |
|-----------------|--------------------------|-------------------------------|--|--|--|
| Orpha A. Miller | District Extension Agent | 12                            |  |  |  |
| (Name)          | (Title)                  | (Months of service this year) |  |  |  |
2. County extension organization or association.
- (a) Name Clark and Lincoln County Farm Bureaus
- (b) Number of members
- |                    |           |    |  |  |  |
|--------------------|-----------|----|--|--|--|
| Family Memberships | (1) Men   | 56 |  |  |  |
|                    | (2) Women | 5  |  |  |  |
3. Number of communities in county where extension work should be conducted. 13
4. Number of above communities in which the extension program has been cooperatively worked out by extension agents and local committees. 13
5. Number of different voluntary county or community local leaders or committeemen actively engaged in forwarding the extension program.
- (a) Adult work
- |               |       |       |       |  |  |
|---------------|-------|-------|-------|--|--|
|               | M. 24 | Clark | M. 24 |  |  |
| Lincoln W. 50 | Clark | W. 49 |       |  |  |
- (b) 4-H Club work
- |           |         |  |  |  |  |
|-----------|---------|--|--|--|--|
| Lincoln 7 | Clark 8 |  |  |  |  |
|-----------|---------|--|--|--|--|
- (1) Men 48
- (2) Women 99
- (1) Men 0
- (2) Women (6) 9
- (3) Older club boys 0
- (4) Older club girls 0
6. Number of clubs or other groups organized to carry on adult home demonstration work (Lincoln 6, Clark 7)
7. Members in above clubs or groups 327
8. Number of 4-H Clubs (Lincoln 3, Clark 4)
9. Number of different 4-H Club members enrolled C. 53, L. 40
- (a) Boys 0
- (b) Girls 93
10. Number of different 4-H Club members completing C. 40, L. 36
- (a) Boys 0
- (b) Girls 76
11. Number of members enrolled in 4-H Club work for:
- |           |          |         |         |          |          |                   |    |
|-----------|----------|---------|---------|----------|----------|-------------------|----|
|           | 1st Year | 2d Year | 3d Year | 4th Year | 5th Year | 6th Year and Over |    |
| (a) Boys  | 0        | 0       | 0       | 0        | 0        | 0                 | 11 |
| (b) Girls | 24       | 27      | 25      | 12       | 3        | 2                 |    |
12. Number of 4-H Club members according to age.
- |       |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|----|----|----|----|----|----|
| Age   | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |    |
| Boys  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 12 |
| Girls | 18 | 25 | 15 | 13 | 11 | 4  | 4  | 1  | 0  | 0  | 0  |    |

<sup>1</sup> 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

No. of Counties

13. Number of 4-H Club members in school..... Out of school..... 0 13
14. Number of 4-H Club teams trained.....
- |  |                        |   |  |  |    |
|--|------------------------|---|--|--|----|
|  | (a) Judging.....       |   |  |  |    |
|  | (b) Demonstration..... | 5 |  |  | 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.....   |   |  |  |    |
|  | (b) Young women..... | 0 |  |  | 16 |
17. Total number of farm visits<sup>2</sup> made in conducting extension work..... N.A. 17
18. Number of different farms visited..... N.A. 18
19. Total number of home visits<sup>2</sup> made in conducting extension work..... 811 19
20. Number of different homes visited..... 389 20
21. Number of calls relating to extension work.....
- |  |                    |    |  |  |    |
|--|--------------------|----|--|--|----|
|  | (a) Office.....    |    |  |  |    |
|  | (b) Telephone..... | 69 |  |  | 21 |
|  |                    | 24 |  |  |    |
22. Number of days agent spent in office..... 64 22
23. Number of days agent spent in field..... 260 5/8 23
24. Number of news articles or stories published<sup>3</sup>..... 30 24
25. Number of individual letters written..... 314 25
26. Number of different circular letters prepared (not total copies mailed)..... 74 26
27. Number of bulletins distributed..... 1433 27
28. Number of radio talks made..... 3 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.....                        |     |  |    |
|  |                   | (2) Total men leaders attending.....   | 15  |  |    |
|  |                   | (3) Total women leaders attending..... | 367 |  |    |
|  | (b) 4-H Club..... | (1) Number.....                        | 7   |  |    |
|  |                   | (2) Total leaders attending.....       | 10  |  | 30 |
31. Method demonstration meetings held (do not include meetings reported under No. 30).....
- |  |                           |               |             |  |    |
|--|---------------------------|---------------|-------------|--|----|
|  | (a) Number <u>(35)</u>    |               |             |  |    |
|  | (b) Total attendance..... | <u>(1455)</u> | <u>3290</u> |  | 31 |
32. Meetings held at result demonstrations.....
- |  |                           |               |            |  |    |
|--|---------------------------|---------------|------------|--|----|
|  | (a) Number <u>(91)</u>    |               |            |  |    |
|  | (b) Total attendance..... | <u>(2919)</u> | <u>278</u> |  | 32 |
33. Tours conducted.....
- |  |                           |   |  |  |    |
|--|---------------------------|---|--|--|----|
|  | (a) Number.....           |   |  |  |    |
|  | (b) Total attendance..... | 1 |  |  | 33 |
|  |                           | 8 |  |  |    |
34. Achievement days held.....
- |  |                   |                           |   |  |    |
|--|-------------------|---------------------------|---|--|----|
|  | (a) Adult work    | (1) Number.....           |   |  |    |
|  |                   | (2) Total attendance..... | 0 |  |    |
|  | (b) 4-H Club..... | (1) Number.....           | 0 |  | 34 |
|  |                   | (2) Total attendance..... | 0 |  |    |

<sup>2</sup> List as farm or home visit according to principal purpose of visit.

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



No. of  
Counties

GENERAL ACTIVITIES—Continued  
Report Only This Year's Extension Activities and Results that can be Verified

2	35. Encampments held	(a) Farm women (b) 4-H Club	(1) Number.....	0	35
			(2) Total members attending.....	0	
			(3) Total others attending.....	0	
2	36. Other meetings of an extension nature participated in and not previously reported		(1) Number (8)	25	36
			(b) Total attendance (123)	460	
			(1) Number.....	105	
			(2) Total attendance.....	4384	
2	37. Meetings held by local leaders or committeemen not participated in by agent and not reported elsewhere	(a) Adult work (b) 4-H Club	(1) Number.....	88	37
			(2) Total attendance.....	746	
			(1) Number.....	105	
			(2) Total attendance.....	4384	

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 different circular letters issued (g)	Number of farm or home visits made (h)	Number of office calls received (i)
38. Cereals (page 8).....									38
39. Legumes and forage crops (pages 9, 10).....									39
40. Potatoes, Irish (page 11).....									40
41. Cotton (page 11).....									41
42. Tobacco and other special crops (page 11).....									42
43. Home gardens and home beautification (page 12).....									43
44. Market garden and truck crops (page 12).....									44
45. Fruits (page 12).....									45
46. Forestry (page 13).....									46
47. Rodents and miscellaneous insects (page 13).....									47
48. Agricultural engineering (page 14).....									48
49. Poultry (page 15).....									49
50. Dairy (page 15).....									50
51. Other livestock (page 15).....									51
52. Farm management (page 16).....									52
53. Marketing—farm and home (page 17).....									53
54. Foods and nutrition (page 18).....									54
55. Child training and care (page 19).....									55
56. Clothing (page 20).....									56
57. Home management (page 21).....									57
58. House furnishings (page 22).....									58
59. Home health and sanitation (page 23).....									59
60. Community activities (page 24).....									60
61. Miscellaneous (page 24).....									61
62. Building extension program of work <sup>1</sup> .....									62
63. Organization—extension association and committee <sup>2</sup> .....									63

(The totals for these columns do not necessarily check with the information given on pages 4, 5, and 6, since one meeting, farm visit, circular letter, etc., may relate to two or more lines of subject matter.)

<sup>1</sup> 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.

<sup>2</sup> 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.



Not Applicable

CEREALS<sup>1</sup>

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 <sup>2</sup>	
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.....	(1) Boys.....						68
	(2) Girls.....						
69. Number of 4-H Club members completing.....	(1) Boys.....						69
	(2) Girls.....						
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

NOTE.—Work relating to soils and fertilizers, insects, and plant diseases should be reported in connection with the crops concerned.  
(Use space below for State questions not listed above)

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

Not Applicable

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 <sup>1</sup> .....	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ xxxxxx xxxxxx	75
76. Number of 4-H Club members enrolled.....	(1) Boys.....						76
	(2) Girls.....						
77. Number of 4-H Club members completing.....	(1) Boys.....						77
	(2) Girls.....						
78. Number of acres grown by club members completing.....							78
79. Total yield of crops grown by club members completing <sup>1</sup> .....	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ xxxxxx xxxxxx	79

NOTE.—Work relating to soils and fertilizers, insects, and plant diseases should be reported in connection with the crops concerned.  
(Use space below for State questions not listed above)

<sup>1</sup> Indicate whether yield is bushels of seed or tons of cured forage.



Not Applicable

Not Applicable

LEGUMES AND FORAGE CROPS—Continued

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

Item	(g) Soy beans	(h) Cowpeas	(i) Velvet-beans	(j) Field beans	(k) Peanuts	(m) Other <sup>1</sup>
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 <sup>2</sup> .....	{ bu. tons	{ bu. tons	{ bu. tons	{ bu.	{ bu.	{ bu. tons } 75
76. Number of 4-H Club members enrolled.....						76
	(1) Boys.....					}
	(2) Girls.....					
77. Number of 4-H Club members completing.....						77
	(1) Boys.....					}
	(2) Girls.....					
78. Number of acres grown by club members completing.....						78
79. Total yield of crops grown by club members completing <sup>2</sup> .....	{ bu. tons	{ bu. tons	{ bu. tons	{ bu.	{ bu.	{ bu. tons } 79

NOTE.—Work relating to soils and fertilizers, insects, and plant diseases should be reported in connection with the crops concerned.

(Use space below for State questions not listed above)

<sup>1</sup> Indicate crop by name.  
<sup>2</sup> Indicate whether yield is bushels of seed or tons of cured forage.

POTATOES, COTTON, TOBACCO, AND OTHER SPECIAL CROPS Not Applicable

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

Item	(a) Irish potatoes	(b) Sweet potatoes	(c) Cotton	(d) Tobacco	(e) Other <sup>1</sup>
80. Number of method demonstration meetings held.....					80
81. Number of adult result demonstrations completed or carried into the next year.....					81
82. Total number of acres included in adult result demonstrations.....					82
83. Average increased yield per acre on adult result demonstrations due to recommended practices.....	bu.	bu.	lbs. <sup>2</sup>	lbs.	83
84. Number of 4-H Club members enrolled.....					84
	(1) Boys.....				}
	(2) Girls.....				
85. Number of 4-H Club members completing.....					85
	(1) Boys.....				}
	(2) Girls.....				
86. Number of acres grown by club members completing.....					86
87. Total yield of crops grown by club members completing.....	bu.	bu.	lbs. <sup>2</sup>	lbs.	87

NOTE.—Work relating to soils and fertilizers, insects, and plant diseases should be reported in connection with the crops concerned.

(Use space below for State questions not listed above)

<sup>1</sup> Indicate crop by name.  
<sup>2</sup> 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)	(b)	(c)	(d)	(e)	(f)
288. Number of method demonstration meetings held	(3)	4	N.A.	(1)	1	N.A.
289. Number of adult result demonstrations completed or carried into the next year	16	N.A.	9	N.A.	N.A.	N.A.
90. Total number of acres included in adult result demonstrations	x x x x x	N.A.	x x x x x	N.A.	N.A.	N.A.
91. Average increased yield per acre on adult result demonstrations due to recommended practices	x x x x x	N.A.	x x x x x	N.A.	N.A.	N.A.
92. Number of 4-H Club members enrolled	(1) Boys (2) Girls	N.A. N.A.	N.A. N.A.	N.A. N.A.	N.A. N.A.	N.A. N.A.
93. Number of 4-H Club members completing	(1) Boys (2) Girls	N.A. N.A.	N.A. N.A.	N.A. N.A.	N.A. N.A.	N.A. N.A.
94. Number of acres grown by club members completing	N.A.	N.A.	x x x x x	N.A.	N.A.	N.A.
NOTE.—Work relating to soils and fertilizers, insects, and plant diseases should be reported in connection with the crops concerned.						
(Use space below for State questions not listed above)						
294a. Number persons testing new variety leafy vegetables	L. 37					
Number persons having adequate vegetable gardens	C. 20					
Number persons improving vegetable gardens in at least one respect	L. 55					
294b. Total Home Grounds Improvements	C. 42					
1. Trees	Clark	Lincoln	Total			
2. Shrubs	85	37	122			
3. Lawns started	125	97	165			
4. Houses with base plantings	6	12	18			
5. Border & screening plantings	4	15	19			
6. Vines	5	28	33			
7. Bulbs	9	32	41			
8. Packages annual & perennial flower seed	428	265	693			
9. No. roses planted	44	103	147			
10. No plantings whitewashed to prevent sunburn	97	65	103			
	5	16	19			

PROGRAM SUMMARY  
(Nevada Substitute)

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.

QUESTION NUMBER	LINE OF WORK (Name and Number of Project)	(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	(l)	QUESTION NUMBER
38	CEREALS	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	38
39.	LEGUMES AND FORAGE CROPS	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	39
40.	POTATOES, Irish	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	40
41.	COTTON	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	41
42.	TOBACCO AND OTHER SPECIAL CROPS	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	42
43.	HOME GARDENS AND HOME BEAUTIFICATION	0	0	0	0	0	0	0	0	0	0	0	0	43
	1. Adequate Gardens Cl. #2 St. #3 Winter	(2)	2	0	8	6	1	0	20	0	4	(2)	(2)	
	2. Paper Mulch Clark Co. #15 St. #149	(1)	1	0	3	0	0	0	3	3	1	0	0	
	3. Green Leaf Variety Tests Cl. #9 St. #148	(4)	2	0	7	3	1	0	30	0	7	(1)	(1)	
	4. Green Leaf Variety Tests L. #8 St. #11	4	1	0	3 1/2	10	0	0	20	0	4	(4)	4	
	5. Home Ground Improvement Cl. #6 St. #6	6	(6)	0	6	3	2	1	22	18	7	(1)	1	
	6. Home Ground Improvement L. #4 St. #11	(1)	(1)	0	2 1/2	1	0	0	8	0	2	0	(1)	
43	Sub-Total Home Gardens & Yard Beautification	10 (8)	6 (7)	0	29 3/4	23	4	1	103	21	25	(8)	(4) 5	43

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44.	MARKET GARDEN AND TRUCK CROPS	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	44
45.	FRUITS	N.A.	N. A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	45
46.	FORESTRY	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	46
47.	RODENTS AND MISCELLANEOUS INSECTS	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	47
48.	AGRICULTURAL ENGINEERING	0	0	0	0	0	0	0	0	0	0	0	0	48
	1. Home Lighting Cl. #19 St. #197	(1)	(1)	0	6	3	0	2	16	0	8	(2)	1	
	2. Home Lighting L. #14 St. #199	0	0	0	0	0	0	0	0	0	0	0	0	0
	3. Home Lighting St.-Wide work as specialist	(4)	See local agent rep.	0	2	4	2	0	0	0	see local agent rep.	4	4	
	Sub-Total - Home Engineering	(5)	(1)	0	8	7	2	2	16	0	8	(2)	5	
49.	POULTRY	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	49.
50.	DAIRY	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	50
51.	OTHER LIVESTOCK	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	51
52.	FARM MANAGEMENT	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	52

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QUESTION NUMBER	LINE OF WORK (Name and Number of Project)  Sheet No. <u>3</u>	Number communities or other units participating (a)	Number of leaders or committeemen assisting (b)	Days specialists helped with line of work (c)	Days agents devoted to line of work (d)	No. meetings held in relation to line of work (e)	No. news stories published (f)	No. circular letters issued (g)	No. farm or home visits made (h)	No. office calls made (i)	No. result demonstrations completed or carried thru year (j)	No. meetings at result demonstrations (k)	No. method demonstration meetings (l)	QUESTION NUMBER
53	MARKETING - FARM AND HOME	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	53
54	FOODS AND NUTRITION	0	0	0	0	0	0	0	0	0	0	0	0	54
	1. Food Selection & Preparation Cl. #8 St. #147	(4) 1	5	0	21 $\frac{3}{4}$	35	2	9	37	0	18	(9)	22	
	2. Food Selection & Preparation 4-H Clubs Cl. #16 St. #165	(1)	2	0	8	11	1	1	16	0	5	1	(1)	
	3. Food Selection & Preparation L. #7 St. #155	(4) 1	5	0	13 $\frac{1}{2}$	40	1	6	25	3	9	(19)	19	
	4. Food Selection & Preparation 4-H Clubs L. #17 St. #203	(2)	3	0	5	22	0	3	48	0	11	(2)	2	
	5. Keep Growing L. #1 St. #8	(5) 1	(2) 5	2	27 $\frac{1}{4}$	64	2	8	77	5	131	(18)	18	
	6. Food Preservation - Home Evaporator L. #2 St. #9	(3)	(3)	0	4 $\frac{1}{4}$	6	0	4	9	0	4	2	2	
	Sub-Total - Foods & Nutrition	(19) 3	(5) 20	2	79 $\frac{3}{4}$	184	6	31	212	8	178	(48)	(1) 63	
55	CHILD TRAINING AND CARE	0	0	0	0	0	0	0	0	0	0	0	0	55
	1. Pre-School - Home Demonstration Cl. #19 St. #202	(4)	0	0	10 $\frac{3}{4}$	4	0	0	25	0	6	(4)	0	55
	2. Pre-School - Home Demonstration L. #18 St. #204	(3)	0	0	7 $\frac{1}{2}$	3	0	0	30	0	6	(3)	0	
	3. Pre-School Round-up L. #18 St. #204	(4)	(2) 2	4	13	16	1	2	54	0	28	(4)	4	

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55	Sub-Total - Child Training & Care	(11)	(2) 2	4	31½	23	1	2	109	0	40	(11)	4	55
56	CLOTHING	0	0	0	0	0	0	0	0	0	0	0	0	56
	1. Care & Selection of Hosiery Cl. #17 St. #195	(1)	0	0	2	2	0	0	10	0	2	(1)	(1)	
	2. Care & Selection of Hosiery L. #15 St. #200	(1)	0	0	2½	2	0	1	10	0	2	1	1	
	3. 4-H Clothing Club Work Cl. #13 St. #152	(4)	(2) 3	0	25	42	2	3	89	9	34	4	5	
	4. 4-H Clothing Club Work L. #5 S. #12	(3)	(3) 1	0	26½	34	0	2	90	10	28	3	3	
	Sub-Total Clothing Selection	(9)	(5) 4	0	55½	80	2	6	199	19	66	(1)8	(1)9	
57	HOME MANAGEMENT See Question 48 and 58	0	0	0	0	0	0	0	0	0	0	0	0	57
58	HOUSE FURNISHINGS	0	0	0	0	0	0	0	0	0	0	0	0	58
	1. Home Improvement 4-H Clubs Clark Co. (Living Room) Cl. #5 St. #5	(1)	(1)	0	2	10	0	0	5	2	1	1	1	
	2. Home Improvement Interior Cl. #5 St. #5	(5)	5	0	14½	5	0	0	24	5	6	(2)1	(1)	
	3. Home Improvement Interior Cl. #11 (BedRoom) St. #150	(5)	(5)	0	6	8	0	0	8	0	6	(3)	(3) 1	
	4. Home Improvement Interior Cl. #20 (Kitchen) St. #199	(1)	1	0	5	5	0	0	8	1	2	1	4	

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58	Home Improvement Interior L. #3 St. #10	(4)	4	0	10	1	0	0	6	0	2	0	1	58
58	Home Improvement Interior (Bed Room) Lincoln #10 St. #158	(4)	(4)	0	11	10	0	0	8	7	8	(4)	(4)1	
	7. Home Improvement State Wide specialist	17	See local agent rep.	0	18 <sup>7</sup> / <sub>8</sub>	26	10	0	25	2	see local agent rep.	20	(6)	
	Sub-Total Home Furnishings	(20) 17	(10) 10	0	67 <sup>1</sup> / <sub>8</sub>	65	10	0	84	17	25	(9)3	(14) <sup>28</sup>	
59	HOME HEALTH AND SANITATION	0	0	0	0	0	0	0	0	0	0	0	0	59
	1. Home Health & Sanitation C. #7 St. #7	(4)	4	0	2 <sup>1</sup> / <sub>2</sub>	12	0	2	7	0	2	(4)	0	
	2. Home Health & Sanitation L. #6 St. #13	(4)	2	0	4 <sup>1</sup> / <sub>2</sub>	5	0	2	4	0	1	1	0	
	Sub-Total Home Health & Sanitation	(8)	6	0	7	17	0	4	11	0	3	(4)1	0	
60	COMMUNITY ACTIVITIES	0	0	0	0	0	0	0	0	0	0	0	0	60
	1. Recreation Clark #14 St. #153	(6)	50	4	7	30	1	1	15	0	(6)	(3)	(4)	
	2. Recreation Lincoln #9 St. #205	(5)	50	4	6 <sup>1</sup> / <sub>2</sub>	30	2	3	24	0	(5)	(5)	(4)2	
	3. County & Community Organization F. B. Cooperation Cl. #21, St. #206	(6)	(2) 3	2 <sup>1</sup> / <sub>2</sub>	16 <sup>1</sup> / <sub>2</sub>	24	1	12	21	4	(5)	0	(4)	
	4. County & Community Organization F. B. Cooperation L. #20, St. #207	(4)	(2) 5	3 <sup>1</sup> / <sub>2</sub>	16	22	1	12	17	0	(4)	0	(3)	

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58	5. Home Improvement Interior L. #3 St. #10	(4)	4	0	10	1	0	0	6	0	2	0	1	58
58	6. Home Improvement Interior (Bed Room) Lincoln #10 St. #158	(4)	(4)	0	11	10	0	0	8	7	8	(4)	(4)1	
	7. Home Improvement State Wide specialist	17	See local agent rep.	0	18 <sup>7</sup> / <sub>8</sub>	26	10	0	25	2	see local agent rep.	20	(6)	
	Sub-Total Home Furnishings	(20) 17	(10) 10	0	67 <sup>1</sup> / <sub>8</sub>	65	10	0	84	17	25	(9)3	(14) <sup>28</sup>	
59	HOME HEALTH AND SANITATION	0	0	0	0	0	0	0	0	0	0	0	0	59
	1. Home Health & Sanitation C. #7 St. #7	(4)	4	0	2 <sup>1</sup> / <sub>2</sub>	12	0	2	7	0	2	(4)	0	
	2. Home Health & Sanitation L. #6 St. #13	(4)	2	0	4 <sup>1</sup> / <sub>2</sub>	5	0	2	4	0	1	1	0	
	Sub-Total Home Health & Sanitation	(8)	6	0	7	17	0	4	11	0	3	(4)1	0	
60	COMMUNITY ACTIVITIES	0	0	0	0	0	0	0	0	0	0	0	0	60
	1. Recreation Clark #14 St. #153	(6)	50	4	7	30	1	1	15	0	(6)	(3)	(4)	
	2. Recreation Lincoln #9 St. #205	(5)	50	4	6 <sup>1</sup> / <sub>2</sub>	30	2	3	24	0	(5)	(5)	(4)2	
	3. County & Community Organization F. B. Cooperation Cl. #21, St. #206	(6)	(2) 3	2 <sup>1</sup> / <sub>2</sub>	16 <sup>1</sup> / <sub>2</sub>	24	1	12	21	4	(5)	0	(4)	
	4. County & Community Organization F. B. Cooperation L. #20, St. #207	(4)	(2) 5	3 <sup>1</sup> / <sub>2</sub>	16	22	1	12	17	0	(4)	0	(3)	

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60	Sub-Total Community Activities	(21)	(4) 108	14	46	106	5	28	77	4	(20)	(8)	(15) <sub>2</sub>
60	County-wide 4-H Club work Clark #15, St. #154	(6)	((3) 5)	(0)	(35)	(63)	(3)	(4)	(110)	(11)	(40)	(6)	((1)(6)
60	County-wide 4-H club work Lincoln ##13, State #161	(5)	((3) 4)	(0)	(31)	(56)	(0)	(5)	(138)	(10)	(39)	(2)3	(5)
	GRAND TOTAL	(101) 30	(34) 156	20	324 <sup>5</sup> <sub>8</sub>	505	30	74	800	69	(20) 345	15 (91)	(35) 116

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60	Sub-Total Community Activities	(21)	(4) 108	14	46	106	5	28	77	4	(20)	(8)	(15) <sub>2</sub>	
60	County-wide 4-H Club work Clark #15, St. #154	(6)	((3) 5)	(0)	(35)	(63)	(3)	(4)	(110)	(11)	(40)	(6)	((1)(6)	
60	County-wide 4-H club work Lincoln ##13, State #161	(5)	((3) 4)	(0)	(31)	(56)	(0)	(5)	(138)	(10)	(39)	(2)3	(5)	
	GRAND TOTAL	(101) 30	(34) 156	20	324 <sup>5</sup> <sub>8</sub>	505	30	74	800	69	(20) 345	15 (91)	(35) 116	

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FORESTRY

Not Applicable

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..... 97
  - (a) Boys.....
  - (b) Girls.....
- 98. Number of 4-H Club members completing..... 98
  - (a) Boys.....
  - (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)..... 107
 

(Use space below for State questions not listed above)

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







Not Applicable

FARM MANAGEMENT, CREDIT, INSURANCE, AND TAXATION

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

145. Number of method demonstration meetings held.....	145	
146. Number of adult result demonstrations completed or carried into the next year.....	146	
147. Number of 4-H Club members enrolled in account work.....	147	
(a) Boys.....		
(b) Girls.....		
148. Number of 4-H Club members completing.....	148	
(a) Boys.....		
(b) Girls.....		
149. Number of farms keeping farm accounts throughout the year under supervision of agent.....	149	
150. Number of farms keeping cost-of-production records under supervision of agent.....	150	
151. Number of farms assisted in summarizing and interpreting their accounts.....	151	
152. Number of farms assisted in making inventory or credit statements.....	152	
153. Number of farm business or enterprise survey records taken during year.....	153	
154. Number of farms making recommended changes in their business as result of keeping accounts or survey records.....	154	
155. Number of other farms adopting cropping, livestock, or complete farming systems according to recommendations.....	155	
156. Number of farms advised relative to leases.....	156	
157. Number of farms assisted in obtaining credit.....	157	
158. Number of different farms assisted in using outlook or other timely economic information as a basis for readjusting farm operations.....	158	
159. Number of farms in preceding question making readjustments in—	159	
(a) Wheat.....	(g) Dairy cattle.....	(m).....
(b) Corn.....	(h) Beef cattle.....	(n).....
(c) Cotton.....	(i) Hogs.....	(o).....
(d) Potatoes.....	(j) Sheep.....	(p).....
(e) Tobacco.....	(k) Poultry.....	(q).....
(f) Truck crops.....	(l).....	(r).....

(Use space below for State questions not listed above)

MARKETING (FARM AND HOME)

Not Applicable

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

Item	(a) Grain and feed	(b) Cotton	(c) Dairy products	(d) Livestock	(e) Fruits and vegetables	(f) Poultry and eggs	(g) Home products	(h) Other
160. Number of cooperative-marketing associations or groups organized during the year.....								160
161. Number of cooperative-marketing associations or groups previously organized assisted by extension agent this year.....								161
162. Membership in associations organized and assisted (161 and 162).....								162
163. Value of products marketed by all associations worked with.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....
164. Value of supplies purchased by all associations worked with.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....
Number of cooperative-marketing associations or groups assisted with problems of—								
165. Preliminary analysis.....								165
166. Organization.....								166
167. Accounting and auditing.....								167
168. Financing.....								168
169. Business policies.....								169
170. Production to meet market demand.....								170
171. Reduction of market losses.....								171
172. Use of current market information.....								172
173. Standardizing.....								173
174. Processing or manufacturing.....								174
175. Packaging and grading.....								175
176. Loading.....								176
177. Transporting.....								177
178. Warehousing.....								178
179. Keeping membership informed.....								179
180. Merging into larger units.....								180
Number of farms or homes not in cooperative associations or groups assisted with problems of—								
181. Standardizing.....								181
182. Packaging and grading.....								182
183. Use of current market information.....								183

(Use space below for State questions not listed above)











HOME FURNISHINGS

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

- 2 231. Number of method demonstration meetings held..... (14) 28 231
  - 2 232. Number of adult result demonstrations completed or carried into the next year. (See 232a) 24 232
  - 1 233. Number of 4-H Club members enrolled..... (a) Girls..... 2 } 233  
(b) Boys..... N.A. }
  - 1 234. Number of 4-H Club members completing..... (a) Girls..... 1 } 234  
(b) Boys..... N.A. }
  - 2 235. Number of individuals improving the selection of household furnishings..... (a) Women..... 114 } 235  
(b) Girls..... 1 }
  - 2 236. Number of individuals following recommendations in improving methods of repairing, remodeling, or refinishing of furniture..... (a) Women..... 57 } 236  
(b) Girls..... 1 }
  - 2 237. Number of individuals following recommendations in improving treatment of windows (shades, curtains, draperies)..... (a) Women..... 114 } 237  
(b) Girls..... 1 }
  - 2 238. Number of individuals following recommendations in improving arrangement of rooms (other than kitchens)..... (a) Women..... 47 } 238  
(b) Girls..... 1 }
  - 2 239. Number of individuals improving treatment of walls, woodwork, and floors..... (a) Women..... 114 } 239  
(b) Girls..... 1 }
- (Use space below for State questions not listed above)
- 2 232a Number of 4-H result demonstrations..... 1
  - 2 239a Rooms finished or refinished, Living R. 47, Dining R. 30, Bedrooms 61, bath rooms 13, porches 24, clothes closets, 13.
  - 2 239b Furniture refinished or finished: Tables 53, chairs 220, dressers and chests of drawers, 43, desks 6, beds, 54, cupboards 45, Miscellaneous 11.
  - 2 239c Accessories purchased or made, rugs 41, pictures framed 54, table scarfs 60, pair curtains 270, cushions 108, bookends 3, magazine racks 8, lamp shades 16, chair seats 20, Miscellaneous 9.
  - 2 239d Storage: Clothes closets equipped 11, gsrment protectors made 16 shoe boxes 5.
  - 2 239e 4-H club work Shoe bags 25, Laundry bag 25, Dresser scarfs, 1, pillow shams 2, curtain tie backs 2 pr, drawer boxes, 1, hat box 1, mattress protector 1, blanket protector 1, bed-roll 1, clothes closet equipment 1.

HOME HEALTH AND SANITATION

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

- 240. Number of method demonstration meetings held..... 0 240
- 241. Number of adult result demonstrations completed or carried into the next year. Sanitary Sewage Disposal 3 241 1
- 242. Number of 4-H Club members enrolled..... (a) Girls..... N.A. } 242  
(b) Boys..... N.A. }
- 243. Number of 4-H Club members completing..... (a) Girls..... N.A. } 243  
(b) Boys..... N.A. }
- 244. Number of 4-H Club members not in special health clubs who participated in definite health-improvement work..... (a) Girls..... 96 } 244 2  
(b) Boys..... N.A. }
- 245. Number of individuals following recommendations as to complete health examination School children (287) Pre-Sch (32) 335 245 2
- 246. Number of individuals improving health habits according to recommendations Home demon (15) 111 246 2
- 247. Number of individuals improving posture according to recommendations..... N.A. 247
- 248. Number of individuals adopting recommended positive preventive measures to improve health (immunization for typhoid, diphtheria, smallpox, etc.)..... N.A. 248
- 249. Number of homes adopting better home-nursing procedure according to recommendations..... N.A. 249
- 250. Number of homes installing sanitary closets or outhouses according to recommended plans..... 3 250 1
- 251. Number of homes screened according to recommendations..... N.A. 251
- 252. Number of homes following other recommended methods of controlling flies, mosquitoes, and other insects..... N.A. 252

(Use space below for State questions not listed above.)



COMMUNITY OR COUNTRY-LIFE ACTIVITIES

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

253. Number of communities assisted in making social or country-life surveys, or in scoring themselves or their community organizations.....	N.A.	253
254. Number of country-life conferences or training meetings conducted for community leaders.....	13	254
255. Number of community groups assisted with organizational problems, programs of activities, or meeting programs.....	11	255
256. Number of communities developing recreation according to recommendations.....	12	256
257. Number of community or county-wide pageants or plays presented.....	N.A.	257
258. Number of community houses, clubhouses, or community rest rooms established.....	1	258
259. Number of communities assisted in improving hygienic or public-welfare practices.....	3	259
260. Number of school or other community grounds improved in accordance with plans furnished.....	4	260
261. Number of 4-H Clubs engaging in community activities, such as improving school grounds, conducting local fairs, etc.....	0	261
261½. Total number of different communities assisted in connection with the community or country-life work reported on this page.....	13	261½

(Use space below for State questions not listed above)

BEEES, WEEDS, HANDICRAFT, RABBITS, 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) Rabbits	(e) <sup>1</sup>	
262. Number of method demonstration meetings held.....	N. A.	N.A.	N.A.	N.A.	N.A.	262
263. Number of adult result demonstrations completed or carried into next year.....	N. A.	N.A.	N.A.	N.A.	N.A.	263
264. Number of 4-H Club members enrolled.....	(1) Boys.....	N. A.	N.A.	N.A.	N.A.	264
	(2) Girls.....	N. A.	N.A.	N.A.	N.A.	
265. Number of 4-H Club members completing.....	(1) Boys.....	N. A.	N.A.	N.A.	N.A.	265
	(2) Girls.....	N. A.	N.A.	N.A.	N.A.	

<sup>1</sup> Indicate project by name.



Clark - Lincoln Counties

ANNUAL NARRATIVE REPORT

Southern  
District

Clark - Lincoln Counties, Nevada.

from

November 1st, 1930 to October 31st, 1931

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o000000o  
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o000000o  
o0000o

*Cypha A. Miller*  
District Extension Agent

Approved by

Director, University Extension



## Clark Lincoln Counties

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## Key to Map Page 2c

## Program of Work

- a. Food Selection and Preparation.
- b. Food Preservation.
- c. Home Gardens - including Paper Mulch and Variety Tests.
- d. Keep Growing.
- e. Home Improvement.
- f. Home Management.
- g. Rural Engineering.
- h. Sanitation.
- i. Prepare-For-School.
- j. Pre-School Demonstrations.
- k. Clothing.
- l. Home Grounds.
- m. Recreation.
- n. Clothing 4-H Club Work
- o. Foods 4-H Club Work.
- p. Food Preservation 4-H Club Work.
- q. Home Improvement. *Club Work*
- r. Farm Bureau Organization.



## Key to Map Page 2c

## Program of Work

## Clark County

Bunkerville - a - c - e - h - j - l - m - n - r  
 Las Vegas - c - l - m - n - r  
 Logandale - c - e - g - h - l - m - r  
 Mesquite - a - c - e - h - j - l - m - r  
 Moapa - a - r  
 Overton - a - c - e - g - h - j - k - l - m - n - o - q - r  
 St. Thomas - a - c - e - h - j - m - n - r

## Lincoln County

Alamo - a - b - c - d - e - g - h - i - j - l - m - n - o - r  
 Caliente - a - d - i - m - r  
 Hiko - a - b - c - d - e - h - l - m - r  
 Paraca - a - c - d - e - g - h - i - j - l - m - n - o - r  
 Pioche - d - e - i - k - m - n - r  
 Ursine - a - b - c - d - e - h - j - l - m - r



## COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

University of Nevada, Agricultural Extension Division and U. S. Department

of Agriculture Cooperating

## STATE OF NEVADA

## COUNTY STATISTICS

Clark COUNTY, NEVADA, 1921

Total area in square miles.....		8045
Farm area in acres.....		16166
Irrigated area in acres.....		8051
Type of irrigation.....	Springs, Artesian Wells, River Flows	
Elevation of farm lands.....		700 to 3500 ft.
Frost conditions.....	Late frosts, Feb. 4th to April 13th, Early frosts, Oct. 15 to 11/30	
Average size of farms.....		91.6
Tax valuation of county.....		\$13,769,877
Total population.....	1931	10,000
Rural population.....	1931	2861
Number of farm families.....	1931	275
Number of farm families reached by work.....		240
Number of urban families reached by work.....		25
Number of families in Farm Bureau.....		41
Number of organized community centers.....		6
Number of unorganized districts where some work is carried on.....		7

List the major county problems in the order of their importance:

Human Nutrition  
 Child Care and Training  
 Home Improvement  
 Rural Sanitation  
 Home Production of Fruit and Vegetables

List the valuable cooperating agencies in the county:

NAME OF ORGANIZATION	LEADING OFFICIAL	ADDRESS
Clark County Farm Bureau	Clarence A. Lewis	Overton
Relief Societies of Each Com.	Mrs. Lois Jones	Overton
Mutual Improvement Association	Edwin G. Wells	Overton
Parent Teachers Association	Mrs. Eugena Perkins	Overton
Las Vegas Age	Mr. C. P. Squires	Las Vegas
Las Vegas Review-Journal	A. E. Cahlan	Las Vegas
Department of Education	Bertha V. Aiken	Las Vegas
Vocational Home Economics	Ruth Talbot	Carson City

Add other information that is important in relation to this work.



### III Status of Clark Extension Organization

#### (1) Form of Organization

The form of organization maintained in this district for 1930 and 1931 has been the same as that of 1929-1930. The county Farm Bureau held their annual meeting in December of 1930 and elected the following officers for 1931.

#### Clark County

President	Clarence Lewis	Overton	Farm and Range
Vice-President	E. E. Syphus	St. Thomas	Livestock and Range
Sec'y-Treas.	A. H. Harrington	Las Vegas	Sanitation and Hygiene
Director	Albert Leavitt Jr.	Bunkerville	Farm & Com. Economics
Director	Bert Mills	Logandale	Home & Com. Welfare

Only one half of the agent's time spent in field and office has been spent in Clark County while the other half is reserved for work for Lincoln County.

Two new communities were organized for adult work, namely, Las Vegas and Moapa. Las Vegas carried a Home Improvement project while the latter voted for a Nutrition, Food Selection and Preparation program.

During the past year we have been able to organize the women into better types of Extension Cooperation organizations than in previous years. Four (4) of the six (6) cooperative communities organized with chairman, vice-chairman, and secretary and treasurer. They also selected from their group subject matter project leaders for each project carried during the year. The major project for all communities except Las Vegas was Nutrition, Food Selection and Preparation.

In addition to the cooperation of the County Farm Bureau organization and Women's Extension Organizations, splendid cooperation is given by the Relief Societies of Latter Day Saints' church in four of the active communities of Clark County.

### IV Program of Work

#### (1) Factors considered and methods used.

The programs of work for 1930 and 1931 were continuations of those of last year with the exceptions of two additional projects, namely, Clothing - Hosiery, Selection and Care and Child care and training, Home Demonstration. Clark County also adopted a new phase, storage, to both their Home Improvement Living Room and Bed room projects.



SUMMARY OF CLARK COUNTY  
PROJECTS, GOALS AND ACCOMPLISHMENTS

<u>PROJECT</u>	<u>GOALS</u>	<u>RESULTS</u>
<u>Nutrition</u>		
Food Selection and Preparation	4 project groups	5 project groups
	4 project Leader training schools	No training schools
	8 project leaders	5 project leaders
	12 result demonstrations on increased use of vegetables	12 result demonstra- tions
	55 families adopt practices of use in the diet of veget- ables	55 families adopt practice in use of vegetables
	12 result demonstrations on increased use of milk	13 demonstrations of increased milk
6 demonstrations on increased use of fruit in the diet	12 demonstrations on increased use of fruit in the diet	
55 families adopting some of the above practices	55 families adopting some of the above practices	
Food Selection and Preparation	1 community	1 community
4-H Clubs	1 4-H club	1 Club
	10 girls enroll	5 members enroll
	10 members adopt improved practices	5 members adopt improved practices
	1 demonstration team	1 demonstration team
	1 judging team	1 judging team
	1 exhibit	1 exhibit
Adequate Gardens Winter	4 communities	2 communities
	8 demonstrators	4 demonstrators
	32 families follow some suggestions	20 families follow some suggestions
Adequate Gardens Variety Tests of Green Leaf Vegetables	3 communities	4 communities
	6 demonstrators	7 demonstrators
	18 families adopt some practices	20 families adopt some practices
Adequate gardens	2 test plots	1 test plot
Paper Mulch	2 demonstrators	1 demonstrator
Home Improvement Interior - Living Room Improvement	5 communities	4 communities
	10 demonstrators	
	22 follow-up	
	40 families following suggestions - Secure wherever possible adequate storage for books, magazine & toys.	
Home Improvement Interior - Bedroom Improvement	5 communities	5 communities
	5 bedroom improved demonstrations	7 bedroom improvement demonstrations
	15 families adopting improved practice - secure wherever possible adequate storage for clothes	25 families adopting improved practice. 7 Clothes Closets



## Clark - Lincoln Counties

<u>Project</u>	<u>GOALS</u>	<u>RESULTS</u>
Home Improvement	4 communities	2 communities
Home Sanitation and Health	4 demonstrations 8 families adopt some suggestions	2 demonstrations
Home Improvement	3 communities	1 community
Home Lighting	6 demonstrators 24 families follow some suggestions	8 demonstrators 35 families follow some suggestions
Home Ground Improvement	6 communities 8 demonstrators 24 families follow some suggestions	6 communities 7 demonstrators 28 families follow some suggestions
Clothing	5 communities	4 communities
4-H Club Work	5 4-H clubs 51 4-H club members 3 demonstration teams 5 judging teams 5 exhibits	4 4-H clubs 39 4-H club members 2 demonstration teams 3 judging teams 4 exhibits
Clothing Selection and Care of Hosiery	1 community 2 demonstrators 1 county survey to present state office 5 women adopt practice	1 community 2 demonstrators 1 county survey to present state office 5 women adopt practice
Good Growth & Development	5 communities	4 communities
Pre-School Child Home Demonstration	5 demonstrators 10 families follow some suggestions	6 demonstrators 10 families follow some suggestions
County-wide Home Economics 4-H club work	60 4-H club members 80% completions 5 4-H clothing clubs 1 4-H food selection & Preparation club 1 local exhibit for each club 12 members at club camp  Present pins at local Achievement day by county key banker  1 clothing & 1 food judging team  Develop 1 demonstration team in each organized club	53 4-H club members 76 % completions 4 4-H clothing clubs 1 4-H food selection & Preparation club 5 local exhibits for total clubs. 11 members at club camp  Incomplete  3 clothing & 1 foods team  Total - 3
County and Community Organization - Cooperation with County Farm Bureau	Annual Membership drive  at least 6 regular valley-wide meetings to be held. Annual farm bureau picnic to be one of the above six meetings	1 annual membership drive 3 held  0



Project	<u>GOALS</u>	<u>RESULTS</u>
County and Community Organization - Cooperation With County Farm Bureau (Continued)	Annual Farm Bureau Meeting	1
	Cooperate with County 4-H	yes
	Club work	0
	Yard Improvement Contest	0
Community Improvement Recreation	Home Improvement contest	0
	Help plan one community program in each of five communities	5 communities
	Help plan refreshments	5
	Help plan recreation	5
	Sponsor a Recreation	
	Training School in county for leader for all county organizations	1
	If needed, assist with obtaining follow-up in Recreation	5



## FARM HOMES IN THIS AREA SHOW IMPROVEMENT

Miss Orpha Miller Makes  
Report on Progress of  
Rural Sections.

A great amount of home improvement work in Clark and Lincoln county farm homes is shown for the past two years in the annual report made recently by Miss Orpha A. Miller, extension agent in charge of home improvement work.

The number of evergreen trees planted last year showed the greatest increase over the previous year of any class of improvement, being 603 for 1930 as compared to 243 the year before, making a total of 846 evergreen trees planted in the two years.

In interior improvements room planning and room finishing was an important phase of the work. During the two years farm wives have finished 50 living rooms, 41 dining rooms, 68 kitchens, 60 bedrooms, 17 bathrooms, 28 porches and 14 others.

Furniture finished during 1929 and 1930 includes 17 desks, (all in 1930), 244 chairs, 54 tables, 16 chests of drawers, 4 davenports, 19 cupboards, 6 varnished drainboards, 29 dressers, and 162 beds. Accessories include 282 window curtains, 95 pairs of side drapes, 6 lam shades, 20 pictures framed, 12 bookends, 11 magazine racks, 5 chair seats, 18 table covers, 96 cushions and rugs made.

Nine homes have installed electricity in the two years, one installed a waterless cooker, one a gas iron, one a home evaporator and one an iceless refrigerator.

Ground improvements include 22 lawns started, 20 planned grounds planted, 25 base plantings, 38 border plantings, 60 screening plantings, 151 deciduous trees planted and 846 evergreens, 249 deciduous shrubs and 159 evergreens, 125 deciduous vines and 19 evergreens, 1 rose garden, 112 rose plantings, 94 perennial and 115 annual gardens, 447 bulbs planted, 16 plantings whitewashed as protection from sun. Eight pieces of garden furniture were installed and 18 trellises built.

Home Economics- Extension Achievements  
for 1930

"Las Vegas Evening Review-Journal"

By: Orpha A. Miller

January 19, 1931



## IV (2) Project Activities and Results

## f. Home Gardens

## Adequate Gardens Winter, State #2, Clark #2

We organized the adequate gardens - winter, project for 1930-1931 in July of 1930, stressing the fact that since two vegetables besides potatoes were needed in every individual's diet, 365 days of the year, there were few gardens then in existence large enough to supply the needs of the unusually large families in the county; also that a garden must produce enough to supply the family not only through the producing season, but should make possible a sufficient quantity for preservation. With the assistance of Mr. Hardman, our University Agronomist, we prepared a two (2) page mimeographed circular of information concerning the quantity of various varieties of vegetables needed per individual per year, also instructions for when and how to plant.

We succeeded in securing three demonstrators in the Virgin Valley and two in the Moapa Valley. As usual the floods of August 1930 took out the dam in Virgin Valley thus making August and early September planting impossible in some instances, however, our demonstrators of the Virgin Valley, namely, Mrs. Hector Bunker and Mr. William Wittwer and Albert Frehner got their gardens planted in time to be well matured before the extreme cold came in November and December which retarded and in some cases killed outright the younger plantings.

In the Moapa Valley both of our original demonstrators failed with their project, but Mrs. E. L. Whitby of Overton offered to use her garden as a demonstration.

The four demonstrations included spinach of the "Viroflay" variety, lettuce of the "Los Angeles Market" variety, carrots, (Chantaney) beets (Detroit) Asparagus (Martha Washington) and Radishes (French Breakfast.) All of these demonstrations yielded until the summer heat became so intense that the plants were killed. The spinach was kept yielding by never disturbing the heart of the plant and using only the outside leaves.

Mrs. Whitby's demonstration was started with the intention of proving to herself and neighbors that there could be vegetables growing the year round in every garden. In the early February she replanted a garden space with Swiss chard and tomatoes. The Swiss Chard lasted well into the latter part of July and the tomatoes still later. Exceptional excessive heat of this summer killed out the garden sooner than other summers would have. She sowed turnip seed in July for the very early fall vegetables and then the usual August and September garden was sowed.



As a result of these demonstrations we find at least 20 other people have adequate vegetable gardens in the valleys of this county. These do not include in any way the vegetables raised on a commercial scale in the Hoapa Valley.

RESULT SUMMARIES

as compared with

GOALS

- |   |  |
|---|--|
| 1. 3 communities                          | 1. Four (4) Communities                          |
| 2. 4 Demonstrators                        | 2. Four (4) demonstrators                        |
| 3. 42 families following some suggestions | 3. Eight (8) families following some suggestions |
| 4. 20 Adequate gardens                    |  |
| 5. 2 Leaders assisting                    |  |
| 6. 8 days agent devoted to line of work   |  |
| 7. 1 News stories published               |  |
| 8. 20 home visits made                    |  |
| 9. 2 method demonstrations held.          |  |



## IV (2)

## f. Home gardens

Adequate gardens - Variety Tests of Green Leaf  
Vegetables Clark #9, State #148

This project was in progress with various varieties of green leaf vegetables with the early spring gardens. In the Virgin Valley Mr. Don Tobler, Vocational Agricultural Teacher, distributed five different varieties of vegetable seeds among five boys. He also acted as a demonstration himself. Sandy and clay loams were both used. Two of the boys failed in their demonstrations, one failing to plant his seeds, and the other going to work away from home when school closed and the family ignoring the demonstration plot. Varieties of vegetables for this group of boys and their instructor were, New Zealand Spinach, King of Denmark Spinach, Swiss Chard, Collards and Chinese Cabbage. The New Zealand Spinach seed failed to germinate while the King of Denmark made a very poor yield and showed no resistance to such heat as is prevalent here, however the Collards, Swiss Chard, and Chinese Cabbage made excellent, indeed prolific growth. Collards were not well liked by the majority of people, but Swiss Chard and Chinese Cabbage was popular with everyone.

Cyril Granger also of Virgin Valley attempted a Spinach demonstration, but the seed failed to germinate as it should have and a very poor yield resulted.

In the Meapa Valley, Mrs. E. L. Whitby of Overton, had a Swiss Chard demonstration and Nephi Leo of Kaolin had a Spinach demonstration using the Early Bloomsdale variety. Both of these made a good yield, but the latter very early in the demonstration was killed out by lice. The demonstrator reports the Spinach the finest flavor ever used in the home. His mother brought one head to our Salad demonstration. The woman measured it finding it to be fully 15 inches across.

Mrs. Whitby was most successful with her Swiss Chard demonstration.

Result of Varieties.	
Swiss Chard:	Length of producing season : 2½ Months (Sowing seed in early Feb.)
	Yield per 150 ft. row : 345 lbs.
	Best type of soil : Light clay
	Cultivation Irrigation : Cultivate as soon as : large enough - Irrigate : once a week and keep : weeds pulled.
	How use : Use only the outside : leaves leaving heart : intact, thus making : production season : longer.



Chinese Cabbage:	Length of producing season	2 months
	yield per 20 ft row	40 lbs.
	Types of soil	either Sandy loam or light clay.
	Cultivation and irrigation	Cultivate as soon as large enough Irrigate once a week and keep weeds pulled.

RESULT SUMMARIES

as compared with

GOALS

- |   |   |
|---|---|
| 1. 4 communities enrolled                 | 1. Enroll Three (3) communities                       |
| 2. 7 demonstrations secured               | 2. Obtain six (6) demonstrations                      |
| 3. 18 families following some suggestions | 3. Eighteen (18) families following some suggestions. |
| 4. 2 leaders assisting                    |   |
| 5. 7 days agent devoted to line of work   |   |
| 1 news stories                            |   |
| 30 home visits                            |   |
| 1 method demonstration                    |   |



## Clark - Lincoln Counties

## IV (2)

## f. Home Gardens

Adequate gardens - Paper Mulch Experimental Plots  
Clark #10, State # 149

This is the second year we have attempted some experimental work with paper mulch. In 1930 Mr. Lee of Kaolin tried paper mulch with tomatoes. He reported a splendid yield but that wilt and Root Knot were just as bad with the paper as without. He stated that as compared with his tomatoes in 1929 when he used baled straw in the rows and around the roots that the straw held down weeds, held moisture, caused earlier production and an excellent yield, and on the whole better production. (See annual report 1929-1930).

This year as well as last Mr. George Hardman, the University Agronomist attempted to have a test plot with paper mulch. The inclosed account written by Mr. Hardman will give his experience.

"Paper Mulch has been tried with spring planted vegetables on a small scale the past two seasons with disappointing results. The past spring beets, lettuce, watermelons and spinach were planted under the paper mulch about the first of April. Germination was satisfactory but no better than where the mulch was not used. Growth both under the mulch and without the mulch was very good until the latter part of May when the first hot days were experienced. When the temperature reached about 100 degrees with a bright sun the plants under the paper mulch burned out.

"It seems probable that paper mulch could be used to assist in the starting of some vegetables, such as spinach and lettuce, very early in the season and then removed before the temperature got very high. Probably also there might be some advantage in its use late in the fall when the ground is apt to be too cold to start some of the smaller seeds. However, the use of paper mulch in this territory where the sunshine is so very strong and extremely hot days may be expected as early as March appears to be quite limited. We have not found the paper mulch to be of any service in keeping down weed growth, largely because our worst weed, Bermuda grass, will start under the paper and grow out to the edges where it can then get the necessary sunshine.

"For assisting in the early starting of some of the more tender plants we have found paper hot caps to be very serviceable. The hot caps not only help in securing better germination in the cooler part of the season by retaining heat and moisture under the cap, but also protect the young seedlings from insect injury and light frosts."



RESULT SUMMARIES

as compared with

GOALS

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Heat too intense for use of paper mulch except perhaps in very early spring or late fall</li> <li>2. 1 Plot in county</li> <li>3. 1 County summary made</li> <li>4. 1 community participating</li> <li>5. 1 leader assisting</li> <li>6. Days agent devoted to line of work.....3</li> <li>7. 3 home visits made</li> <li>8. 1 result demonstration completed or carried thru the year.</li> </ol> | <ol style="list-style-type: none"> <li>1. To make an experimental test of the use of paper mulch in home vegetable gardens of Nevada in regard to the following points:             <ol style="list-style-type: none"> <li>(1) Control of weeds</li> <li>(2) Conservation of Moisture</li> <li>(3) Rapid Development</li> <li>(4) Increased yield</li> <li>(5) General practicability from viewpoint of cost in money, reduction in labor and increase in yield.</li> </ol> </li> <li>2. Have at least 2 plots in county</li> <li>3. Make a county summary of results.</li> </ol> |
|--|---|



## IV - (2)

## f. Beautification of Home Grounds

Home Grounds Improvement State #6, Clark #6

METHODS AND ACTIVITIES

This has been a slow year for Home ground Improvement, especially in the rural communities. Experience has taught us that newly planted trees and shrubs need irrigation at least three (3) times every ten days, therefore it seemed unwise to plant the rural grounds until the water systems could be perfected so as to make frequent irrigation possible. Any additional expense for water systems was prohibitive for the average person because of lack of ready money.

Three of the demonstrations of 1931, namely, the school grounds of Bunkerville, Overton and Mesquite; also three home grounds of 1930, namely, H. M. Gambill's, J. M. Ullom's, and C. W. Yates of Las Vegas were continued thru this year. In addition to these we added the home grounds of Superintendent Mineer of Overton and Doctor Van Meter's of Las Vegas. The former of these two was planted as planned last February while the latter is being planned now and will be planted in February 1932.

The Moapa Valley demonstrations of 1930 are in various stages of development;.

Mr. Clarence Lewis - Overton. There have been no plantings added this year but a lawn has been added and at least  $\frac{5}{8}$  of the original plants are growing splendidly.

Mr. Dave Conger - Kaolin. There have been no plantings added this year and those planted last year are receiving but little care. This place has been appraised and is in the area to be submerged by the Colorado River.

Mrs. E. L. Whitby - Overton. There have been no additional plantings but those of 1930 are growing and receiving excellent care.

Mrs. Mads Jorgensen - Logandale. There have been no additional plantings and those planted last year have not been properly irrigated owing to the lack of an adequate water system.

Of the 1931 demonstrations Superintendent Mineer of Overton has an outstanding demonstration. The house was built on unreclaimed soil. No expense was spared in producing an ideal condition for all types of plants suitable for Clark County climate and that particular type of soil. The grounds are beautifully planned. The house has a base planting of broad leafed and conifer type of evergreens, a screening planting, closing out the service yard from the front and a border planting dividing the year from the garden. The plants alone cost \$150.00. No record was kept of the cost for the grading and water system. While this demonstration is one we are most proud of and



realize the great addition it makes to the attractiveness of Overton, we know that such expense is prohibitive to the average person. This demonstration has proven, however, that trees and shrubs commonly thought impossible to raise here will grow under proper care.

RESULT SUMMARIES

as compared with

GOALS

- |  |   |
|--|---|
| 1. 6 communities cooperating               | 1. Secure cooperation in six (6) communities.         |
| 2. Secured seven (7) demonstrations.       | 2. Secure eight (8) demonstrations                    |
| 3. 20 families following some suggestions. | 3. Twenty-four (24) families follow some suggestions. |
| 4. 6 leaders assisting                     |   |
| 5. 6 days agent devoted to line of work    |   |
| 6. 2 news stories published                |   |
| 7. 22 home visits                          |   |
| 8. 1 method demonstration                  |   |

Achievements of Various Home grounds  
in County Including demonstrations.

- |  |     |
|--|-----|
| 1. Number of lawns started.....  | 6   |
| 2. Number of base plantings made.....  | 4   |
| 3. Number border plantings made.....   | 4   |
| 4. Number screening plantings made.....  | 1   |
| 5. Number deciduous trees planted.....   | 47  |
| 6. Number evergreen (Broad leafed & Evergreen)<br>trees planted.....                               | 38  |
| 7. Number deciduous shrubs planted.....  | 51  |
| 8. Number Evergreen shrubs planted.....  | 74  |
| 9. Number vines planted.....   | 9   |
| 10. Number roses planted.....  | 37  |
| 11. Number packages of annual and perennial<br>seeds sowed.....                                    | 113 |
| 12. Number bulbs planted.....  | 428 |
| 13. Number home ground demonstrations<br>plantings (trees) white-washed to<br>prevent sunburn..... | 4   |



## IV (2)

## K. Home Engineering

Home Improvement - Home Lighting State #197, Clark #19

## History

Very few rural homes in Clark County has had electricity as there are no power lines. In the fall of 1930 we learned that an electrical plant was to be installed in Overton by a private concern. Several families of the community of Logandale were also planning to have electricity by installing a water wheel in a canal. We realized that many homes at Overton and Logandale would be wiring their houses as well as buying electrical appliances and fixtures. In addition to this interest in electricity it was planned for a time during the past year that the Utah Power and Light Company would bring their power lines to Virgin Valley, however, this seems indefinitely postponed.

METHODS AND ACTIVITIES

This seemed an opportune time to give an evening method demonstration, showing adequate and inadequate artificial lighting as related to wiring and fixtures. In order to demonstrate we prepared with the assistance of a Las Vegas electrician a frame 4 x 8 feet adjusted to be raised from the floor, the ceiling height, eight feet. Four stout braces screwed to the floor held it in position. During the demonstration three sides were provided with walls made of sheets. The 4 x 8 foot frame was wired providing for using the various types of lamps and fixtures, making possible quick comparisons of different lighting schemes.

The demonstration was planned to emphasize four fundamentals on good home lighting; First, adequate lighting, second, no glare, third, proper distribution and fourth, good appearance.

Demonstration as given:

(Lights in hall turned out, Light candle)

I am now showing one of our first methods of lighting. This is the unit of measurement; that unit is the foot candle, i. e. the intensity of illumination we obtain in a surface held one foot horizontally from alighted candle. Imagine yourself back in your own home. How much light have you on your various working surfaces such as the work-table, the sink, the stove? Many of you have no more than this candle.

Factory executives have studied the efficiency of their workers in relation to adequate lighting, too often because the house wife's time is free we neglect this manner of lighting.



(Light ten watt clear lamp on six foot drop)

This lamp uses ten (10) watts of electrical energy per hour. We buy electricity on the basis of the kilowatt hour, that is 1000 watt hours - one watt for 1000 hours, 1000 watts for one hour, 10 watts for 100 hours, 100 watts for ten hours, etc. On the basis of ten cents per kilowatt hour, this ten watt lamp would cost one-tenth of a cent per lighted hour; a 100 watt lamp would cost one cent one hour.

Now let us try five (5) times as much light by using a fifty (5) watt clear lamp in place of the ten (10) watt lamp. You may judge the relative value of illumination in the room by the ease with which you read these cards. (Turn on first the ten (10) then fifty (50) watt lamps.)

Now we are putting up a 75 watt clear lamp. This is one half greater than the 50 watt lamp. Note that these lamps are gas filled lamps, i. e. filled with inert gas such as nitrogen. Most of the old lamps, a glass bottle surrounding the filament with a vacuum were very inefficient compared with the gas filled lamp and the former cost more to operate, i. e. required more electricity and gave a much poorer light. Note the ease with which you read this card with the 75 watt compared with the 50 and the ten (10) watt lamps.

Even tho we have introduced more light, you cannot see so well because we have produced glare. Glare is detrimental to eyesight, especially to the eyes of young people, and may interfere with vision, counteracting the advantages of increasing quantity of light. (We now darken the 75 watt lamp lighting a 50 watt lamp suspended on a six foot cord) Of course none of you have such a device in your kitchen, but we know some people who do.

Now we place a tin shade over the 50 watt lamp. Note that brightness on the card is increased but glare is cut down. The table top is well lighted but the walls and ceiling are dark preventing efficient work being done except in this one small area. Now let us try one more scheme. (Darken tin shade lamp and light the 50 watt lamp with a white glass shade.) Now we have diffusion of light. We do not see the white hot filament because the light rays are spread over this entire area. Diffusion cuts down intensity, and falls on the upper part of walls and ceiling, removing glomy appearance that we had with tin shade.

Now we check back over the three units, for quantity of light, glare distribution and appearance. (Light and darken three units in quick succession).



The last unit fills the requirements of good lighting but is open to criticism. Although there is not excessive glare, nevertheless, it interferes with vision, because it is suspended low in front of the eyes and the brightness of the shade is far greater than the object in the room you are trying to see. Every place you go in the room there is a shadow in front of you, on the work you are doing.

Let us demonstrate - Mrs. B will you please come and show us at this imaginary sink how you like to wash dishes by this light. You see that you are in your own light. Now I will darken the suspended light and light the 50 Watt lamp in closed in a kitchen unit which gives the best form of lighting - as glare is eliminated by proper diffusion, shadows are less intense and the closed unit is easily cared for as bugs cannot enter.

Frosted lamps produce greater diffusion than clear ones but the newer types, those of frosting on the inside instead of outside are best because the outside rough surface catches dirt and cuts down light efficiency.

Showed advantage of local lighting by wall bracket over sink or stove.

Showed in quick succession 100 and 150 watt lamps.

By means of simulated ceilings made of card board of various colors demonstrated how dark colors of paint or paper would absorb the light thus cutting down efficient lighting.

#### Summary.

1. Ample light 50 watts or more.
2. Light necessary is from  $\frac{1}{2}$  to  $1\frac{1}{2}$  watts per square foot of floor space if units are properly placed.
3. Eliminate glare by proper distribution and mounting lights high.
4. Do not depend on wall brackets in place ceiling unit for adequate lighting where close observation is necessary.
5. Use light colors, those in which yellow predominates, as cream, ivory, or light green for efficient lighting.

Following this demonstration we visited home requesting assistance giving detailed suggestions for placing of outlets and selections of fixtures. Home Improvement demonstrations of Hoopa Valley: Louis Adams of Logandale, Clarence Lewis and Milton Earl were three of the eight (8) demonstrators. Other demonstrators were E. L. Whitby, Edgar F. Mineer, Albert Jones, Willard Jones and the Valley High School. Twelve other people reported installing lights according to recommendations.



RESULT SUMMARIES

as compared with

GOALS

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Held a Valley wide demonstration in Moapa Valley including both Overton and Logandale. Las Vegas demonstration not held.</li> <li>2. Enrolled one (1) in Logandale and seven in Overton.</li> <li>3. Twenty (20) families reporting following suggestions.</li> <li>4. One (1) leader assisting.</li> <li>5. Days spent on project six (6).</li> <li>6. Home visits made sixteen (16)</li> <li>7. Method demonstrations held One (1)</li> <li>8. Eight (8) result demonstrations.</li> </ol> | <ol style="list-style-type: none"> <li>1. To have the agent hold adequate lighting demonstrations in each of the communities of Overton, Las Vegas and Logandale.</li> <li>2. Enroll two (2) demonstrations where proper lighting will be installed in each of the communities.</li> <li>3. To have 25 families follow suggestions.</li> </ol> |
|--|--|



## Clark - Lincoln Counties

## IV (2)

## g. Foods and Nutrition

## Food Selection and Preparation State #147, Clark #8

This project has continued from 1930 but this year we made no attempt to bring the leaders together for training meetings. The reason being that training meetings made additional expense both in purchase of food for the demonstration as well as the expense incurred by leaders to get to the meetings. The following program for the year was adopted by the four communities Bunkerville, Mesquite, Overton and St. Thomas. (The women of Kaolin joined with Overton in their meetings).

DemonstrationTalks by Agent

Whole Cereals	"Use of Cereals in the Diet"
Vegetable Cookery	"Use of Milk in the Diet"
Dried Bean Cookery	"Vitamins, What and Why"
Salads	"Use of Vegetables and Fruits in the Diet."
Simple Desserts	"The Normal Diet"
Beverages (Milk)	"Use of Citrus Fruits in the Diet"
Picnic Lunches	"Adequate Summer Diet"
Fall Review of Whole Cereals	"Corrective measures for Under and Overweight."

"The Market Basket" released each week for publication by the Bureau of Home Economics was used at each meeting. The Nevada standard of a daily diet was given at each meeting. It is as follows;

1. A quart of milk per day for children and mother and a pint for other adults.
2. Two vegetables other than potatoes daily, one a green leaf and one raw.
3. At least two fruits a day, one of them raw.
4. Meat, poultry or fish at least once a day; liver or kidneys once a week and sea food once a week.
5. One egg a day (not fried).
6. Whole grain cereal or whole grain bread at least once a day.
7. From six to eight glasses of water per day.



At each meeting the women discussed their family food habit problems with the agent. They also reported their food provision problems. A number of our year-round gardens were started as a direct result of the Nutrition meetings. Each recipe sheet given to the women contained as an introductory page a brief discussion of the food values of the particular foods used in the recipes. This discussion was mimeographed with the usual extension heading. See below:

## N U T R I T I O N   P R O G R A M

### SALADS

These instructions are intended for project leader training groups and for distribution at demonstrations. The purpose of these directions is (1) to increase the attractiveness of the food in flavor, appearance, and texture, (2) to maintain or increase its digestibility, (3) to save time, energy, and the important food materials, and (4) to show the place of the food in the diet.

### PLACE OF VEGETABLES AND FRUITS IN THE DIET

#### A. The value of fruits and vegetables in the diet:

1. They are very important in keeping the body tissues and blood neutral in reaction.
2. They help to prevent or to correct constipation.
3. They help to prevent or to correct putrefaction in the intestine by being laxative and by leaving in the intestine the kind of material upon which putrefactive bacteria do not grow well.
4. They supply minerals (ash) necessary for body regulation and for body building, especially iron, but also calcium and phosphorus.
5. They are very important as a source of the vitamins necessary for growth and for health protection.
6. They furnish some energy and protein or muscle-building material.
7. Almost all vegetables and all fruits increase the amount of saliva produced in the mouth and influence the character of saliva produced. Probably the qualities of saliva they call forth help prevent tooth decay.
8. They give variety to the diet.
9. They are appetizing when attractively served. They stimulate appetite by the B. vitamin they contain.

#### B. The quantity of vegetables and fruits required:

1. Provide at least two servings of vegetables each day, besides potato, for each member of the family.
  - a. It is desirable to have one green leafy vegetable each day.
  - b. It is desirable to have a raw vegetable or fruit each day.
2. Provide at least two servings of fruit each day.
3. See that at least as much money is spent for vegetables and fruits as for meats, poultry, and fish.
4. Spend for fruits and vegetables 1/5, more or less, of the total amount of money to be spent on food.



RESULT SUMMARIES

as compared with

GOALS

- |   |  |
|---|--|
| 1. Secured four (4) project groups.   | 1. Secure four (4) project groups.   |
| 2. Project leader training school not held.   | 2. Hold four (4) Project leader training schools.  |
| 3. Had five (5) project leaders   | 33. Have eight (8) project leaders.  |
| 4. Had twelve (12) demonstrations each on the increased use of vegetables and milk          | 4. Have twelve (12) demonstrations each on increased use of vegetables and milk in the diet. |
| 5. Fifty-five (55) families adopted some improved practices.                                | 5. Fifty-five (55) families adopt some Improved practices.                                   |
| 6. Six (6) demonstrations on the increased use of fruit in the diet.                        | 6. Six (6) demonstrations on the increased use of fruit in the diet.                         |
| 7. Fifty-five (55) families adopt some improved practice in both the use of fruit and milk. | 7. Fifty-five (55) families adopt some improved practice in both the use of fruit and milk.  |
| 8. Number days agent devoted to line of work.....21 <sup>1</sup> / <sub>2</sub>             |  |
| 9. Number news stories published .....2   |  |
| 10. Number home visits made....37   |  |
| 11. Number method demonstrations held.....22  |  |
| 12. Number of individuals assisted in planning food budget for a year.....45                |  |
| 13. Number of individuals following recommendations for corrective feeding.....34           |  |



## IV (2)

## (q) Foods and Nutrition

Food Selection and Preparation 4-H Club  
State #165, Clark County #16

METHODS AND ACTIVITIES

This 4-H club is the same group of girls who began their foods 4-H work in 1930. Their club leaders were two girls who have been 4-H club members although they did not carry a project this year. These club girls completed their club work in time to attend 4-H club camp in August, although only three of the five girls enrolled went. They were with the group who won first place in the County 4-H Club Song contest.

RESULT SUMMARIES

as compared with

GOALS

- |   |  |
|---|--|
| 1. One (1) community enrolled.                  | 1. One (1) community enroll              |
| 2. One (1) 4-H club                             | 2. One (1) 4-H club                      |
| 3. Five (5) members enrolled                    | 3. Ten (10) members enroll.              |
| 4. Five (5) members adopted improved practices. | 4. Ten members adopt improved practices. |
| 5. One (1) demonstration team                   | 5. One (1) demonstration team.           |
| 6. One (1) judging team                         | 6. One (1) judging team.                 |
| 7. One (1) exhibit                              | 7. One (1) exhibit                       |
| 8. Number of leaders assisting<br>2             |  |
| 9. 8 days agent devoted to line of work.        |  |
| 10. 1 news story published                      |  |
| 11. 16 home visits made                         |  |
| 12. 1 method demonstration meeting held         |  |
| 13. 5 or 100% of members completing.            |  |



## IV (2)

## (r) Child training and care

Good Growth and Development

Pre-School Child - Home Demonstration State #202  
Clark #19METHODS AND ACTIVITIES

For five years the school children of Clark County had been enrolled in the Keep Growing Project, the children having been weighed and measured by the agent and local leaders. However, for the last two years this project has not been applicable in this county. The children of the pre-school age had not been reached by the Extension projects.

Because of publicity there has been an awakening of interest among parents and a desire for help in the problems of training and developing the pre-school child. They are realizing the importance of establishing positive food habits, right living habits, and the development of correct personal attitudes while the child is of pre-school age.

With these facts as a basis, the good growth and development project was started this year. The aims of the project are to create a parental interest in the importance of early training in the life of the child mentally, physically, and socially, and economically so that he will be a desirable, useful and happy citizen.

Extension work in this county as well as its neighbor county Lincoln, requires a great deal of the agent's time therefore it was decided to enroll but five children of pre-school age and carry the work with the individual homes thru home visits. The children were weighed once a month. We should have preferred twice a month weighing, but this was impossible because of the distance between communities in this district. The records kept are simple. A graph is made of the expected gain in weight and the actual weight is drawn so the two may be compared. The mother is given a copy of the record and a weight chart.

Realizing that unless the child is in good physical condition he is hard to handle and usually unreasonable, the importance of proper food habits is greatly stressed when the visits are made. Help has been given with various problems as they arise during the visits. Some of the problems have been, selection of clothing, toilet training, thumb sucking, temper tantrums, to creep or not to creep, feeding schedules, training appetites, obedience, relaxation and rest.

We have had excellent cooperation from the mothers, several of them having worked with us in 1930 during their pre-natal period.



## Individual reports of the Cases

## Case A

Sex: Male, twin of Sister

Date of Birth: Year 1930; Month, July Day, 1st (Normal)

Weight at birth:  $7\frac{1}{2}$  lbs.

Height at birth: 21 inches.

Age at beginning of demonstration:  $11\frac{1}{2}$  months

June 1931: Height 29 inches; weight 19 lbs. or 9% underweight

Weights: June, 19 lbs; July, 20 lbs.; August, away from home;  
September, 21 lbs.; October, 22 lbs.

Parents: The mother is a normal school graduate and has been a teacher. The father ambitious and a good provider. There are four children in the home, none of school age. This boy has a twin sister and the mother's hands are full. However, she is doing her best to have the right kind of food, plenty of sleep and sunshine baths. They have plenty of vegetables.

Baby: Work was started in June 1931. The baby weighed 19 lbs. and was 29 inches tall. This was 9% underweight for his height and age. The mother reported him wakeful at night. His eating habits were good, i. e. he never refused food placed before him. He seemed slightly constipated and was being broken to the toilet. His disposition was one as termed "spunky" by his mother but he gave excellent cooperation to every thing being done for him and showed good initiative.

The subject matter material sent from the state was sent the mother as well as some bulletins from Bureau of Child Labor. Help was given for overcoming the constipation. The mother reported that as that was overcome the wakefulness ceased.

July: Found the boy and twin sister had had a digestive disturbance but he had gained a pound. He was suffering from prickly heat. Suggested Olive oil rub for this, which helped. However, the mother and twins went into a cooler climate, a mountainous area of a neighboring state for the greater part of August.

September: Help given with diet, found that parents had purchased a goat as suggested so as to have goat milk for the baby. Steady improvement in health was resulting. Completely broken to the toilet.

October: Still gaining having reached normal weight, constipation overcome, also wakefulness. Had resumed sunshine baths which had been stopped during the very intense heat of summer and the prickly heat episode.



A takes a nap both forenoon and afternoon and goes to bed immediately after the evening feeding. He has a good sense of humor. His mother has studied the bulletins on child care and management and does not need a great deal of help.

Case B.

Sex: Female (twin of Case A)

Date of Birth: Year, 1930; Month, July; Day, 1st.

Age:  $11\frac{1}{2}$  months

Weight at birth: 7 lbs., height at birth,  $21\frac{1}{2}$  inches (Normal)

June 1931: height, 29; weight 16 lbs., 20% below (the expected)

October 1931: Height, 30 inches; weight, 22 lbs., (normal)

Weights: July, 19 lbs.; August (away from home); September, 20 lbs.; October, 21 lbs.;

Parents: See case A. Mother was somewhat anxious about this baby girl who is timid, easily hurt, but "spunky", inclined to be nervous and was not gaining properly. She was only partially trained in toilet habits, but was giving good cooperation, the chief difficulty being mother's overcrowded schedule with four very young children to care for.

Child: Work started in June. B weighed 16 lbs. Her height was 29 inches. She was 20% below the expected weight. She had a poor color, seemed fretful and unhappy. The diet schedule was regulated by the one sent from the state office.

In July found baby had gained three pounds, but was suffering from prickly heat. Advised olive oil rub.

During August Mother and babies spent the time in a cooler climate, a neighboring state in a mountainous area.

September, Case B weighed 20 lbs, the expected weight for her age and height and was steadily gaining. She was completely broken to the toilet. Was losing her timidity. Like case A she was thriving on Goat's milk, and no longer having difficulty to gain.

October: Weight 21, lbs, just one pound lighter than her twin brother who is of larger build.

Case C.

Sex: Male

Date of Birth: Year, 1930; Month, December; Day, 11th.

Age: 6 months.



## Clark - Lincoln Counties

June 1931: Height, 28½ inches; Weight, 17 pounds; 10% below normal

October 1931: Height, 29 inches; weight 21 lbs; Normal

Weights: July, 17 pounds; August, 18 pounds; September, 20 pounds; October, 21 pounds or normal.

Parents: Mother a musical education and very ambitious, industrious woman, the mother of seven children, the oldest 13 years. Father not ambitious, do not know his early training. The family has an all-year-round garden. The mother had asked for our pre-natal literature and used it.

Baby: A normal birth, baby had colic. At three weeks had whooping cough with the entire family of children. He had a defective naval - a weakness all the boys of the family have. This baby was under our observation and suggestions from pre-natal period but was not weighed by agent until June.

At three weeks was getting cod-liver oil, with orange juice at 6 weeks. He has always had difficulty taking orange juice, but tomato juice is used without difficulty. Vegetable juice was given at four months. He has always had excellent sleeping habits and an even disposition.

June: Baby two pounds underweight, and family of older children handling him too much. Suggested that baby be left to himself more and thus have to rely on himself as he was slow about using his hands. Encouraged family to let him creep without interference, showed reasons for not encouraging baby to attempt standing or walking. Poor floors, full of splinters, however, not conducive to creeping.

July: Weight still seventeen pounds. Suffering from prickly heat. Difficult to get family to let baby alone.

August: Weight 18 pounds, baby seemed happy in spite of terrible heat.

September: Weight, 20 pounds, normal. Completely broken to the toilet. Some of older children in school, gave the baby more freedom.

October: Weight, 21 pounds - one pound above the expected. Naval healed and much stronger. Food habits good - sunshine bath a daily habit.

## Case D.

Sex: Female

Date of Birth: Year 1930; Month, September: Day, 16th.



Age: Months...8

Born at Hospital

Weight at Birth: 10 lbs. Height - no record

May 1931: Height, 28 inches; Weight, 20 pounds 5% above

October 1931: Height, 29 inches; Weight, 24 pounds 20% above

Weights: May 1930, 20 pounds; June, July and August away from home; September, 23 pounds; October, 24 pounds or 20% above - the expected.

Parents: Both are University people. Mother taught school before marriage. Father a school man. Modern house, excellent home life. Three children, oldest eight. Mother requested and had our pre-natal literature also came to our nutrition meetings and took the precaution of having her diet well regulated. Parents are large well built people.

Baby: Has always followed the accepted baby diet and living habits. Agent has from time of birth been in touch with this demonstration. First weighing by agent at 8 months <sup>5%</sup> above expected. Baby weighed 20 pounds, one pound above expected. Baby was getting sixteen hours undisturbed sleep. Suggested hours of sleep increased. This suggestion was followed with good results. Found baby of excellent disposition and cooperation, good initiative and being trained to the toilet. Sunshine baths were an established habit.

September: Baby still in excellent health and gaining in weight - really presenting no problems.

October: Baby weighing 20% above the expected weight, happy, cooperative and thriving.

Case E

Sex: Male

Date of Birth: Year, 1929; Month, January; Day, 15th.

Age: 2 years, 5 months.

Born at Hospital

Weight at birth: Six pounds; Height - no record.

June 1931: Height, 33½ inches; Weight, 25 lbs. 5% below the expected.



October 1931: Height,  $34\frac{1}{2}$  inches; weight,  $29\frac{1}{2}$  pounds  
5% above expected.

Weights: June, 25 pounds; July, twenty-eight pounds; August, away from home; September, 29 pounds; October,  $29\frac{1}{2}$  pounds.

Parents: Mother taught school before marriage. Married around 35 years of age. Father at least 10 years older. This is first baby. Mother has little endurance. She had requested pre-natal literature about 4 months before birth of child, had followed suggestions during remaining pregnancy. Child has been under agents observation during entire life. Mother reticent and timid. Lacks initiative.

Baby: Slow development, gives no difficulty when new measures are introduced, the difficulty lies with the parents consistently following feeding and habit schedules. However, for the most part the baby receives an adequate diet having been the first child of that particular community to have cod-liver oil as part of the daily diet. *good point to bring out*

June: Baby underweight - presumably not consuming enough food, advised increasing quantity and making sure of regular hours of sleep.

July: Weight 28 pounds, an increase of three pounds. Have tried to get the mother to visualize the possibilities of attractive clothes for the boy, having sent the clothing bulletins and talking clothing to her. *Good point to bring out-*

September: Baby still gaining and up to normal, good color, no particular problems. *Negative attitude - must father to take positive attitude. E. Establishing correct habits as to food sleep - rest - sunlight etc.*

October: Weight  $29\frac{1}{2}$  pounds, 5% above expected. Good health but not a strong child. We feel that E's parents do not always carry out suggestions, but we are often assured that they are.

#### Case F.

Sex: Female

Date of Birth: Year, 1931; Month, March; Day, 8th.

Age: Years none; 3 months

Born at home under adverse conditions.

Weight at Birth: 6 pounds; Height at birth, no record.

June 1931: Height,  $25\frac{1}{2}$  inches; weight, 12 lbs.



October 1931: Height, 27 inches; weight,  $17\frac{1}{2}$  pounds.

Weights: June, 12 pounds; July,  $13\frac{1}{2}$  pounds; August, 15 pounds; September,  $15\frac{1}{2}$  pounds; October,  $17\frac{1}{2}$  pounds.

Parents: Mother ambitious and hard working. Father a garage man. Five children in home. Oldest first year in school. Mother a nutrition project leader just before latter months of pregnancy. Requested and received pre-natal literature. Mother very unhappy and nervous during the period.

Baby: Baby under agent's observation and suggestions since birth. Only a short nursing period. Difficult to find agreeable food up until third month. Finally diet of Dextro-Maltose, cod-liver oil, orange juice and raw egg yolk agreed and an immediate gain resulted. Child bothered too much by older children. Mother realizes this and corrects as much as rather crowded housing conditions permits. Baby drinks from a glass showing good initiative. She cooperates well, except in taking cod-liver oil. However, the mother quietly goes ahead with her feeding program.

August: Almost broken to the toilet - has prickly heat, necessitating olive oil rub. Steadily gaining.

September and October: Learning to creep. This has been held of primary importance with all the children. Cold concrete floors of this house will soon hinder the creeping. - *good detail here*

F is small active little girl. The mother without much cooperation is doing her best. Finances are better this fall than common with this family thus making long delayed house remodeling possible. This when completed will help the mother get full possession of herself and get better cooperation from husband and family. *Good details here -*

#### Summary of Cases:

1. These five mothers represent all types, those who have had educational advantages and those who have not. One of them has an abundant income. One has a good income, one has a fair income, while the other two have poor incomes, although at present one of these is doing better than usual.

2. Cooperation among the parents has been excellent. In all but one instance these mothers and their babies were working with us before the actual "Home Demonstration" started.

3. The following has been accomplished.

- (a) Importance of a regular schedule. - *how many cases*
- (b) The importance of plenty of rest. - " " "
- (c) The importance of a balanced diet. - " " "



- (d) A habit may be easily established if time is taken to stay with the task until the habit is formed.
- (e) The importance of training the child to be self reliant.
- (f) The necessity of the creeping period pre-ceeding the walking age in order to help insure strong back and abdominal muscles.

RESULT SUMMARIES

as compared with

GOALS

- |  |   |
|--|---|
| 1. Enrolled six (6) children pre-school age.   | 1. Enroll five (5) children of pre-school age individual home demonstrations.                   |
| 2. Used the home visit method.   | 2. Use the home visit method.   |
| 3. Weighed and measured the child each month making a graph of the expected gain and actual gains. | 3. Weigh and measure the child each month making a graph of the expected gain and actual gains. |
| 4. Stressed proper food habits.  | 4. To stress proper food habits.  |
| 5. Gave help with habit problems as they arose.  | 5. To give help with any problems in habit formation which may arise.                           |
| 6. Communities cooperating four (4)  |   |
| 7. Demonstration homes five (5)  |   |
| 8. Days agent devoted to the project .....10 $\frac{1}{2}$   |   |
| 9. Home visits made twenty-five (25).  |   |
| 10. Six (6) result demonstrations completed or under way.  |   |
| 11. Five (5) homes substituting positive methods of discipline for negative.                       |   |
| 12. Five (5) homes making recommended physical adjustments to better meet children's needs.        |   |

*Definite statistics on number of actual habit established or problems handled would improve this report & give material for a state wide summary.*



## IV. (2)

## (a) Clothing

4-H Clothing Club State #152, Clark #13

METHODS AND ACTIVITIES

The 4-H clothing clubs of 1930 in all communities except Mesquite were reorganized in 1931 to include all girls who had reached club age. The community of Las Vegas enrolled a 4-H clothing club for the first time. This 4-H club was made up of a group of girls from the Baptist church and was organized in the fall of 1930 carrying their project thru the school year.

In the Virgin and Meapa Valleys the agent secured five leaders in three communities, Bunkerville, Overton and St. Thomas. Three clubs were organized. These three with the one in Las Vegas had a total enrollment of fifty-one (51) girls. Sixteen (16) were enrolled for the third year of clothing, eighteen (18) for the second year and seventeen (17) for the first year. A model set of the required articles to be made for each year of club work was made up at the county office and sent to each club leader. In one community one of the leaders was seriously injured in an accident thus throwing all of the work on one leader. In one community a leader assumed the work who was not anxious to assume additional responsibilities, but rather than let 4-H club work die consented. The cooperation of parents with leaders was not good here (Bunkerville) as eight of the original enrollees failed to complete because the girls left the valley on short summer vacations and did not resume their work when they returned. Seven (7) clothing club girls, five (5) from Overton and two (2) from Bunkerville attended our State 4-H club camp.

RESULT SUMMARIES

as compared with

GOALS

- |  |                                       |
|--|---------------------------------------|
| 1. Four (4) communities enrolled.                | 1. Five (5) communities enroll.       |
| 2. Four (4) 4-H club organized.                  | 2. Five (5) 4-H clubs organized.      |
| 3. Enrolled fifty-One (51) members.              | 3. Enroll fifty (50) members.         |
| 4. Had two (2) demonstration teams.              | 4. Have five (5) demonstration teams. |
| 5. Had three (3) judging teams                   | 5. Have five (5) judging teams.       |
| 6. Had four (4) exhibits, i.e. one for each club | 6. Have five (5) exhibits.            |
| 7. Had thirty-four (34) completions.....76%      |                                       |



- 8. Five (5) leaders assisting.
- 9. Twenty-five (25) days agent gave to line of work.
- 10. Two (2) news stories
- 11. Eighty-nine (89) home visits.
- 12. Five (5) method demonstrations
- 13. Thirty-two (32) meetings held by club leaders.
- 14. Achievements of club members below:

First Year

Hand Towels.....14  
 Sewing bags.....14  
 Needle Books.....14  
 Pairs hose darned..20  
 Patches.....14  
 Miscellaneous.....18

Second Year

Princess slips.....15  
 Dresses.....15  
 Pairs hose darned.....30  
 Bloomers.....15  
 Bandeaux.....11  
 Shorts.....15  
 Combinations..... 3  
 Miscellaneous.....13

Third Year

Pajamas .....10  
 Dresses renovated.10  
 Dresses made.....10  
 Pair hose darned..20  
 Shorts..... 6  
 Miscellaneous.....6



## IV (2)

## (s) Clothing

Selection and care of Hosiery State #195, Clark #17

HISTORY AND FACTS

The object of this project was to arouse more interest in the wiser selection and purchase of hosiery thru giving suggestions regarding the proper care of hose and the keeping of records by volunteer project leaders as an aid in helping one stay within the clothing budget.

METHOD AND ACTIVITIES

In March two women, personal friends, of Overton volunteered to act as hosiery demonstrators, that is to keep a record of the number of pairs of hosiery purchased, for whom, make of hose, their cost, length of service and the manner and place of wear and runs.

A method demonstration on hosiery was given at the beginning of the demonstration. A result demonstration meeting was held to give the demonstrators a chance to report to the group. The subject matter given at the method demonstration was prepared by the clothing specialist and sent out from the State office. Each of the two demonstrators were given a folder containing a bulletin of subject matter as well as the record blank.

## Demonstrator I

During the demonstration period the demonstrator purchased two pair of silk hose

Pair A purchased July 3rd costing 98 cents were bought from a chain store. These hose were worn on an average of two (2) days of each week. The heels were worn thin in six (6) weeks, i.e. after twelve days wear and at the end of a three months or 24 days wear a runner developed from a pulled thread.

Pair B Purchased July 6th costing 69¢ purchased from a Mail order house. These hose were also worn on an average of two days per week. The demonstrator found that they were too skimpy in the toe guard and high splice and holes appeared after twelve (12) days of wear. A runner also developed from a snag on a rough chair.

The demonstrator washed her hose after each wearing with luke warm water using a mild soap and thoroughly rinsing them. They were dried in the shade.

## Demonstrator II

During the demonstration period the demonstrator bought one pair of hose and they were silk. They were bought in the second week of July. They were a \$1.00 quality of a nationally advertised house and at the close of the demonstration were still in perfect condition. They had been worn on an average of one day a week, or a



total of thirteen (13) days. These hose were washed after each wearing in warm water using a mild soap and thoroughly rinsing them. They were dried in the shade.

#### CONCLUSIONS

Judging from the results of these two demonstrations we would conclude:

1. That few hose are purchased in many rural homes of this community, especially during the summer months.
2. That a nationally advertised hose is probably the least expensive in the long run.
3. The subject matter bulletin was of value in training each woman in a knowledge of hosiery and its care.

#### RESULT SUMMARIES

as compared with

#### GOALS

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Carried on work in one (1) community</li> <li>2. Secured two (2) demonstrators.</li> <li>3. Ten (10) women report improving practices in selection and care of hose.</li> <li>4. Days agent spent on project two (2)</li> <li>5. Ten (10) home visits made.</li> <li>6. One (1) method demonstration held.</li> <li>7. Two (2) result demonstrations completed or carried thru the year.</li> </ol> | <ol style="list-style-type: none"> <li>1. Carry on the work in at least one community</li> <li>2. Secure at least two (2) demonstrators.</li> <li>3. Five (5) women adopt improved practices in selection and care of hose.</li> </ol> |
|---|--|



## IV (2)

## (u) Home Furnishings.

Home Improvement - Living Room Improvement  
State #5, Clark #6

METHODS AND ACTIVITIES

The interest in this project is not as wide spread as we desire but lack of funds prevent; however, considering economic factors our home improvement work has had some splendid demonstrations, there being three houses remodeled, three new ones built and a new house of 1930 continuing in the demonstration.

Our demonstrators were as follows:

- | <u>Logandale</u>       | <u>Work Planned</u>   |
|------------------------|---|
| 1. Mrs. Louis Adams    | New six (6) room house stucco plastered house, with a basement, modern in every respect, including running water and cooking gas - Cost \$3,700. Help was given with floor plan, color schemes, walls, woodtrim and floor finishes, drapes, selection of furniture and light fixtures. Storage space provided for books.  |
| <u>Overton</u>         |   |
| 2. Mrs. Clarence Lewis | Remodeled house, most of present work concentrated on living and dining room. All work except plastering done by man of house, including wiring for lights. Help given with floor plan, color schemes, drapes and furniture selection. Adequate storage space in Living room is an outstanding feature. Demonstration will continue into 1932.                                  |
| 3. Mrs. Milton Earl    | Two room adobe house with lean-to for a kitchen, remodeled into six rooms and closed in porch. Stucco plaster. House modern in every respect including electric wiring, and a water system. Help given with floor plan, color schemes, adequate lighting, floor, wall and wood trim finishes. An old doorway converted into a book case. Demonstration will continue into 1932. |
| <u>Bunkerville</u>     |   |
| 4. Mrs. Gus Pendleton  | Demonstration continued from 1930. Additions of kitchen and bedroom completed, house plastered. Old living-room divided for living room and dining room. Two openings, previously doors of the full   |



panel wood variety converted into much needed windows. Screens were made for the windows and doors. Inexpensive drapes, floor coverings and simple furniture purchased. This house of one bedroom, kitchen, dining room and living room, houses a family of five children and the parents. A built in book case provides storage for books.

5. Mrs. Dudley Hardy

These people built a duplication of the same three-room house built in 1930. These two additional houses on the lot provide rental houses for the teachers. (See Page 35, Clark County Narrative for 1930).

6. Mrs. Phoebe Adams

A new six (6) room house with a one-room basement, built almost entirely by the man of the house. At present only three of the six rooms are completed, namely, one bedroom, the kitchen and Dinette. Assistance was given with floor plans, color schemes, kitchen arrangement, and selection of kitchen equipment and dinette furniture. Adequate kitchen storage space was provided for.

RESULT SUMMARIES

as compared with

GOALS

- |  |   |
|--|---|
| 1. Five (5) communities adopted project although only three (3) produced any outstanding demonstration.  | 1. Five (5) communities adopt project.                                  |
| 2. Six (6) demonstrators secured for living rooms with an additional living room in the house producing the outstanding kitchen demonstration (See Kitchen Improvement Project Page 41 ) | 2. Ten demonstrators secured for this project.                          |
| 3. Fifty-seven (57) families adopted some practices.   | 3. Forty families adopt some practice.                                  |
| 4. Four (4) bookcases purchased or built in proper wall space.   | 4. At least five (5) storage cases built for books, magazines and toys. |
| 5. Five (5) leaders assisting with project.  |   |
| 6. Fourteen and one-fourth (14 $\frac{1}{4}$ ) days agent devoted to line of work.   |   |



7. Twenty-four (24) home visits.
8. Held one (1) method demonstration.
9. Six (6) result demonstrations completed or carried thru the year.
10. Twenty-eight (28) women following recommendations in improved method of repairing, remodeling or refinishing furniture.
11. Fifty seven (57) followed recommendations for improved treatment of windows (shades curtains and drapes).
12. Fifty-seven (57) improved treatment of walls, woodwork, and floors.
13. Eight (8) kitchen rearranged or arranged for convenience according to recommendations.
14. Number of homes spar-varnishing drainboards seven (7)
15. Achievements: (This includes home management, home engineering and home furnishing.)

Hand Power Washing Machines.....2	<u>Rooms Finished or Refinished</u>
Power washing machines.....12	Living rooms, 16; Dining rooms,
Fireless Cookers..... 0	9; bath rooms, 3; porches, 4;
Kitchen sinks..... 9	<u>Furniture refinished or finished</u>
Power vacuums..... 1	Tables, 14; chairs, 60; desks,
Hand vacuums..... 2	3; cupboards, 13; misc. 11.
Electric or gas irons.....26	
Pressure cookers..... 1	<u>Accessories purchased or made</u>
Iceless Refrigerators..... 4	rugs, 10; pictures framed, 2;
Electric refrigerators..... 3	table scarfs, 5; pairs curtains,
Sewing machines.....5	38; cushions, 20; bookends, 0;
Home Evaporators..... 0	magazine racks, 1; lamp shades,
	5; chair seats, 9; misc, 1.
Number of families assisted with house-planning problems.....14	
Number of dwellings remodeled according to plans furnished.....2	
Water systems installed.....3	
Lighting systems or lights installed in dwellings.....12	
Homes installing tank cooking gas.....10	



## IV (2)

## (u) Home Furnishing

## Home Improvement - Bedroom State #150, Clark #11

This project continues from last year when we organized this project with the idea of creating greater interest in home improvement by keeping the original demonstrators still working on the improvement of the house.

This year, 1931, we added a special phase of bedroom improvement, that of adequate storage. (See specialist report page 119a for demonstration equipment and subject matter used).

METHODS AND ACTIVITIES

In all but one of the houses planned as listed above in the Living room project we had bed-room demonstrations. The work planned included floor plans and arrangement, color schemes, finished for walls, wood-trim and floors, as well as window treatment. In each bed-room we succeeded in getting excellent clothes closets with good equipment. The problem in many homes is to have adequate storage space for the number in the family, i. e. lack of money and space prevents the child from having storage spaces to themselves so that they learn habits of neatness.

Bedroom demonstrations were as follows:

Logandale

1. Mrs. Louis Adams

Two bed rooms each with an excellent clothes closet-linen storage closet in hallway.

Overton

2. Mrs. Milton Earl

Three bedrooms - each with a clothes closet - an additional clothes closet is built in the closed-in back porch for outside work clothes. Also a good linen closet in the hallway.

Bunkerville

3. Mrs. Phoebe Adams

House built for two bedrooms, only one completed at present, excellent clothes closet.

4. Mrs. Dudley Hardy

One bed-room a good clothes closet.

5. Mrs. Gus Pendleton

One large bedroom but too small for family. One excellent clothes closet but inadequate for size of family.

Las Vegas

6. Mrs. F. A. Gibson

This demonstration will be more fully described in the kitchen improvement project. The one bedroom has an excellent well equipped clothes closet as well as a linen closet.



The agent planned to give method demonstrations of clothes closet arrangement at joint meetings of men and women in all communities. This was accomplished only in the Moapa Valley, three communities, St. Thomas, Logandale, and Overton joined for a subject matter and recreational evening combined. The agent gave the talk on Adequate Storage Space as related to the managerial phases of housekeeping. Mrs. Grant Snow gave Clothes closet demonstration using the miniature clothes closet also showing the glazed tarlatan garment and hat protectors, as well as the possibility of painting corrugated paste board boxes to make attractive storage boxes for the clothes closet. She showed the shoe box she had made of an egg crate and covered with wall paper then treated with transparent varnish. The hat box of card board had been covered with wallpaper to match the shoe box.

The recreational and entertainment features of the evening were as follows:

- "Dance Fashion", a one act play - Overton Women
- Kitchen Orchestra, an orchestra composed of kitchen utensils - St. Thomas women.
- Recreational games for the group, led by the Logandale women.

The refreshments of punch and wafers were paid for by the charge of 10¢ per person and were prepared by a refreshment committee of Overton women.

In March the agent had made and sent to each community a miniature model garment protector and hat protector. These were made of glazed tarlatan. Directors for making and samples of various colors of tarlatan with suggested bias trim combination accompanied each set of models. During the March meetings plans were made for the project leaders to hold the meetings in April when the agent was making her state wide trip. The project leader meeting were to be used to make the garment protectors. Twelve were made at Overton and various reasons were given for not holding the others.

RESULT SUMMARIES

as compared with

GOALS

- |  |   |
|--|---|
| 1. Six (6) communities enrolled in the project.          | 1. Five (5) communities enroll in project.        |
| 2. Six (6) houses with (9) bedroom result demonstrations | 2. Five (5) bedroom improvement demonstrations    |
| 3. Twenty-two (22) families follow some suggestions      | 3. Fifteen (15) families follow some suggestions. |
| 4. Number of leaders assisting five (5)                  |   |
| 5. Six (6) days agent devoted to line of work.           |   |



6. Eight (8) home visits made.

7. Four (4) method demonstrations held.

8. Achievements

Bedrooms finish or refinished.....25

Bedroom furniture finished or refinished.

Chests of Drawers and Dresser.....9

Beds.....7

Chair seats.....6

Chairs.....9

Curtains.....18 pair



## CLUB WOMEN STAGE PROGRAM

The club women of Overton, St. Thomas and Logandale, under leadership of Miss Orpha A. Miller, district extension agent for Clark county, staged a worthwhile program Thursday night, March 19, in the Overton high school auditorium, according to word received from Mrs. Wallace Jones of Kaolin.

Mrs. Fay E. Perkins presided, introducing the following numbers:

"Dame Fashion's Style Show," a one-act play by the Overton club under direction of Mrs. S. A. Waymire and Mrs. Wallace Jones—Mrs. Robert Waymire accompanist.

"The Kitchen Orchestra," by the St. Thomas Klangers, under direction of Mrs. Viola Gentry.

Community singing led by Rulon Shepherd, principal of the high school. "A model clothes closet," a splendid demonstration by Mrs. Grant Snow.

A talk by Miss Miller on practical suggestions for the improvement of the home. This was followed by an hour of snappy games and dancing in the gym led by Miss Helen Wills of Overton.

Refreshments were served by Mrs. Mary V. Lytle and Mrs. Ernest Whitley.

Miss Miller's splendid work is greatly appreciated by all the progressive women of the Moapa valley.

Valley-Wide Method Demonstration  
on Adequate Storage  
"Las Vegas Evening-Review-Journal"  
By: Mrs. Wallace Jones  
March 21, 1931



## IV (2)

## (u) Home Furnishings

Home Improvement - Kitchen Improvement State #198,  
Clark #20

History and Facts:

During the month of February the agent was asked to talk before a group of women members of a literary club of Las Vegas. Their topic was Better Homes, our specific subject was that of better kitchens. As a result of this meeting twelve (12) women organized to cooperate with the Extension Agent. They chose kitchen improvement as their project.

METHODS AND ACTIVITIES

The first two meetings were method demonstrations on color as applied to the kitchen. Each woman made her color card and applied the color principles to color for kitchens - making up models of various color harmonies with, curtain samples, paint boards and linoleum.

The next demonstration was on the fundamental purposes of the kitchen, its size and its relation to the remainder of the house. We should have preferred to have this meeting at a demonstrators home - this was impossible, so the meeting was held in a member's home where her kitchen was used to illustrate the points. At this meeting two members volunteered their kitchens for demonstrations, Mrs. W. L. Scott and Mrs. F. A. Gibson. The former a renovation problem and the latter a new house. After this meeting the group decided to discontinue their meetings for the summer months.

Demonstration I - Mrs. F. A. Gibson

A new home and gave her entire house for demonstration purposes. Her house is a five room English Style House. Approximate cost \$2700. The kitchen is 8 x 10 feet and conveniently arranged; the doors leading to closed-in porch, dinette and bed-room. The electric refrigerator is arranged in the correct position in relation to the working surface, i.e. working from left to right. If it had been possible the range should have been to the right of the worker, however, the range is just behind the work and since the kitchen is compact it is easy to reach from the working surface - drain board. While it seems inadvisable to have a pathway from outside door to dinette yet the door from kitchen to bedroom takes the line of travel away from the working area of the kitchen. Adequate cupboard space is above and below the drain board. A dish cupboard is recessed in the wall to the left of the stove and is full length, from floor to ceiling. A spice cupboard is just beside the stove.



Rubber tile flooring in a block design of putty and tile color give a beautiful as well as practical floor. The drain board is covered with the same material. The kitchen walls and wood trim are painted the same color as the putty color of the floor while a delicate line of the tile color is traced around the panels of all the doors. A combination wood and gas range in putty color has been installed. The curtains are a deep cream with a small dark blue dot. This kitchen is outstanding in its simplicity, beauty and practicability and has had many compliments. When the house was completed an opening was held with an attendance of 175 people. A house warming was also given with 15 people present.

#### Demonstration II - Mrs. W. L. Scott

A kitchen in a house built several years ago. The walls are lined with plaster board. The kitchen and a small alcove breakfast room are combined in one room. The problem here was that of neutralizing the old enamel and putting on a new coat of paint. A commercial neutralizer was used and a semi-gloss paint of a deep cream with a green trim was used. New curtains of dainty glazed chintz were made for the breakfast room while cream green dotted-swiss were used for the kitchen.

The fall meetings of the group were not continued as the chairman and two other women had gone to work, one woman had moved away and since the Clark County Extension work was to be discontinued the first of January, the agent did not use any of the crowded schedule for reorganizing the group.

#### RESULT SUMMARIES

as compared with

#### GOALS

- |  |   |
|--|---|
| 1. Enrolled one (1) community  | 1. One (1) community enroll in the project.         |
| 2. Secure two (2) demonstrators                                      | 2. Secure (2) two demonstrators.                    |
| 3. Twelve (12) families have followed some suggestions.              | 3. Twelve (12) families following some suggestions. |
| 4. One (1) leader assisting  |   |
| 5. Five (5) days agent spent on project.                             |   |
| 6. One (1) news story written.                                       |   |
| 7. Eight (8) home visits made.                                       |   |
| 8. Three (3) method demonstrations held.                             |   |
| 9. Two (2) result demonstrations completed or carried thru the year. |   |
| 10. Twenty (20) total kitchens improved in county.                   |   |



## IV (2)

## (u) Home Furnishings

Home Improvement 4-H Club State #\_\_\_\_\_, Clark #\_\_\_\_\_

For the past seven years a group of six (6) girls of Overton were 4-H club members. The group remained together until 1930 and 1931, when part of the group were Seniors in High School and graduated. Only two (2) of this group enrolled for 4-H club work, choosing the 4-H Home Improvement project. One of these, ready to go to College the Fall of 1931, went away from home to work during the summer and gave up finishing her project. The other girl, Neca Jones, who will be a Senior in 1931 and 1932 remained and completed her work. She is the same 4-H club girl from Nevada who won first place in the Pacific Northwest Health Contest at Portland, Oregon. This placing won her the trip to the 4-H club Congress in Chicago in December 1930. She also won the Union Pacific Scholarship, standing highest of five other contestants. Merle Jones was alternate for this scholarship.

Nevada offered a trip to the National 4-H club camp in 1931 to the most outstanding 4-H club girl of the State. Three contestants from Clark County entered and competed with other county contestants. Neca Jones was chosen to represent the 4-H club people of Nevada. At Washington D. C. 4-H club camp she was awarded the high honor of placing the wreath on the grave of the unknown soldier.

At our own state club camp she assisted our State 4-H club leader Mrs. Buol, with the candle lighting service as well as the initiation services. She has given three (3) Radio talks on her experiences as a 4-H club member. Two of these were in Las Vegas, and one (1) of them in Las Vegas after her Portland trip, one (1) immediately following her Washington D. C. trip and one at Reno while attending our State 4-H club camp.

She has not completed her eighth year of 4-H club work, consisting of four (4) years of clothing, three (3) of food Preservation and one (1) of Home Improvement. She has entered her contest material for the \$500.00 Scholarship offered by the International Harvester Company. Neca's achievement story entered in the Union Pacific Scholarship is attached.

RESULT SUMMARIES

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 1. One (1) community enrolled.        | 9. Achievements             |
| 2. Two (2) members enrolled.          | 1 shoe bag, 1 laundry bag   |
| 3. One (1) leader assisting.          | 2 dresser scarfs and pillow |
| 4. Days agent devoted to work two (2) | shams, 1 drawer box, 1 hat  |
| 5. One (1) news story published.      | box, 1 mattress protector,  |
| 6. Five (5) home visits made.         | 1 blanket protector, 1 bed  |
| 7. One (1) method demonstration held. | roll, 1 clothes closet      |
| 8. One (1) result demonstration       | equipment.                  |



## Clark - Lincoln Counties

## MY 4-H CLUB STORY.

BY NEGA JONES.

I am just completing my seventh year of 4-H Club work. During this time I have taken four years of clothing and three years of food preservation.

During my fifth year of 4-H Club work in 1928, our club made its first trip to our State Club Camp, where our club contested for and won the following honors:

- 1 - First in 4-H Club Song, for which I accompanied and wrote the words to the tune of "The Utah Trail".
- 2 - First in 4-H Club Story.
- 3 - First in 4-H Club Banner.
- 4 - First in 4-H Club Stunt.
- 5 - Second in Home Economics Demonstration.
- 6 - Third in 4-H Club Yell.

I also won Second Place in Health for the 4-H Club and myself.

We returned home, happy with the honors we had won but with a glowing desire to return in 1929. We worked hard for the money during the next year and were rewarded by our second trip to the State 4-H Club Camp at Reno, Nevada - where we contested and won the following:

- 1 - First in 4-H Club Song, which I accompanied and wrote the words for, to the tune of "Boosting Our Old High".
- 2 - First in Model 4-H Club Meeting, for which we won the Silver Loving Cup.
- 3 - I entered Health again and won second place.
- 4 - I was a member of the Home Economics Demonstration Team which won second place.
- 5 - Third in 4-H Club Stunt.

These honors gave a happy ending to our 4-H Club Year of 1929.

Each and every girl expressed a desire to attend 4-H Club Camp in 1930. We talked it among our friends and six other 4-H Club members expressed their desire to go. We helped these girls along and they were rewarded by a trip to club camp.

We set our goal as "Do our best, to make our Best Better", and one clear, beautiful morning in July 1930 we set out for 4-H Club Camp over the long, hot and dusty road; but our hearts were not low as we kept our cheer and sang along our way.

We placed as follows in the various activities at 4-H Camp:

- 1 - First in 4-H Club Song.
- 2 - Second in Model 4-H Club Meeting.



## Clark - Lincoln Counties

- 3 - I placed third in canning exhibit.
- 4 - I placed third in canning judging.
- 5 - I was a member of the Home Economics Demonstration Team again, this time we advanced and were placed first.

You can't imagine our joy at winning demonstration because this awarded us a free trip to Portland, Oregon to the Pacific International Livestock Exposition, thru the courtesy of Montgomery Ward & Company.

At Portland, with the six Northwestern States contesting, by adding the Nevada boys and girls demonstration scores together, as is always done, we placed second with a score of 94.3 percent. The winning demonstration teams had a score of 95 percent. We also entered the Meat Identification contest and were placed second. I stood 3rd high individual in the Home Economics Judging.

At Portland I entered the Health Contest and won first place. This entitled me to a trip to Chicago to the Ninth Annual National Club Congress at the Chicago International Stock Show. I entered the health contest there and out of twenty-one (21) girls I placed fifteenth with a score of 97.4 percent. The winning girl had a score of 99.7 percent. I did not bring home any honors but I was happy to be the one to represent Nevada, hoping it will encourage other 4-H Club members in our state.

During the year of 1930 I have been Club Leader for a group of younger girls in my community. Their project being Food Selection and Preparation. In addition to my club leadership, I have completed my own club requirements having canned the following:

- 1-80 qts. of fruit.
- 2-21 qts. of vegetables.
- 3-3 qts. of meats.
- 4-40 qts. of pickles.
- 5-17 qts. of Jellies, Jam and Marmalades.

This made a total of 161 quarts. All of these products will be used during the year for the family food supply.



# NEVADA GIRL DECORATES GRAVE OF UNKNOWN SOLDIER

Southern

## NECA JONES GETS BIG HONOR WHILE IN WASHINGTON

### Boy From Maine Aids Nevada Girl in Performing Duty In Capital

Selected as one of the two 4-H club youngsters for the honor, Miss Neca Jones, together with a club boy from Maine, placed a wreath on the tomb of the Unknown Soldier in Arlington cemetery on behalf of the boys and girls of the national 4-H club camp held in Washington, D. C. last week.

Miss Jones, who is Nevada's first representative to a national 4-H encampment, was chosen for the decoration ceremony from all the girls in the camp, at which nearly every state was represented. The Nevada girl lives in Moapa valley, Clark county, and was picked to represent the state because of outstanding 4-H work.

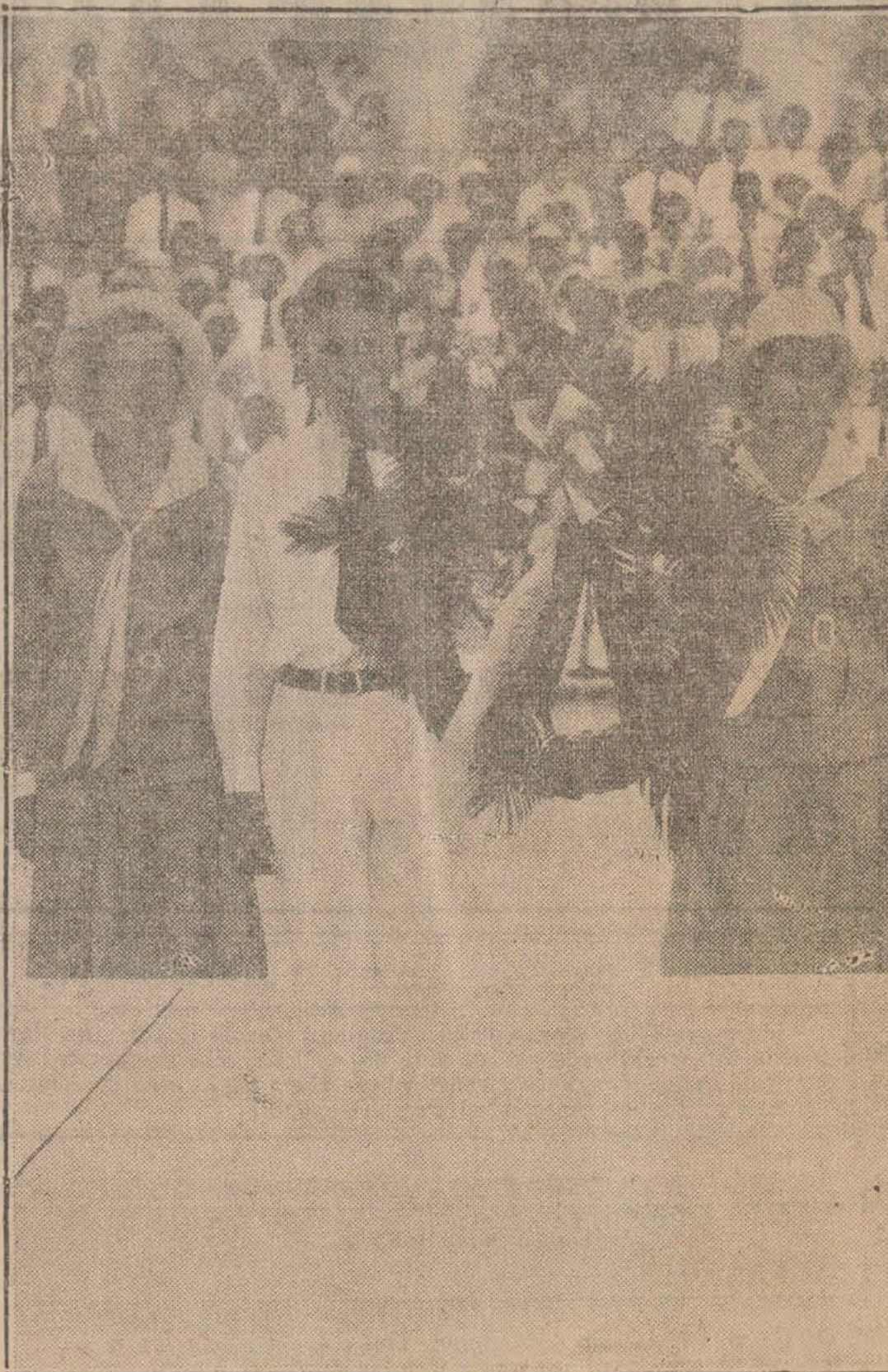
While in Washington, she presented to President Hoover gifts from Nevada's 4-H members, from the agriculturists of the state, and from the Nevada state farm bureau and messages from Louis C. Cramton, "mayor" of Boulder City, Hoover dam municipality, and Congressman Samuel S. Arentz.

Together with the other campers, she was a guest at another time of President and Mrs. Hoover at the White House, and was chosen to shake hands with the chief executive in the official photograph of Hoover and the group of youngsters.

In the closing camp fire ceremonial at the national camp, which was held in the grounds of the U. S. department of agriculture, the Nevada girl was selected to light the health candle.

The spirit of the west was portrayed by the Nevada girl and the delegates from Washington and New Mexico, in the western state's pioneer program. Dressed in the authentic costumes worn by the pioneers of the covered wagon days

### Nevada Girl Honors Unknown Soldier



Miss Neca Jones, 17, of Clark county, Nevada (right) who is pictured from all the girls at the National 4-H camp for the honor of decorating the Unknown Soldier. Other delegates to the encampment are shown on the steps of the theater.

Miss Jones will see New York City and the girls, together with the boys, garbed as cowboys, miners and Niagara Falls. She is chaperoned by Mrs. Mary Stilwell Bucl, assistant director of the Nevada agricultural extension service. The Nevada State farm bureau is financing the girl's trip from its membership funds.

# W

THURSDAY,

# S

# RIG

## WORST TRIP W SIBERIA

Tells Whole Than 100 porters at

NEW YORK It took Wiley Gatty less than a week to describe a flight around the world. Although the trip appeared wor



## Neca Jones Scores High In Chicago

Miss Neca Jones, Clark county girl who represents the Western states in the national health contest, being staged by the 4-H organization in Chicago, scored seven tenths per cent higher in the national contest this week than she rated at the Camp Plummer competition in Portland, Oregon, according to a special wire received today by the Review-Journal from Miss Orpha A. Miller of this city, who accompanied her to Chicago.

Neca, who is the daughter of County Commissioner Jones of Overton, missed by only six tenths of one per cent ranking in the blue ribbon class in the national contest, making a score of 97.4. The top score was 98 per cent, the lowest score possible for the blue ribbon class.

## Picture of Health



Miss Neca Jones, Clark county lassie who represents the west in the national 4-H health contest in Chicago.

Achievements of Nevada  
Outstanding 4-H Club Girl  
"Las Vegas Evening  
Review-Journal"  
December 6, 1930

## NECA JONES TO MAKE TRIP TO U. S. CAPITAL

Representing the rural boys and girls of Nevada, Miss Neca Jones of Overton, 17-year-old daughter of Clark County Commissioner Albert L. Jones, will attend the national 4-H club camp in Washington, D. C., in June, as the first representative Nevada four aitchers have ever had at the national encampment, according to announcement received here by Miss Orpha A. Miller.

Cecil W. Creel, director of the Nevada agricultural extension service, announced selection of Miss Jones by a committee composed of Dean Robert Stewart of the college of agriculture of the U. of N.; F. B. Headley, chief of the department of farm management in the

Nevada agricultural experiment station, and Mrs. Florence Bovett, secretary of the Nevada State Farm Bureau.

The trip, given as award for excellence in club work, is financed by the Nevada Farm Bureau from membership dues. Next year's Nevada delegate will be, under farm bureau rules, a 4-H boy.

Instruction in agriculture and home economics will be given, as well as character training work and wholesome recreation.

Tents are pitched on the grounds of the federal department of agriculture in the national capital.

Miss Jones has been active in 4-H club work for seven years, having distinguished herself both by accomplishment and leadership, according to Mrs. Mary Stilwell Buol, assistant director of extension. Last fall she was a member of the Nevada home economics team which took highest honors for the far western states at Portland, Oregon. She was adjudged healthiest girl in the far west and, later, ranked high in a nationwide health contest in Chicago.

Achievements of Nevada's Outstanding  
4-H Club Girl  
"Las Vegas Evening Review-Journal"  
April 17, 1931.



## IV (2)

## V Home Health and Sanitation

Home Improvement, Home Sanitation and Health  
State #7, Clark #7

## History:

This project has been in operation since January 1939. It is difficult to create interest in this project. Those who are at all interested in improvement are looking forward to the day when they can have water systems and indoor toilets. Lack of funds prevent progress of this type.

METHODS AND ACTIVITIES

The Mutual organization of the Latter Day Saints church have a sanitation program as part of their annual work. This year we consulted with them and they attempted to create better interest in fly proof outdoor toilets. Little progress along this line was made. However, we have one fly-proof outdoor toilet built in the Virgin valley and three (3) septic tanks in the Moapa Valley. The latter are at the farm homes of Louis Adams of Logandale and Albert Wittwer of Logandale and the town home of Superintendent Mineer of Overton.

RESULT SUMMARIES

as compared with

GOALS

- |   |   |
|---|---|
| 1. Worked in four (4) communities.  | 1. Work in four (4) communities.  |
| 2. Had four (4) demonstrators, two (2) in Logandale, one (1) in Overton and one (1) in Bunkerville. | 2. Have at least one (1) demonstrator of either septic tank or sanitary toilet in each community. |
| 3. Four (4) families followed suggestions and five (5) others plan to as soon as finances permit.   | 3. Have eight (8) families adopt some suggestions   |
| 4. Leaders assisting two (2)  |   |
| 5. Days agent devoted to work seven (7)   |   |
| 6. Four (4) result demonstrations.  |   |



## IV (2)

## (w) Community Activities

County-wide Home Economics 4-H club work  
State #154, Clark County #5

For the detailed report see pages 31 giving detailed account of methods and activities of 4-H clothing clubs; page 22, for 4-H Food Selection and Preparation; and page 43 for 4-H Home Improvement club.

Some outstanding 4-H club activities of the past year was the trip made by Neca Jones, Pacific Northwest Health Champion to 4-H club Congress to Chicago, the trip being made possible by donations of money made by the merchants of Las Vegas.

Fifty dollars of this money was not needed for the Chicago trip and was used to defray expenses of the eleven (11) 4-H club girls to the State 4-H club camp in August. One 4-H club leader accompanied the group. The group won first place in 4-H club song contest, and second in the county championship of distance travelled and number attending, while individuals were as follows:

First: Lois Jean Tobler, Bunkerville, informal party frock contest.

Second: Hazel Fulkerson of Overton placed second in garment judging.

RESULT SUMMARIES

as compared with

GOALS

- |  |  |
|--|--|
| 1. Enrolled fifty-eight (58) 4-H club members.                           | 1. Enroll sixty (60) 4-H club members.                       |
| 2. Had 77 $\frac{1}{2}$ % completions                                    | 2. Secure 80% completions.                                   |
| 3. Had four (4) 4-H clothing clubs.                                      | 3. Have five (5) 4-H clothing clubs.                         |
| 4. Have one (1) 4-H Food Selection and Preparation club.                 | 4. Have one (1) 4-H food selection and Preparation club.     |
| 5. Had one (1) local exhibit for each club. A total of six (6) exhibits. | 5. Have one (1) local exhibit for each club.                 |
| 6. Had eleven (11) members at 4-H club camp.                             | 6. Have twelve (12) members at state club camp.              |
| 7. Had three (3) clothing and one (1) food judging teams.                | 7. Have one (1) clothing and one (1) food judging teams.     |
| 8. Developed two (2) demonstration teams.                                | 8. Develop one (1) demonstration in each organized 4-H club. |



9. Eight (8) leaders assisting.
10. Thirty-five (35) days agent spent on project.
11. Three (3) news stories published.
12. One hundred ten (110) home visits made.
13. Seven (7) method demonstrations held.
14. Forty (40) result demonstrations completed or carried thru the year.
15. Forty-eight (48) meetings held by leaders.



### CLARK COUNTY'S 4-HAITCHERS WIN BUREAU AWARDS

RENO, Aug. 15 (Special to The Review-Journal)—Winning three first prizes at the annual Junior Farm Bureau camp, Clark County's 4-H clubs did themselves proud in the competition staged yesterday. Many other prizes were won by Southern Nevada entries, who were accompanied to

this city by Miss Orpha A. Miller, extension agent of this city.

Cyril Wittmer of Logandale won first place in dairy judging, Lois Jean Tobler of Bunkerville won first in the informal party frock contest, and the entire delegation of twelve girls and four boys won first in the county song contest.

Hazel Fulkerson of Overton placed second in garment judging.

The delegation won second place in the county championship of distance traveled and number attending.

Fourth in dairy judging was earned by Leland Wipple of Logandale and fifth by Verl Barnum of Logandale.

Lloyd Mills of Logandale took seventh in seed identification.

4-H Club Camp Awards for 1931  
Publicity  
"Las Vegas Evening-Review"  
By: Orpha A. Miller  
August 15, 1931



## IV (2)

## (w) Community activities

## County and Community Organization

Cooperation with County Farm Bureau state # 206, Clark #21

## History and Facts:

Since the County Farm Bureau is the organization organized to further Extension work within the county the Extension agent gives a certain percent of her time to assisting with Farm Bureau work.

METHODS AND ACTIVITIES

At the beginning of the year the Farm Bureau board were anxious to build up a stronger organization. Ways and means of accomplishing this were discussed. The board decided to hold at least six (6) meetings to be county-wide and to be held alternately in Las Vegas, Virgin and Hoopa Valleys, St. Thomas, Overton, Logandale, Mesquite, Bunkerville and to take their turn acting as hosts of the day. These were to take the form of luncheons.

Three of these have been held, two have been at Overton, with the Overton Director in charge of one and the Logandale director in charge of the other. The third has been in Las Vegas with the Las Vegas Director in charge with a fair attendance. The day and plans were made for the other in April at Bunkerville, but no one except the Las Vegas group arrived for the meeting.

Since June only special called meetings have been held by the board.

The Annual Farm Bureau meeting was held in Overton the latter part of December. The Overton 4-H club girls and leader served the luncheon.

The agent has attended six (6) organization meetings, i. e. Directors meetings besides the annual meeting. In addition to these we have also attended the three meetings held in September at which time the Muster Day programs were held in Las Vegas, Bunkerville and Overton. The agent assisted in the plans for Recreation and Refreshments in the latter two localities. The Kiwanis club having sponsored the one in Las Vegas. Mrs Florence B. Bovett, State Farm Bureau Secretary attended and assisted with these meetings, giving special training on how to secure memberships.

RESULT SUMMARIES

as compared with

GOALS

1. Has been held.

1. Annual Membership drive.



- |  |   |
|--|---|
| 2. Two successful meetings and one attempted meeting is the result.  | 3. At least six regular county-wide meetings to be held alternately in Las Vegas, Virgin and Moapa Valleys. |
| 3. Three directors have each held one of their meetings.             | 3. Each of the five Farm Bureau directors to have charge of program in their respective localities.         |
| 4. Meetings have been held but not at the regular agreed upon time.  | 4. To hold six (6) regular meetings, during the year.   |
| 5. Held Annual Farm Bureau Meeting.                                  | 5. Annual Farm Bureau Meeting.  |
| 6. Yard Improvement Contest not held because of financial situation. | 6. Hold yard Improvement Contest.   |
| 7. Cooperation is given by the Farm Bureau to 4-H club work.         | 7. Farm Bureau give cooperation to 4-H club work.   |
| 8. Seven (7) communities participating.                              |   |
| 9. Five (5) leaders assisting.                                       |   |
| 10. Sixteen and one-half (16½) days devoted to work.                 |   |
| 11. One (1) news story published.                                    |   |
| 12. Twenty-one (21) home visits made.                                |   |
| 13. Four (4) method demonstrations held.                             |   |



## IV (2)

## (w) Community Activities

Community Center Improvement - Recreation  
State #153, Clark #14

## History

The present agent has always been especially interested in the Recreational possibilities of improving communities thru group recreation. At the 1930 4-H club camp Mr. John Bradford of the Playground Recreation Association of America gave training meetings in Recreation to 4-H club leaders and the older 4-H Boys and girls. At this time he expressed a desire to hold a training school in Clark County. Therefore, in February of 1931 Dr. W. P. Jackson, Mr. Bradford's associate came to this district. The training school was held at the Meapa Valley High School lasting for four days. The school was held two hours of each of the four evenings. Leaders attended from the entire county having been chosen from all of the Latter Day Saint's Churches of the county representing their Relief Society, Mutual Improvement Association, and Primary Association. Other organizations represented were the Farm Bureau, the Home and Community clubs, the 4-H clubs, the Boy Scouts, the schools, while all the churches, women's clubs and service clubs were invited to send their leaders. The first night eighty people were on the floor. This group was too unweildy in size so each organization was requested to plan to have only enough people present to total fifty leaders in the school. The attached bulletin, subject matter provided by Dr. Jackson was given to each person attending.

Besides giving our leaders the splendid inspiration of his personality during the training school he also visited two schools, namely, Overton and Bunkerville giving the pupils some training in group songs and passive games.

Mrs. Jackson who accompanied her husband on the trip, met with the agent and two groups of women, giving them training in pre-school recreation.

Our project leaders were practically all from the Latter Day Saints' church, and were already familiar with the possibilities of community recreation. We have had splendid follow-up work with the leaders conducting.

RESULT SUMMARIES

as compared with

GOALS

- |  |  |
|--|--|
| <p>1. Helped with three valley-wide programs, which represented a total of three communities for two (2) programs and two (2) communities for one (1) program.</p> | <p>1. Help plan one (1) community program in each of five (5) communities.</p> |
|--|--|



- |  |  |
|--|--|
| 2. Have helped plan refreshments for all the above meetings.                                 | 2. Help plan refreshments  |
| 3. Have helped plan the recreation for the above meetings.                                   | 3. Help plan recreation program.   |
| 4. Helped choose leaders from 4-H clubs and womens group for the Recreation training school. | 4. Help plan for the Recreation Training school in county for leaders from all county organizations. |
| 5. Have helped with four (4) recreation meetings.  | 5. If necessary assist with follow-up recreation.  |
| 6. Six (6) communities participating.  |  |
| 7. Fifty (50) leaders assisting.   |  |
| 8. Seven (7) days agent devoted to line of work.   |  |
| 9. One (1) news story published.   |  |
| 10. Fifteen (15) home visits made.   |  |
| 11. Four (4) training meetings held.   |  |
| 12. Four (4) method demonstrations.  |  |
| 13. Six (6) communities result demonstrations.   |  |
| 14. Nineteen (19) project leaders training meetings.   |  |
| 15. Attendance at project leader training meetings.....1660                                  |  |

#### V OUTLOOK AND RECOMMENDATIONS:

1. Because of a lack of sufficient funds the Home Economics phases of Extension Work will be discontinued for at least one year, with the possible exception of 4-H club work. See page for news article prepared by our State Extension office for the local newspaper.



## EXTENSION TO DISCONTINUE PART OF WORK

Special to Las Vegas Age

RENO, Nev., Nov. 2.—Temporary discontinuance of home economics extension work in Clark county on account of curtailed funds was announced today by Cecil W. Creel, director of the Nevada agricultural extension service.

### EFFECTIVE JAN. 1

Abandonment of the work will be effective the first of the year, Creel stated. After that time, Creel said he understood Miss Orpha A. Miller present Clark extension agent, will engage in business in Las Vegas.

Decrease in federal funds applicable to extension work in Clark county and the reduction in the Clark county tax levy for the support of farm bureau and extension work are responsible for the curtailment of the work, Creel explained.

In the 1930 census, he said, several Nevada cities including Las Vegas were reported to have grown so that they were no longer classed as rural and therefore their populations could not be the basis

of federal grants for extension work thus reducing the amount of federal money available for use in Clark county.

### TO GET QUARTERS

"I hope that it will not be necessary to discontinue the work for more than a year" the extension director said.

"As soon as the extension service receives rent-free quarters in the new federal building and the taxable valuation of the county increased, it is hoped that the present county levy for the support of farm bureau work and extension work will provide sufficient funds for home economics extension work in Clark county."

Commendation of the work of Miss Miller and regrets at losing her services as an extension worker were expressed by Creel. "She has done splendid work in Clark county, particularly in 4-H club work, and throughout the state as well in her home improvement activities."

### IN BUSINESS

Miss Miller after the first of the year, will operate a women's dress shop in Las Vegas, she has recently announced.

Plans for carrying on home economics extension work in Lincoln county which was coupled with Clark county as a district, after the first of the year are still unsettled, Creel said but it is hoped that the work among the women and the 4-H club members in that county can be handled from the Ely office.

Extension Work to Discontinue

Printed in "Age"

November 3, 1931



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## COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

University of Nevada, Agricultural Extension Division and U. S. Department  
of Agriculture Cooperating

## STATE OF NEVADA

## COUNTY STATISTICS

Lincoln COUNTY, NEVADA, 192<sup>31</sup>

Total area in square miles.....	10611
Farm area in acres.....	33030
Irrigated area in acres.....	8771
Type of irrigation.....	Springs - small streams
Elevation of farm lands.....	3000 to 6000 ft.
Frost conditions.....	Lower elevations 90-120 frost free days; upper 60-90 frost free days;
Average size of farms.....	Acreage 214.5; improved 68.9
Tax valuation of county.....	7,875,261
Total population.....	2237
Rural population.....	2237
Number of farm families.....	155
Number of farm families reached by work.....	140
Number of urban families reached by work.....	258
Number of families in Farm Bureau.....	20
Number of organized community centers.....	4
Number of unorganized districts where some work is carried on.....	3

List the major county problems in the order of their importance:

Human Nutrition  
Child Care and Training  
Home Improvement  
Rural Sanitation  
Home Production of Fruit and Vegetables.

List the valuable cooperating agencies in the county:

NAME OF ORGANIZATION	LEADING OFFICIAL	ADDRESS
Lincoln County Farm Bureau	W. N. Schofield	Hiko
Relief Societies	Mrs. Lois Jones	Overton
Mutual Improvement Association	Edwin G. Wells	Logandale
Parent Teachers Association	Mrs. W. Price	Panaca
Parent Teachers Association	Mrs. Arthur Thomas	Pioche
Parent Teachers Association	Mrs. Chas. Culverwell	Caliente
Parent Teachers Association	Mrs. Mishi Stewart	Alamo
Pioche Record	Mr. C. L. Nores	Pioche
Caliente Herald	R. C. D. Marriage	Caliente
Add other information that is important in relation to this work.		
Department of Education	Bertin V. Aiken	Las Vegas
Vocational Home Economics	Ruth Talbot	Carson City



### III Status of Lincoln County Extension Organization

#### (1) Form of Organization

The form of organization maintained in this district for 1930 and 1931 has been the same as that of 1929-1930. The County Farm Bureau held their annual meeting in December of 1930 and elected the following Officers for 1931.

#### Lincoln County

President	Wm. Schofield	Hiko	Home & Com. Welfare
Vice-President	Jas. N. Hollinger	Ursine	Livestock and Range
Sec'y-Treas.	Geo. W. Thiriot	Hiko	Home & Com. Welfare
Director	Wm. Mathews	Joseco	Farm & Com. Welfare
Director	Mrs. C. A. Thompson	Picche	Sanitation and Hygiene
Ex-Officio Director	Ronnow Lee		

Only one half of the agent's time spent in the field and office has been spent in Lincoln County while the other is reserved for work for Clark County.

During the year we have held a number of meetings in Caliente, the first ones held there since the present agent came to the district.

The women of Ursine, Panaca and Alamo have attempted organizing this year as Hiko has been for a number of years. Alamo has been the most successful of the three groups. They have a chairman, vice-chairman, and secretary and treasurer. Subject matter project leaders for each project carried during the year assist the agent in preparing for and conducting the demonstration meetings. The major project for all six (6) communities was that of Nutrition. All were carrying the Keep Growing Program while Ursine, Panaca, Caliente, Hiko and Alamo were also enrolled for the Food Selection and Preparation Program.

In addition to the cooperation of the County Farm Bureau organization and Women's Extension organizations, splendid cooperation is given by the Relief Societies of the Latter Day Saints' church in two (2) of the active communities of the county. In the Keep Growing project the Parent Teachers' association of Picche, Panaca, Caliente and Alamo give up valuable assistance.

#### Iv Program of Work

##### (1) Factors considered and methods used.

The programs of work for 1930 and 1931 were continuations of those of last year with the exceptions of three additional projects, namely, Clothing - Hosiery, Selection and Care; and Good Growth and Development, Pre-School, Home Demonstration; also Good Growth and Development - Prepare for School Round-up. Lincoln County has also adopted a new phase, storage to both their Home Improvement Living Room and Bed room projects.



SUMMARY OF LINCOLN COUNTY  
PROJECTS, GOALS AND ACCOMPLISHMENTS

<u>PROJECT</u>	<u>GOALS</u>	<u>RESULTS</u>
Nutrition Keep Growing	Six project groups 1 community sent hot lunch with children 5% increase in percent of normal children 5% decrease in percent dangerously underweight children Four gold star communities i. e. 75% in the Safe Zone and 10% or less danger- ously underweight.	6 project groups 1 community sent hot lunch with children 13.89% increase in % of normal children 10.02% decrease in % of dangerously underweight children Two gold star communities having 75% in Safe Zone and 10% or less dangerously underweight.
Food Selection and Preparation 4-H Clubs	One community 1 4-H club Enroll ten (10) members Ten (10) members adopt improved practices One demonstration team One judging team One exhibit	Two communities 2 4-H clubs Enroll thirteen (13) members Eleven (11) members adopted some improved practices One demonstration team One judging team Two exhibits.
Food Selection and Preparation	Five project groups Four project leader training schools Ten (10) project leaders Fifteen (15) result dem- onstrations on increased use of vegetables Sixty-five (65) families follow some suggestions Fifteen result demonstra- tions on increased use of milk in the diet Eight result demonstrations on increased use of fruit Sixty-five families adopt some of the above practices	Five project groups  No training schools Five (5) project leaders Fifteen (15) result demonstra- tions on increased use of vegetables in the diet Sixty-five (65) families follow some suggestions Fifteen result demonstrations on increased use of milk in the diet Eight result demonstrations on increased use of fruit in the diet Sixty-five families adopted some of the above practices
Adequate gardens Variety Tests of Green Leaf vegetables	Four communities Eight demonstrators of leafy vegetables Twenty-four families adopt some improved practices	Four communities Four demonstrators of leafy vegetables Thirty-seven adopt some improved practices
Food Preservation Home Evaporator	Four communities Four demonstrators each in evaporation of veg- etables and fruit	Three communities Four demonstrators each in evaporation of vegetables and fruits.



<u>PROJECT</u>	<u>GOALS</u>	<u>RESULTS</u>
	Four demonstrations on storing of dried products	Four demonstrations on storing of dried products.
	Four exhibits	Four exhibits.
Home Improvement Interior - Living Room	Four communities Eight demonstrators Twenty-five families adopt some practice Secure whenever possible adequate storage for books, magazines and toys.	Four communities Four demonstrators Thirty families adopt some practice Secured adequate storage in three homes and one community hall
Home Improvement Bed-room Improvement	Four Communities Six demonstrators Twelve families adopt improved practices Secure wherever possible adequate storage for clothes	Four communities Eight demonstrators Eighteen families adopted some improved practices Secured four adequate clothes closets
Home Improvement Home Sanitation and Health	Four communities Four demonstrations Four families adopt improved practices	Four communities One demonstration One family adopted improved practices
Home Improvement Home Lighting	Two communities Four demonstrators Sixteen families follow some suggestions	0 0 0
Home Improvement Home Ground Improvement	Four communities Eight demonstrations Twenty families adopt some improved practices	One community Two demonstrations Five families adopted some improved practices
Clothing 4-H Clothing club work	Four communities Four 4-H Clubs Thirty-three members enroll Four demonstration teams Four judging teams Four exhibits	Three communities Three 4-H clubs Thirty members enrolled Two demonstration teams Two judging teams Three exhibits, one per 4-H club
Clothing Selection and Care of Hosiery	One community Two demonstrators Make a county summary of results to present to the state office	One community Two demonstrations County summary made
Good Growth and Development Pre-School Home Demonstration	Five Communities Five demonstrators Ten families follow some suggestions	Four Communities Six demonstrators Ten families follow some suggestions



<u>PROJECTS</u>	<u>GOALS</u>	<u>RESULTS</u>
Good Growth and Development Prepare for School Round-up	Four communities Enroll all children starting school in September  Weigh and measure in May all children enrolled Leader weight each succeeding month Each child automatically becomes part of Keep Growing project when school begins. Have 75% of the children in the Safe Zone  Have not more than 10% dangerously underweight Have two-gold star communities	Four communities Enrolled 32 or 60% of total children starting school in September  Reached goal Reached goal Twenty-four of original thirty-two became a part of the Keep Growing project. 70.83% in the Safe Zone, i. e. normal and slightly underweight. 20.83% dangerously underweight. Had two gold star communities throughout the period of the demonstration, namely, Alamo and Panama.
County Wide Home Economics 4-H club work	Enroll 40 4-H club members Secure 80% completions Have one 4-H Food Selection and Preparation club Have four 4-H Clothing clubs One local exhibit for each 4-H club  Thirteen members at club camp  One clothing club and one Home Improvement Food club judging team Develop one demonstration team in each 4-H club	Enroll 40 4-H club members. Secured 92 1/2% completions Had two 4-H Food Selection and preparation club  Had three 4-H clothing clubs Had a local exhibit for each 4-H club a total of five exhibits No members at club camp as provisions were made to take only the 4-H club boys Two clothing club and one food club judging team Two 4-H clothing and one Foods club demonstration team.
Cooperation with County Farm Bureau	Annual membership drive At least six regular directors' meetings Annual farm bureau meeting Home Improvement Contest Farm Bureau cooperate with 4-H club work	Held drive Held six meetings but not at regular time. Annual meeting held.  No contest held Farm Bureau cooperates with 4-H club work



PROJECTSGOALSRESULTS

Community Improvement  
Recreation

Help plan 1 community  
program in each of five  
communities

Help plan refreshments

Help plan recreation  
program

Sponsor a Recreation  
training school in  
the county

If needed, assist  
with obtaining follow-  
up recreation

Helped plan seven community  
programs in three communities

Have helped with refreshments  
with each of above meetings.

Have helped with recreation  
for each of the above  
programs.

Recreation training school  
was held

Have helped with recreation  
in two communities  
on four occasions



## IV (2) Project Activities and Results

## f Home Gardens

Adequate gardens - Variety Tests of Green Leaf Vegetables  
State #156, Lincoln #8

## History

This project continues from 1930 when several women tried various varieties of green leaf vegetables.

METHODS AND ACTIVITIES

This project was presented to the Vocational Agricultural teacher, Mr. B. J. Edwards of the Lincoln County High School. The Extension office provided the seed and seven boys of the Agricultural boys volunteered to demonstrate for us. However, only three (3) boys carried out their demonstration. Varieties used were New Zealand Spinach, King of Denmark Spinach, Swiss Chard, Collards and Chinese Cabbage. Both varieties of the spinach seed gave very poor germination while the Collards, Swiss Chard, and Chinese Cabbage made excellent growth. Collards did not prove to be very well liked by the majority of people while Swiss Chard and Chinese Cabbage were both liked.

Miss Lois Wright of Hiko also had a Swiss Chard demonstration.

## Result of Varieties

Swiss Chard	Length of producing season (Sowing seed in Early May) First yield in 6 weeks	3½ months
	Yield per 150 ft. row	483 pounds
	Best type of soil	Light clay
	Cultivation and irrigation	Cultivate as soon as large enough - irrigate once a week and keep weeds pulled.
	How use	Use only the outside leaves, leaving heart intact, thus making production season longer
Chinese Cabbage	Length of producing season - (Sowing seed in Early May - first yield in 6 weeks.)	2½ months



Yield per 20 ft row	50 lbs.
Type of soil	Either sandy loam or light clay
Cultivation and Irrigation	Cultivate as soon as large enough and keep weeds pulled.

RESULT SUMMARIES

as compared with

GOALS

Enrolled four (4) communities	Enroll four (4) communities
Obtained four (4) demonstrators	Obtain eight (8) demonstrators
Thirty seven (37) families followed some suggestions	Twenty-four families followed some suggestions
Leaders assisting one (1)	
Three and one-half (3½) days agent devoted to project	
Twenty (20) home visits made	
Four (4) Method demonstrations	
Thirty-seven (37) families having adequate vegetable gardens	
Fifty-five (55) persons improving vegetable gardens in one respect	



## Clark - Lincoln Counties

## IV (2)

## (f) Home beautification

Home Ground Improvement State #11, Lincoln #4

## History and Facts

This project has been a continued one since 1929, we have attempted to create a desire on the part of the home owners to plant base, border and screening planting. Money has been a scarcity, therefore progress has been slow, however, we have two demonstrations to report.

METHODS AND ACTIVITIES

## Demonstration I

During the early part of the winter the agent drew up a planting plan for the Lincoln County High School grounds at Panaca. The School Board made arrangements with a Utah Nursery for their plants. The nursery agent was trained for landscape work. He persuaded the board to elaborate on the original plans made. The school yard is of such shape that base plantings, a lawn and a very few shade trees were possible. The base plantings were chiefly of the Conifer type. This yard responded to the care it received, making a splendid showing during the summer. In the latter part of July a Cloud burst broke in the Mountains back of Panaca. This flood tore through Panaca with full force threatening homes and leaving terrible waste and wreckage behind it. As a result the school grounds were completely covered with sand and debris. The vocational agricultural boys who had helped plant the ground took charge and cleaned up the grounds as well as possible. They succeeded remarkably well considering the damage done, however the community doubts the advisability of further planting until adequate Flood Protection is provided.

## Demonstration II

A second demonstration is that of Mrs. Frank Lee. This yard was planned in 1929 and reached a very splendid degree of development this summer. The yard is well protected with a fence of woven wire. The house attractively painted has a base planting of shrubbery and vines. A screening planting closes the out buildings from direct view of the house while a border planting of dahlias divides the flower garden from the yard proper, which is a lovely plot of lawn. This yard was not in the flood area.

A total of twelve (12) lawns were started in Lincoln County, nine (9) in Panaca, however, only two of the latter survive since the flood.

This project will move slowly as long as yards are not adequately forced and money is scarce.



RESULT SUMMARIES

as compared with

GOALS

One (1) community	Four (4) communities
Two (2) demonstrations	Eight (8) demonstrations
Twelve (12) families adopt some practices	Twenty (20) families adopt some practices
Leaders assisting ...One (1)	
Two and one-fourth (2 $\frac{1}{4}$ ) days agent devoted to line of work	
Eight (8) home visits made	
One (1) method demonstrations held	
Two (2) result demonstrations carried thru the year.	

## Total Plantings in Lincoln County

Lawns.....	12
Base Plantings.....	13
Border Plantings.....	17
Screening plantings..	11
Number trees planted.....	37
Shrubs planted.....	37
Vines planted.....	32
Number roses planted.	65
packages of flower seed planted.....	309
Number of bulbs planted.....	265
Number plantings whitewashed to prevent sunburn....	16



## IV (2)

## k. Home Engineering

Home Improvement - Home Lighting State #199, Lincoln #14

## History and Facts

The purpose of this project was to promote, efficiency and attractiveness in farm homes by having the principles of correct lighting used in rural homes.

Several families of Panaca and Alamo were planning to install individual lighting plants. It is customary in these small compact communities for several families to use the same plant. In order to help make possible more efficient lighting we planned to give the demonstration during the year.

METHODS AND ACTIVITIES

Only one plant was installed so we gave individual help here and did not give the community lighting demonstrations.

This plant was installed in Alamo by Mr. George Cram. Drops with frosted bulbs serve as fixtures because money for fixtures was a limiting factor. Two homes, those of father and son both used this plant.

RESULT SUMMARIES

as compared with

GOALS

- |   |   |
|---|---|
| 1. Enrolled two houses in one (1) community. Suggestions only partially followed. Money limiting factor Demonstration not held. | Enroll two demonstration houses when proper lighting will be installed in each of two (2) communities Agent held two (2) lighting demonstrations one each of two (2) communities. |
| Seven (7) families follow some suggestions  | Sixteen (16) families follow some suggestion.   |

Agent's activity in this project so slight it is counted with other Home Improvement projects.



## Clark - Lincoln Counties

## IV (2) (q) Foods and Nutrition

Keep Growing Demonstration  
State #6, Lincoln #1GOALS FOR 1930 - 1931

1. Six (6) community demonstrations of positive good health in school children as indicated by normal growth and development.
2. One (1) community (Hiko) send hot lunch with the children.
3. Five per cent increase in the per cent of normal children.
4. Five per cent decrease in the per cent of dangerously underweight children.
5. Four Gold Star Communities (Having 75% of the children in the Safe Zone and 10% or less dangerously underweight).

SUMMARY OF  
LINCOLN COUNTY'S KEEP GROWING DEMONSTRATION  
1930-1931

This is the eighth year of keep growing work in Lincoln County. There have been six schools enrolled in the project, namely, Alamo, Caliente, Hiko, Panaca, Pioche and Ursine. This year we have only two gold star schools, to receive this distinction.

Taking the county as a whole the children in the normal weight group increased 13.89% (8.89% above the state goal of 5%). Those in the dangerously underweight decreased 10.02% (5.02% above the state goal). There are 68.78% of the children in the "Safe Zone" while 17% are still dangerously underweight. These are excellent gains and we are proud of Lincoln County.

During the week of May 4th the local agent was accompanied by Mrs. Ebba Bishop, State Health Nurse. We visited the schools of Alamo, Caliente, Panaca and Pioche. At Alamo and Pioche the nurse made a physical inspection of those children who, at the final weighing, were either seriously or dangerously underweight. At Panaca and Caliente we were doing the final weighing that day so the nurse made a physical inspection of all the children in the school as they were weighed. The following tabulation will show the result of physical examinations.

During the month of April a measles epidemic seriously affected the health of practically every school child in Lincoln County. Three schools, namely, Caliente, Panaca and Pioche dismissed school for two weeks. All last of school activities were accomplished thru rush and stress after the delay. The county wide poster contest was held with only one school sending posters. This was Caliente. The agent personally awarded three prizes, all of which went to Caliente.

The Land O'Health stories were used in the lower grades of all schools. As last year the teachers reported marked improvement in health habit due to those stories.



Three communities, namely, Pioche, Alamo and Hiko gave May Day health Programs. The first two used their P.T.A. meetings as the occasion for the programs. These programs consisted of health plays, songs and recitations.

We wish to express our sincere appreciation for the excellent help given by local leaders, teachers and the various local organizations such as relief societies, boards of education, parent-teacher associations, home-makers' clubs, etc., and also the Caliente Herald and Lincoln County Record.

Recommendations for the coming year:

1. That the physical defects receive the proper medical attention so that all children may be "Free to Gain."
2. That milk be provided at morning recess for all dangerously underweight children in Pioche and Caliente.
3. That home cooperation be secured through group meetings with the mothers on food selection.
4. Hold a county achievement day and poster contest in May 1932."



NEVADA KEEP GROWING NUTRITION DEMONSTRATION  
 LINCOLN COUNTY SUMMARY FOR THE YEAR 1930 - 1931  
 COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	CHILDREN			Annual State Goals		ULTIMATE STATE GOALS	
	EXAM.	Compltg.	% Comp.	Increase in number of normal children. State goal $\neq$ 5%	Decrease in number of dangerously underweights. State goal -5%	% children now in safe Zone. (Normal and slightly underwt.). State goal 75%	% of children now dangerously underweight. State goal 10% or less.
Alamo Grades	57	45	79	$\neq$ 13.63	- 3.56	71.11	15.56
Alamo H. S.	17	13	76	$\neq$ 0.47	-20.36	38.45	38.46
Caliente	148	135	95	$\neq$ 13.61	- 8.88	71.32	15.44
*Hiko	4	4	100	$\neq$ 25.00	- 25.00	100.00	0.00
* Panaca	90	83	92	$\neq$ 25.23	- 15.58	77.11	9.64
Pioche	110	106	96	$\neq$ 5.93	- 8.24	60.39	23.58
Ursine	7	7	100	$\neq$ 28.58	- 0.00	71.43	14.29
Totals	453	394	91	$\neq$ 13.89	-10.02	68.78	17.00

\* A Gold Star Community



## Clark - Lincoln Counties

Alamo Grade School, Lincoln County October 1930 to April 1931

Total number of grade children examined -----57  
 Total number completing demonstration -----47 or 79%

	Oct. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)			
Slightly underweight (1 - 5%)	35.36%	48.89%	71.11%
Seriously underweight (7 - 9%)	29.81	22.22	
Dangerously underweight (10% and up )	14.04	8.89	
Seriously overweight (21% and up)	19.12	15.56	
	1.75	4.44	
	<u>99.98%</u>	<u>100.00%</u>	

This is Alamo's third year of their return to the Keep Growing Project.

School closed in 1930 with 51 children, 74.15% of them in the "Safe Zone" but the first fall weighing showed only 65.07% of the same number in the "Safe Zone". This shows that during the summer vacation these children not only failed to improve but actually decreased in their health standing.

During the present school year the number of normal children increased 13.63% in the grades (which is 8.63% above the state annual goal). The number of dangerously underweight decreased 3.56% (the state annual goal is a decrease of 5%).

There are now 15.56% children in the dangerously underweight group. This is 2.09% less children in this group than in 1931 but lacks 5.56% of reaching the ultimate state goal of 10%.

There are now 71.11% of the children in the "Safe Zone", that is, up to average weight or slightly underweight. This misses the state goal by 3.89%. The serious measles epidemic brought children down from normal into the seriously and dangerously underweight group.

The physical inspection made by the State Nurse, Mrs. Bishop, showed that all seriously and dangerously underweight children were not "Free to Gain". If her recommendations were followed out and these children taken to their family physician for diagnosis and treatment we are confident that most of these children would soon gain up to the "Safe Zone".

Recommendations for the coming year:

1. Make every effort to have all physical defects corrected so children will be "Free to Gain".
2. Continue cooperation of children, homes, school and leaders.
3. Have school take part in the state poster contest.
4. Hold a combined Health and Keep Growing Achievement day some time during the spring to arouse general community interest to cooperation.



## Clark - Lincoln Counties

Alamo High School, Lincoln County      Oct. 1930 to April 1931

Total number High School Children examined - - - - - 17  
 Total number High School completing demonstration - - - - - 13 or 76%

	Oct. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	23.54%	23.07%	38.45%
Slightly underweight (1 - 6%)	11.76	15.38	
Seriously underweight (7 - 9%)	0.00	15.38	
Dangerously underweight (10% and up)	58.82	38.46	
Seriously overweight (21% and up)	5.88	7.69	
	100.00%	99.98%	

This is the first year we have included the Alamo High School pupils in the Keep Growing Project. But because there were so many underweight girls of the 8th grade of 1930 we extended the nutrition work on into the High School for 1931, hoping to be able to overcome the serious underweight condition. This report will show that we have been partially able to do this.

During the year the number of normal children has decreased .47% instead of increasing. (The annual state goal is 5% increase). The number of dangerously underweight decreased 20.36%. (The annual state goal is a decrease of 5%).

There are 38.45% children in the "Safe Zone" in the High School and 38.46% in the dangerously underweight group. Since the State goal for the "Safe Zone" group is 75% the Alamo School is 36.55% below it. The state goal for the dangerously underweight group is not more than 10%, leaving the Alamo High School 28.46% from the State Goal.

The physical inspection by the State Health Nurse, Mrs. Bishop, shows a predominance of defective throat conditions and at least nine of the girls had strong indications of enlarged thyroid glands which naturally prevented their gaining in weight.

Recommendations for the coming year:

1. Make every effort to have all physical defects corrected so children will be "Free to Gain".
2. Continue cooperation of children, homes, school and leaders.
3. Have school take part in poster contest and hold an achievement day.
4. Agent reach all homes with nutrition helps to overcome "enlarged thyroid" condition.



## Clark - Lincoln Counties

Caliente Community, Lincoln County

Oct. 1931 to May 1931

	Oct. 1930	May 1931	Safe Zone
Normal (N and up to 20% above)	30.95%	34.56%	71.32%
Slightly underweight (1 - 6%)	31.08	36.76	
Seriously underweight (7 - 9%)	22.30	11.76	
Dangerously underweight (10% and up)	24.32	15.44	
Seriously overweight (21% and up)	1.35	1.47	
	100.00%	99.99%	

Caliente had only 52.03% of their children in the Safe Zone when school opened in the fall of 1930 but they now have 71.32%, and increase of 19.29%. This increase has been excellent considering the fact that a measles epidemic affected practically every child in the school in April, just before the final weighing.

During the year the number of normal children increased 14.61%. (This is nearly three times the state goal of 5%). The number of dangerously underweight children was decreased 8.89% (the annual goal is 5% decrease). The number of dangerously underweight is now 15.44% (the state goal is to have 10% or less in this group). This is splendid progress over 1930 as the number of dangerously underweight was 21.66%

At the time of the final weighing and measuring Mrs. Ebba Bishop, State Health Nurse gave physical examinations. One hundred and thirty-six (136) children were examined with the following results:

Children with eye defects . . . . .	28	Children with teeth defects . . . . .	69
Children with ear defects . . . . .	18	Children with enlarged	
Children with nose and throat		glands . . . . .	8
defects . . . . .	72		

Only fourteen of the 136 were free from some form of physical defect. It is possible that some of the eye defects might be due to measles which most of them had very recently.

Mrs. George Jeffs, the Keep Growing leader, and her assistants have given unsparingly of their time. Mrs. Jeffs as nutrition project leader, has also held nutrition meetings at her home. She constantly tries to interest mothers of the children in better nutrition.

Recommendations for the coming year:

1. Have physical defects attended to so children will be "Free to Gain". This is very important.
2. Emphasize the need of a quart of milk and at least two vegetables a day.
3. Have school continue its cooperation in the poster contest and hold an achievement day program.
4. Make Caliente a Gold Star school.



## Clark - Lincoln Counties

Hiko School, Lincoln County Oct. 1930 to Apr. 1931 \*A Cold Star School

Total number of children examined in the Fall - - - - - 4  
 Number of children completing the demonstration - - - - - 4 or 100%

	Oct. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	50.00%	75.00%	100.00%
Slightly underweight (1 - 6%)	0.00	25.00	
Seriously underweight (7 - 9%)	25.00	0.00	
Dangerously underweight (10% and up)	25.00	0.00	
Seriously overweight (21% above and up)	0.00	0.00	
	<u>100.00%</u>	<u>100.00%</u>	

This is the third year for Hiko to be a Cold Star School. They began school with 50% of the children in the Safe Zone and closed with 100% (which is 25% higher than the state goal of 75%). 75% of these were up to normal weight. This is a fine record.

The decrease of dangerously underweight was 25% (which is five times the state goal of 5% decrease).

This school was not affected by the measles epidemic as much as others. Hiko children have had either milk or a hot drink for all the children practically every day of the school year. This has been a great help in aiding and preventing over-fatigue and helping the children to gain.

We are proud of Hiko's high standard the three years she has been in this project.

Miss Josephine Schofield, the teacher, did the weighing and measuring and deserves much of the credit for their success.

Recommendations for the coming year:

1. Be sure that Hiko children take milk to school for the noon lunch, or some hot food during the cold weather.
2. Keep Hiko children in the "Safe Zone".
3. Observe health rules during vacation so children will continue to gain.
4. Make Hiko an "All Year Cold Star" school.



## Clark - Lincoln Counties

Panaca Grammar School, Lincoln County Oct. 1930 to Apr. 1931  
\*A Gold Star School

Total number of children examined in the Fall - - - - - 90  
Number completing demonstration - - - - - 83 or 92%

	Oct. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	27.78%	53.01%	77.11%
Slightly underweight (1 - 6%)	34.44	34.10	
Seriously underweight (7 - 9%)	12.22	12.04	
Dangerously underweight (10% and up)	25.55	9.84	
Seriously overweight (21 % above and up)	0.00	1.20	
	99.99%	99.99%	

This is Panaca's second year to receive a Gold Star for reaching the ultimate state goal of 75% in the Safe Zone and 10% or less dangerously underweight. This is good proof that measles, colds and flu do not hurt so badly where children are in a good state of health to start with.

The figures show that there was an increase of 25.23% in the normal group. This is five times the state goal of 5% increase. There was 15.83% decrease in the dangerously underweight group. This is three times the state goal of 5% decrease. The outstanding gains as last year were made in the two upper grade rooms, due largely to the fact the principal, Mr. Kellar made the ruling that all boys and girls doing athletic work must be in the "Safe Zone" in weight or else they would be taken from the athletic activities until they have a chance to gain. This is the rule followed by the best schools throughout the United States and is a great safe guard to the children's health.

Mrs. Ebba Bishop, State Health Nurse, made a physical inspection of the children in May. In the eighty three children inspected, the following showed signs of physical defects and were referred to their family physician. We hope these defects will soon be corrected so the children will be "Free to Gain".

Children with eye defects . . . . . 24	Children with teeth defects . . . . . 25
Children with ear defects . . . . . 3	Children with enlarged glands.. 10
Children with defective nose and throat . . . . . 47	Children with enlarged thyroid. 10

As last year the P. T. A. gave splendid support to the progress of the work and the homes have been whole heartedly interested.

Recommendations for the coming year:

1. Urge all children to keep gaining during the summer.
2. Secure medical attention for all physical defects.
3. Keep up the community interest in keeping Panaca a Gold Star School.



## Clark - Lincoln Counties

Pioche Grammar School, Lincoln County      Oct. 1930      May 1931

Total number of children examined in the Fall - - - - - 110  
 Number completing the demonstration - - - - - 106 or 96%

	Oct. 1930	May 1931	Safe Zone
Normal (N and up to 20% above)	31.82%	37.75%	60.39%
Slightly underweight (1 - 6%)	22.73	22.64	
Seriously underweight (7 - 9%)	13.63	14.14	
Dangerously underweight (10% and up)	31.82	23.58	
Seriously Overweight (21% above and up)	0.00	1.89	
	100.00%	100.00%	

This year Pioche was outstanding in their attempt to overcome their underweight condition. Various civic organizations, through the P.T.A., send five gallons of milk each day to the school. This was given the children at both the morning and afternoon recesses. The milk line at each recess proved that children can easily be taught to like milk. The teachers gave unstintingly of their time and cooperation toward having a Gold Star school. This school, as far as effort is concerned, deserves a star and we very much regret that they did not win it.

The number of normal children increased 5.93% which is a little above the state goal of 5% increase. The number of dangerously underweight children was decreased 8.24% which well exceeds the state goal of 5%. 60.39% of the children are now in the "Safe Zone" (i.e., up to average weight for age and height or slightly below). The state goal is 75% in the "Safe Zone". There are now 23.58% of the children still in the dangerously underweight group. We regret that this is 5.73% more than last year. The measles epidemic is largely to blame for this condition as the Keep Growing leaders reports showed a steady increase in normal weights throughout the year until the epidemic had its way. We regret that the final weighing followed so soon after the epidemic as most of the children might have overcome their lack in weight had they had time.

Forty-one of the most dangerously and seriously underweight children were examined by Dr. Hastings and the State Nurse, Mrs. Bishop. Among these the following defects were noted.

6 children had eye defects.	22 children had teeth defects.
2 children had ear defects.	4 children had heart defects.
17 children had nose and throat defects.	2 children had lung defects.

Pioche has been most fortunate in having a corp of teachers, P.T.A. leaders, Mrs. ArthurnThomas and Mrs. Frank Miller and Doctor Hastings all deeply interested in child health and nutrition. We deeply appreciate all their fine cooperation. See page for Mrs. Thomas' account of Keep Growing work during the year.

Recommendations for the coming year:

1. Continue giving milk to seriously and dangerously underweight children at recess.
2. Secure medical attention for physical defects.
3. Hold at least two community health meetings.
4. Continue to observe health rules during vacation.



## Clark - Lincoln Counties

Ursine School, Lincoln County Oct. 1930 to Apr. 1931

Total number of children examined in Fall - - - - - 7  
 Number completing the demonstration - - - - - 7 or 100%

	Oct. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	28.56%	51.14%	71.43%
Slightly underweight (1 - 6%)	42.86	14.29	
Seriously underweight (7 - 9%)	14.29	14.29	
Dangerously underweight (10% and up)	14.29	14.29	
Seriously overweight (21% above and up)	0.00	0.00	
	<u>100.00%</u>	<u>100.00%</u>	

We are sorry to report that Ursine has failed to keep up her Gold Star record of last year. They now lack 3.58% of attaining the state goal of 75% of the children in the Safe Zone. However, they made an excellent record this year by making more than five times the state goal of 5% increase in normal weights; but they failed to decrease the dangerously underweight group.

During the State Health Nurse's visit to the county, one of the children of this school who has never been "Free to Gain" was examined by both the nurse and doctor at Pioche. Badly infected tonsils were found to be the source of all the trouble. With this correction made, Ursine should again become a Gold Star school. We sincerely hope that this physical defect may be corrected this summer.

Mrs. Sam Hollinger, the local leader, still gives freely and gladly of her time. The community and Extension Division are grateful for her help.

Recommendations for the coming year:

1. Have physical defects corrected so the children will be "Free to Gain".
2. Continue food selection meetings for all mothers of the community.
3. Cooperate in a poster contest and hold achievement day.
4. Make Ursine a Gold Star school in 1932.



KEEP GROWING DEMONSTRATION REPORT 1930 - 1931  
 EXAMPLES OF INDIVIDUAL RECORDS  
 LINCOLN COUNTY

NAME	Age	Orig.		Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	Final		Lbs. Gain	Orig. %Var.	Final %Var.	
		Ht.	N.W.										Ht.	N.W.				
<b>ALAMO</b>																		
Archie Thompson	8	50	58		54		54½	56½	58			59½	51½	62	5½	-7	-4	
B. L. Robinson	13	58	63		60			85½	89½			88½	59	89	8½	-6	-1	
Geo. K. Nesbit	16	59½	144		140		149½	150½	151			149½	69½	147	9½	-3	-2	
<b>CALIENTE</b>																		
Elaine Denton	6	45	45	40		41½	42	43½	45½			47½	48½	46	47	7	-11	-2
Keith Webster	10	56	77	61½	66	67½	67	67½	68	68½		70	70	57½	82½	9	-20	-14
<b>HIKO</b>																		
Kay Wright	7	47½	51½	53	54½	54	56	56½	56			56½	48	53	3½	-3	-7	
<b>PANACA</b>																		
Evelyn Hansen	9	51	60	53½		56		55½	56½			66	52½	65½	12½	-9	N	
Max Wadsworth	9	53	67	62	65	63½			67½			73½	54	70	11½	-8	-5N	
Laura Hurt	13	53	71	63½	68			69½	70½			71½	53½	72	8	-11	-1	
<b>PIOCHE</b>																		
William Miller	13	57	82	75½	78½	78½	78	80½	81½	83		83½	57½	83½	7½	-8	N	
Irene Walker	11	59	92½	74½	75½	77½	76½	79½	82½	83½		83½	60	95	9	-19	-12	
<b>URSINE</b>																		
Gordon Lytle	8	49½	56½	53	56½	57½	58½	59	61	61½		59	50	58	6	-6	-2	
Vera Delmus	12	60	95	86	90	93	94	91	94½	96		97½	62	105	11½	-9	-0	



Report of Nutrition Project carried on in the  
Pioche School during the winter of  
1930-1931

Mrs. A. W. Thomas  
Keep Growing Leader

"When the children were first weighed, in September, we found only sixty out of one hundred and twenty in the "Safe Zone".

"With the teachers cooperation we persuaded these children who were seriously and dangerously underweight, to bring lunches of fruit, milk or a sandwich to be eaten during the morning recess. The teachers also encouraged them to rest instead of playing too hard.

"By reporting the condition of the children to the town, we received offers of help from the Fraternal organizations, Relief Societies and private individuals which gave us enough money to buy milk, so that each child needing it, could have a large glass every morning and afternoon recess.

"The teachers were especially helpful in seeing that the children got their milk each school day. By the end of November every child in the school, except eight was gaining. By January more than seventy-five percent of the school was in the safe zone. We continued to give the milk to the children, every school day up to the time school closed in the spring.

"The teachers said they noticed with the underweight children, that regardless of the amount of food they had at meal time, they needed the boost the glass of milk gave them, in the middle of the morning and afternoon periods, and that they did their work better and were not so tired when school closed."

Mrs. A. W. Thomas.

RESULT SUMMARIES

	as compared with	<u>GOALS</u>
Six (6) community demonstrations		Six (6) community demonstrations of positive good health
One (1) community, Hiko sent hot lunches to school		One (1) community send hot lunches to school.
13.89% increase in percent of normal children		Five (5%) percent increase in normal children.
10.02 decreased in percent of dangerously underweight children		5% decrease in percent of dangerously underweight children
Two gold star communities, i. e. 75% in the Safe Zone and 10% or less dangerously underweight.		Four gold star communities, i.e. 75% in the Safe Zone and at least 10% or less dangerously underweight.
One (1) community, Pioche, served milk at morning and afternoon recess.		



Held a county-wide Poster contest

Lower grades of all six schools  
used the Land O' Health Stories  
to promote greater interest in  
demonstrations.

Number children enrolled in project.....	483
"    "    completing project.....	394
Number local leaders assisting with project.....	7
Number days agent spent on project.....	27 $\frac{1}{2}$
Method demonstration meetings.....	18
Result demonstration meetings.....	18
Home visits.....	77



## I V (2)

## (q) Foods and Nutrition

Food Selection and Preparation State #203, Lincoln County #17  
4-H Club

## History and Facts:

Two (2) groups of girls of Lincoln County enrolled for 4-H Food Selection and Preparation. One was a group of six (6) girls from Panaca, four of whom had had three (3) years of 4-H clothing and two three (3) years of 4-H clothing and one (1) of Home Improvement enrolled, the other was a group of seven (7) girls of Alamo, three of latter had had three (3) years of 4-H clothing club work while three (3) others had had two years of 4-H clothing and the seventh girl did both her 3rd year of clothing and Food's work this summer.

METHODS AND ACTIVITIES

Both groups of girls were enrolled for Demonstration I Food Selection and Preparation.

The 4-H Food's Bulletin provided by the State office was followed in detail. The group at Alamo were somewhat unfortunate in that the original leader resigned and the new one selected had never done 4-H club work and allowed the girls of this age to confuse her. Both groups of girls tried to get to 4-H club camp but provisions for 4-H club boys only were made this year so the girls stayed at home. This caused keen disappointment and a lessening of the original interest show. The Panaca group had 100% completions while two of the girls of Alamo failed to complete.

RESULT SUMMARIES

as compared with

GOALS

Two (2) communities	One community
Two (2) 4-H clubs	One (1) 4-H club
Thirteen (13) members enrolled	Ten (10) members enroll
One (1) demonstration team	One (1) demonstration team
One (1) judging team	One (1) judging team
Two (2) exhibits	One (1) exhibit
Three (3) leaders assisting	
Days agent spent on line of work	
.....5	
Forty-eight (48) home visits made	
Two (2) method demonstrations held	
Eleven (11) or 85% of members	
completing.	



## IV (2)

## (g) Foods and Nutrition

Food Selection and Preparation State #155, Lincoln #7

## History and Facts

This project has continued from 1930 but this year we made no attempt to bring the leaders together for training meetings. The reason being that training meetings made additional expense both in purchase of food for the demonstration as well as the expense incurred by leaders to get to the meetings. The following program for the year was adopted by the four communities of Ursine, Panaca, Hiko and Alamo. Caliente made plans for several of these meetings also. This is the first year Caliente has taken part in anything except the "Keep Growing".

METHODS AND ACTIVITIESDemonstrationTalks by Agent

Whole Cereals	"Use of Cereals in the Diet"
Vegetable Cookery	"Use of Milk in the Diet"
Dried Bean Cookery	"Vitamins, What and Why"
Salads	"Use of Vegetables and Fruits in the Diet"
Simple Desserts	"The Normal Diet"
Beverages (Milk)	"Use of Citrus Fruits in the Diet"
Picnic Lunches	"Adequate Summer Diet"
Fall Review of Whole Cereals	"Corrective measures for Under and Overweight."

"The Market Basket" released each week for publication by the Bureau of Home Economics was used at each meeting. The Nevada standard of a daily diet was given at each meeting. It is as follows:

1. A quart of milk per day for children and mother and a pint of milk for other adults.
2. Two vegetables other than potatoes daily, one a green leaf and one raw.
3. At least two fruits a day, one of them raw.
4. Meat, poultry or fish at least once a day; liver or kidneys once a week and sea food once a week.
5. One egg a day (Not fried).
6. Whole grain cereal or whole grain bread at least once a day.



7. From six to eight glasses of water per day.

At each meeting the women discussed their family food habit problems with the agent. They also reported their food provision problems. A number of our year-round gardens were started as a direct result of the Nutrition meetings. Each recipe sheet given to the women contained as an introductory page a brief discussion of the food values of the particular foods used in the recipes. This discussion was mimeographed with the usual extension heading. See below:

### N U T R I T I O N   P R O G R A M

#### Dried Beans

These instructions are intended for project leader training groups and for distribution at demonstrations. The purpose of these directions is (1) to increase the attractiveness of the food in flavor, appearance, and texture, (2) to maintain or increase its digestibility, (3) to save time, energy, and the important food materials, and (4) to show the place of the food in the diet.

#### PLACE OF DRY BEANS IN THE DIET

##### A. The value of beans in the diet:

1. They are a cheap source of energy.
2. They contain a large amount of protein and are therefore muscle-building material.
3. They contain a relatively large amount of calcium (lime) which is a body regulator and builder.
4. They are a good source of Vitamin B.  
(This vitamin prevents and cures tired nerves and is often called anti-neuritic vitamin).
5. They are appetizing when attractively served.
6. They act as carriers for many other nutritious foods.
7. They give variety to the diet.

Note: U.S.D.A. and Bureau of Home Economics especially recommends Pinto and the Great Northern Bean as being particularly drought resistant.

Note: Lima Beans may be used in any of these recipes.

##### B. The quantity of Beans required:

1. Beans, peas and peanuts are of similar importance in the diet.
2. Used interchangeably they are recommended either two to four times a week.
3. It is suggested in a recent publication of Bureau of Home Economics U. S. D. A. that a family of three, 2 adults and a small child should have at least 2 pounds of either.



RESULT SUMMARIES

as compared with

GOALS

Secure five (5) project groups  
Training meetings not held

Had five (5) project leaders  
Had fifteen (15) demonstration  
on the increased use of  
vegetables.

Sixty-five families adopted  
some improved practices

Fifteen (15) demonstrations  
on increased use of milk.

Eight demonstrations on increased  
use of fruit

Sixty-five (65) families adopt  
some improved practice of  
both the use of fruit and  
milk.

Thirteen and one-half (13½)  
days agent devoted to line  
of work

One (1) news article published

Twenty-five (25) number of home visits

Nineteen (19) method demonstrations  
held.

Eighty-six (86) individuals assisted  
in planning food budget for year.

One ninety one (191) individuals following  
recommendations for corrective feeding

Secure (5) five project groups.  
Hold four (4) project leader  
training meetings

Have ten (10) project leaders  
Have fifteen (15) demonstrations  
on the increased use of  
vegetables.

Sixty-five (65) families adopt  
some improved practice

Fifteen (15) demonstrations on  
increased use of milk.

Eight demonstrations on increased  
use of fruit

Sixty-five (65) families adopt  
some improved practice of both  
the use of milk and fruit.



## IV (2)

## (c) Foods and Nutrition

Food Preservation (Demonstration Stage)  
Home Evaporator State #9, Lincoln #2

## History and Facts

This project continues from 1930, the communities of Alamo and Hiko had the best work and results of last year. This project is slow in adoption but continued talk and work on the part of successful demonstrators brings sure results.

METHODS AND ACTIVITIES

This year the community of Hiko requested a method demonstration meeting in the evaporation and storing vegetables and fruit. The demonstration evaporator being used at Alamo was moved to Hiko to the home of the Chairman, Mrs. George Thiriot. Here an all day demonstration was given. Good interest was shown and the evaporator was in continuous use the rest of the season. Two (2) evaporators were built here, one at Alamo and one at Ursine.

We planned to serve evaporated vegetable salad at the Annual Farm Bureau meeting last December, but those who had used the evaporator valued their products so highly and needed them so badly that we did not.

RESULT SUMMARIES

as compared with

GOALS

Built four (4) evaporators,  
two (2) at Hiko, one (1) at  
Alamo and one (1) at Ursine.

Build one (1) evaporator in each  
of four (4) communities, Alamo,  
Hiko, Panaca and Ursine.

Held three (3) method demon-  
strations, two (2) by the agent  
one (1) by project leaders.

Hold four demonstrations of the  
evaporation of fruits and vegetables.

Three (3) leaders assisting with  
project.

Four and one-quarter (4 $\frac{1}{4}$ ) days agent  
spent on project.

Two (2) method demonstrations

Four (4) result demonstrations

Pounds of vegetables and fruits  
evaporated.....5187 $\frac{1}{2}$



## Clark - Lincoln Counties

## IV (2)

## (r) Child Training and Care

Good Growth and Development - Prepare for School Round-up  
State #204 Lincoln #18.

HISTORY AND FACTS

For the last six years the school children of Lincoln County have been weighed and measured by the agent and local leaders. The pre-school children have not been reached thru the Extension project except in Panaca where we had the same type of project in 1930.

There is an increasing interest in the problem of the pre-school child as offering the best opportunity to establish positive good health, right living habits and development of correct personal attitudes. Due to publicity there is an awakened interest among home-makers and a desire for handling problems of the pre-school child. Schools are also greatly interested in having children enter in good condition.

METHODS AND ACTIVITIES.

In May of this year the agent secured the cooperation of the State Health Nurse. After securing the names of the parents of children entering school in September, we sent each parent notice of the day of the health examination, and the weighing and measuring. The newspapers of the county also announced the dates and hour of examinations.

The communities of Alamo, Caliente, Panaca and Pioche enrolled in the project. There was no pre-school children at Hiko, and only one at Ursine and the mother brought her to us at Pioche. The nurse had the assistance of the doctors at Pioche and Caliente, but at Panaca and Alamo the doctors could not be with us. Following the May work, the agent visited each parent of these children at least once while with the more needed cases, we made two visits. The local leaders weighed the children twice during the summer. In several instances the children were taken away from the county on summer vacations and missed being weighed.

The following tabulations of each community and the county summary will give the detailed results of this demonstration:



Clark - Lincoln Counties

"COMMUNITY SUMMARY"

Alamo Community Mrs. Jean Pace  
Lincoln County Mrs. Susie Wadsworth Leaders  
County Teacher

# Pre-school children in community 12.

# Examined 6 or 50 %

Tabulation of weights in regard to the average for age and height.

	#	%	
Normal (N to 20% above).....	1	16.66	100 Safe Zone
Slightly Underweight (1-6%).....	5	83.34	
Seriously Underweight (7 - 9%).....		0.00	
Dangerously Underweight (10% or more).....		0.00	
Markedly overweight (21% and up).....		0.00	
Total.....	6	100.00	

Tabulation of Physical Defects

	#	%
Children having eye defects.....	1	16.66
Children having ear defects.....	0	0.00
Children having nose defects.....	4	66.66
Children having throat defects.....	4	66.66
Children having teeth defects.....	4	66.66
Children having heart defects.....	0	N.A.
Children having cervical gl. defects.....	2	33.33
Children having nervous defects.....	0	00.00
Children having disordered kidneys.....	0	00.00
Total different defects	5	
Total # children having defects	6	100%
Total # children having no defects	0	00.00%

Date of Examination May 3, 1931

Examined by Mrs. Ebba Bishop

Miss Orpha A. Miller



Clark - Lincoln Counties

"COMMUNITY SUMMARY"

Alamo Community Mrs. Ora Stewart Local Leader  
Lincoln County \_\_\_\_\_ Teacher

# Pre-school children in community 12 in May 1931

# Examined 6 or 100 % of Original #

Tabulation of weights in regard to the average for age and height.

	#	%	
Normal (N to 20% above).....	3	50.00)	Safe Zone
Slightly Underweight (1 - 6%).....	2	33.33)	
Seriously Underweight (7 - 9%).....	0	00.00	
Dangerously Underweight (10% or more)....	1	16.67	
Markedly overweight (21% and up).....	0	00.00	
Total	<u>6</u>	<u>100.00</u>	

Tabulation Of physical Defects.

NO PHYSICAL EXAMINATIONS MADE.

One child had throat corrected.

Date of Examination \_\_\_\_\_ October 9, 1931.

Examined By \_\_\_\_\_

Orpha A. Miller



Clark - Lincoln Counties.

"COMMUNITY SUMMARIES".

Caliente Community Mrs. George Jeffs Local Leader  
Lincoln County Teacher

# Pre-school children in community 21

# Examined 12 or 57 %

Tabulation of weights in regard to the average for age and height.

	#	%	Safe Zone
Normal (N to 20% above).....	6	50.00	66.67
Slightly Underweight (1 - 6%).....	2	16.67	
Seriously Underweight (7 - 9%).....	1	8.33	
Dangerously Underweight (10% or more)....	3	25.00	
Markedly overweight (21% and up).....	0	00.00	
Total.....	12	100.00	

Tabulation of Physical Defects.

	#	%
Children having eye defects.....	2	16.67
Children having ear defects.....	3	25.00
Children having nose defects.....	5	41.67
Children having throat defects.....	5	41.67
Children having tooth defects.....	4	33.33
Children having heart defects.....	0	00.00
Children having Cervical gl. defects.....	5	41.67
Children having nervous defects.....	1	8.33
Total different defects.....	7	
Total # children having defects.....	11	91.66%
Total # children having no defects.....	1	8.44%

Date of Examination May 8-11-12, 1931

Examined By Mrs. Ebba Bishop  
Mrs. E. C. D. Marriage  
Doc tor Carreras  
Miss Orpha A. Miller



## Clark - Lincoln Counties

"COMMUNITY SUMMARY"Caliente CommunityMrs. George Jeffs Local LeaderLincoln County

Teacher

# Pre-school children in community 21 in May 1951# Examined 10 or 83.00 % of original #Tabulation of weights in regard to the average for age and height.

	#	%	
Normal (N to 20% above ).....	5	50.00	) 60.00
Slightly Underweight (1 - 6%).....	1	10.00	
Seriously Underweight (7 - 9%).....	1	10.00	
Dangerously Underweight (10% or more).....	3	30.00	
Markedly overweight (21% and up).....	<u>0</u>	<u>00.00</u>	
Total .....	10	100.00	

Tabulation of Physical Defects.

NO PHYSICAL EXAMINATIONS MADE.

One child had throat corrected.

Date of Examination October 13, 1951

Examined By \_\_\_\_\_

Miss Orpha A. Miller



Clark - Lincoln Counties

"COMMUNITY SUMMARY"

Parma Community Mrs. Kathryn Heaps Local Leader  
Lincoln County Teacher

# Pre-school children in community 7  
 # Examined 5 or 71%

Tabulation of weights in regard to the average for age and height.

	#	%	
Normal (N to 20% above ).....	4	80.00	) safe Zone 100
Slightly Underweight (1 - 6%).....	1	20.00	
Seriously Underweight (7 - 9%).....	0	00.00	
Dangerously Underweight (10% or more).....	0	00.00	
Markedly overweight (21% and up).....	0	00.00	
Total.....	5	100.00	

Tabulation of Physical Defects.

	#	%
Children having eye defects.....	0	00.00
Children having ear defects.....	3	60.00
Children having nose defects.....	4	80.00
Children having throat defects.....	4	80.00
Children having teeth defects.....	0	00.00
Children having heart defects.....	0	00.00
Children having cervical gl. defects.....	1	20.00
Children having nervous defects.....	0	00.00
Children having disordered kidney defects.....	1	20.00
Children having slight hernia.....	1	20.00
Total different defects	6	
Total # children having defects	5	100.00
Total # children having no defects	0	00.00

Date of Examination May 6, 1931

Examined By Mrs. Ebba Bishop

Miss Orpha A. Miller



Clark - Lincoln Counties

"COMMUNITY SUMMARY"

Panaca Community Mrs. Kathryn Heaps Local Leader  
Lincoln County \_\_\_\_\_ Teacher

# Pre-school children in community 7 in May 1931

# Examined 3 or 60 % of original

Tabulation of weights in regard to the average for age and height.

	#	%
Normal (N to 20% above).....	2	66.67)
Slightly Underweight (1 - 6%).....	1	33.33)
Seriously Underweight ( 7 - 9%).....	0	00.00
Dangerously Underweight ( 10% or more)....	0	00.00
Markedly overweight (21% and up).....	0	00.00
Total.....	3	100.00

Tabulation of Physical Defects.

NO PHYSICAL EXAMINATIONS MADE.

One child had throat corrected.

v Date of Examination October 8, 1931

Examined By \_\_\_\_\_

Miss Orpha A. Miller



Clark - Lincoln Counties

"COMMUNITY SUMMARY"

Picche Community Mrs. Charles Thompson Local Leader  
Lincoln County Teacher

# Pre-school children in community 13

# Examined 9 or 69 %

Tabulation of weights in regard to the average for age and height.

	#	%	
Normal (N to 20% above).....	3	33.33	Safe Zone
Slightly Underweight (1 - 6%).....	2	22.22	55.55
Seriously Underweight (7 - 9%).....	3	33.33	
Dangerously Underweight (10% or more).....	1	11.11	
Markedly overweight (21% and up).....	0	00.00	
<b>Total</b>	<b>9</b>	<b>99.99</b>	

Tabulation of Physical Defects.

	#	%
Children having eye defects.....	3	33.33
Children having ear defects.....	6	66.66
Children having nose defects.....	3	33.33
Children having throat defects.....	3	33.33
Children having teeth defects.....	2	22.22
Children having heart defects.....	1	11.11
Children having Cervical gl. defects.....	1	11.11
Children having nervous defects.....	0	00.00
Children having disordered kidney defects...	0	00.00
<b>Total different defects</b>	<b>7</b>	
<b>Total # children having defects</b>	<b>8</b>	<b>88.88</b>
<b>Total # children having no defects</b>	<b>1</b>	<b>11.12</b>

Date of Examination May 5, 1931

Examined By Mrs. Ebba Bishop

Doctor Hastings

Miss Orpha A. Miller



## Clark - Lincoln Counties

"COMMUNITY SUMMARY"

Pioche Community Mrs. Chas. Thompson Local Leader  
Lincoln County Teacher

# Pre-school children in community 13 in May 1931

# Examined 5 or 56 % of original

Tabulation of weights in regard to the average for age and height.

	#	%	
Normal (N to 20% above).....	0	00.00)	80.00
Slightly Underweight (1 - 6%).....	3	60.00)	
Seriously Underweight (7 - 9%).....	1	20.00	
Dangerously Underweight..(10% or more)....	1	20.00	
Markedly overweight (21% and up).....	0	00.00	
Total .....	5	100.00	

Tabulation of Physical Defects.

NO PHYSICAL EXAMINATIONS MADE.

Two children had throats corrected.

Date of Examination September 25, 1931

Examined By \_\_\_\_\_

Miss Orpha A. Miller



Clark - Lincoln Counties

COMMUNITIES	Children			Increase in normal Children. State goal, $\pm 5\%$	Decrease in dangerously underweight - 5	% Children in Safe Zone	% Now Dangerously underweight.
	Exam.	Comptig.	%				
Alamo	6	6	100	+33.34	+16.67	83.33	16.67
Caliente	12	10	83	0	-15.00	60.00	30.00
Panaca	5	3	60	-13.34	0	100.00	0
Pioche	9	5	56	-33.33	+8.89	60.00	20.00
TOTALS	32	24	75	-2.08	+3.33	70.83	20.83



## Clark - Lincoln Counties.

CONCLUSIONS:

The following has been accomplished this summer with the Pre - School Round-up.

1. Parents made conscious of child's physical condition.
2. Child ready for Keep Growing Project - reticence to weighing and measuring in full eliminated.
3. Interested people of Alamo and Panaca trying to create public sentiment for regular health clinics.

RESULTS SUMMARIES

as compared with

GOALS.

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Enrolled children of four (4) communities.</li> <li>2. Weighed and measured children.</li> <li>3. Gave specific suggestions for getting child ready for school.</li> <li>4. Encouraged the correction of any physical defect before child entered school.</li> <li>5. All available children weighed twice during the summer.</li> <li>6. Weighed children, in September and October, to obtain record of results.</li> <li>7. Throats corrected five (5).</li> <li>8. Enrolled 32 or 60% of the children starting to school in September.</li> <li>9. Twenty-four (24) or 75% of the original enrollment completed the project and became a part of the Keep Growing Project.</li> <li>10. 70.83% instead of 75% in the Safe Zone i.e. normal or slightly underweight.</li> <li>11. 20.83 % instead of not more than 10% dangerously underweight.</li> <li>12. Had two (2) gold star communities thru out the demonstration period, (Alamo and Panaca).</li> </ol> | <ol style="list-style-type: none"> <li>1. Enroll pre-school children of four (4) communities.</li> <li>2. Weigh and measure children.</li> <li>3. Give specific suggestions for getting child ready for school.</li> <li>4. Encourage the correction of physical defect before child enters school.</li> <li>5. Check underweight children during middle of summer.</li> <li>6. Weigh children in September and October, to obtain record of results.</li> </ol> |
|---|--|



## Clark - Lincoln Counties.

13. Leaders assisting four (4).
14. Days agent spent on project  
thirteen (13).
15. News stories published one (1).
16. Home visits made fifty-four (54).
17. Method demonstrations held four (4).
18. Result demonstrations completed  
twenty-four (24).



## HEALTH TESTS GIVEN TO SCHOOL CHILDREN

Lincoln County children entering the first grade for the first time next September will come to school in the best of health of any similar group in the history of the County if activities of five Nevada organizations now being carried on accomplish their objective.

Immediate physical examination of all youngsters who will be in school for the first time in the autumn, a check of the five and six year old's food, sleep and other health habits, and conferences during the summer leading to the building up of excellent physical health is the goal sought.

Uniting in the efforts are the Nevada State Board of Health, the Nevada State Farm Bureau, the Nevada Public Health Association, the Nevada agricultural Extension Service and the Parent-Teachers associations of the state. The project is an outgrowth of the recent White House conference for Child Health and Protection.

Initial examinations will be made in Alamo, Pioche, Panaca and Caliente,

during the week of May 4th.

### Schedule for Examinations

ALAMO — Monday, May 4th, at Alamo Hall 1:30 to 3:30 P. M. Individual in charge of Mrs. Ebba Bishop, Nevada State Health Nurse and Orpha A. Miller, District Extension Agent.

PIOCHE — Tuesday, May 5th at the school house 9:30 to 12:00 A. M. Doctor Hastings and Mrs. Bishop, Nevada State Health Nurse and Orpha A. Miller in charge of the work.

PANACA — Thursday, May 7, at the school house. 10:00 A. M. to 12:00 A. M. Doctor Hastings and Mrs. Bishop, Nevada State Health Nurse and Orpha A. Miller in charge of the work.

CALIENTE — Friday, May 8, 1:30 to 3:30 P. M. at the School House. Individual in charge Dr. W. C. Carreras and Mrs. Bishop, Nevada State Health Nurse and Orpha A. Miller, District Extension Agent.

We have attempted getting the names of all mothers of five and six year olds in order to send individual notices. Anyone not receiving a notice should bring their child regardless as this is an opportunity to receive expert advice.

Pre-School Round-Up - Lincoln County  
Publicity  
"Caliente Herald" April 30, 1931  
by: Orpha A. Miller



## IV (2)

## (r) Child Training and Care

## Good Growth and Development

Pre-School Home Demonstration State #201, Lincoln #16

## History and Facts

For the past six (6) years the school children of Lincoln County had been enrolled in the Keep Growing Project, the children having been weighed and measured by the agent and local leaders, however, the children of pre-school age had not been reached by the Extension projects.

Because of publicity there has been an awakening of interest among parents and a desire for help in the problems of training and developing the pre-school child. They are realizing the importance of establishing positive food habits, right living habits, and the development of correct personal attitudes while the child is of pre-school age.

With these facts as a basis, the good growth and development project was started this year. The aims of the project are to create a parental interest in the importance of early training in the life of the child mentally, physically, and socially, and economically so that he will be a desirable, useful and happy citizen.

METHODS AND ACTIVITIES

Extension work in this county as well as its neighbor county Clark, requires a great deal of the agent's time therefore it was decided to enroll but five children of pre-school age and carry the work with the individual homes thru home visits. The children were weighed once a month. We should have preferred twice a month weighing, but this was impossible because of the distance between communities in this district. The records kept are simple. A graph is made of the expected gain in weight and the actual weight is drawn so the two may be compared. The mother is given a copy of the record and a weight chart.

Realizing that unless the child is in good physical condition he is hard to handle and usually unreasonable, the importance of proper food habits is greatly stressed when the visits are made. Help has been given with various problems as they arise during the visits. Some of the problems have been, selection of clothing, toilet training, thumb sucking, temper tantrums, to creep or not to creep, feeding schedules, training appetites, obedience, relaxation and rest.

We have had excellent cooperation from the mothers, several of them having worked with us in 1930 during their pre-natal period.



## Clark - Lincoln Counties

## Individual reports of the Cases

## Case A

Sex: Male

Date of Birth: Year 1930; Month, October; Day 10th.

Born at Hospital

Weight at Birth:  $7\frac{1}{4}$  lbs.

Height at Birth: No record

Age at Beginning of demonstration: 8 months.

June 1931: Height,  $24\frac{1}{2}$  inches; weight,  $13\frac{1}{2}$  pounds, i. e. 8% underweight

Weights: June,  $13\frac{1}{2}$ ; July, 14 lbs; August,  $14\frac{1}{2}$  lbs.; September,  $14\frac{1}{2}$  lbs; October, 15 lbs.

Parents: The mother is a normal school graduate and has been a teacher. The father ambitious and a good provider. There are three children in the home, two of school age. The mother had a complete set of the pre-natal literature before the child's birth and took the precaution of obtaining the best of care during child birth.

Baby: The baby has always been a tiny person but the State Health Nurse, Mrs. Bishop, examined him in May and stated that there was nothing to be over concerned about. His eating habits are good, but they have difficulty keeping him progressing without digestive disturbances. Small capacity seems to be the major difficulty. The introduction of new foods into the diet has to be done very cautiously and often cause an unfavorable reaction. He sleeps well, he is mischievous and playful.

July: Found that he had been completely broken to the toilet but a digestive disturbance had broken the schedule. Completely weaned, following the feeding schedule provided by doctor who is in touch with the case.

August: Completely readjusted to toilet and feeding schedules, seemingly in good health, shows slight tendency to creep.

September: Help given with diet, baby gaining slightly.

October: Up to weight having reached normal weight, seemingly in good health, all food agreeing.

A takes a long nap both forenoon and afternoon and goes to bed immediately after the evening feeding. The mother has studied the bulletins and very efficient and self reliant. Baby and mother have been in constant touch with the Extension agent since the beginning of pregnancy as the agent helped with pre-natal diet and care.

## Case B

Sex: Female



Date of Birth: Year, 1931; Month, January; Day, 10th.

Age at beginning of demonstration: 6 months

Weight at Birth: 10 pounds

Height at Birth: no record

June 1931: Height,  $27\frac{1}{2}$  inches; weight, 17 pounds, normal;

October 1931: Height 29 inches; weight  $20\frac{1}{2}$  pounds, normal;

Parents: Mother was a nutrition project leader during the greater part of her pregnancy. She is the mother of five other children. Housing conditions are poor. Father only a fair provider. Mother makes cheerful use of all resources available. A very happy home under adverse conditions. Family always has a good vegetable garden and usually a good milk supply. Mother followed pre-natal suggestions for care and diet.

Child: Started weighing in June. B weighed 17 pounds. Her height was  $27\frac{1}{2}$  inches. She was of normal weight. She was a happy well baby getting her correct feedings of orange juice and cod-liver oil. She was creeping and partially broken to the toilet. She enjoyed her sun-shine baths.

July: In July found the baby had not gained but was not suffering from the heat.

August: Baby weighed 18 pounds. She was completely broken to the toilet. Older children instructed not to persuade her to walk. Children interested in baby's welfare. An even tempered household.

September: Baby still gaining weighed 19 pounds. No problems.

October: Baby still gaining weight  $20\frac{1}{2}$  pounds - well - happy - creeping. She seldom tried to walk and then was discouraged.

Case B really presents no problems as she is an ideally happy child in spite of unfortunate house conditions.

#### Case C

Sex: Male

Date of Birth: Year, 1930; Month, July; Day, 15th.

Age at beginning of demonstration: 11 months.

Weight at birth:  $8\frac{1}{2}$  pounds, height at birth, no record.

June: Height,  $31\frac{1}{2}$  inches; weight, twenty pounds,  $11\%$  below the expected weight.



October: Height, 32 inches; weight  $23\frac{1}{2}$  pounds,  $\frac{1}{2}$  pound above normal.

Weights: June, 20 pounds; July,  $20\frac{1}{2}$  pounds; August, 21 pounds;  
September, 22 pounds; October, 23 pounds.

Parents: The mother and father have grammar and high school education. They have a reasonably comfortable home. There is one other child, a boy eight (8) years of age. The mother had the pre-natal literature and seemed only fairly interested in following suggestions.

Baby: The baby was a normal healthy girl at birth. She was a breast fed baby. She had pneumonia at seven (7) months which naturally retarded her growth habits such as weaning from the breast, the breaking to the toilet. In June, the 11th month the mother reported her still nursing but consented to start a feeding program.

July: Found the baby well and happy, the mother having family interference (grandfather) in regard to feeding, sunshine baths and creeping schedules. The noise of interference intimidates the mother and prevents her doing what her best judgment dictates. Baby weaned.

August: Baby gaining, right habit schedules better carried out. Grandfather still in the picture.

September: Baby still gaining and broken to the toilet. Schedules used better.

October: Baby slightly above normal. She is even tempered and easily controlled, but the mother needs to have more freedom from grandparents which will always be difficult as the latter live next door.

C sleeps well and adequate hours but the chief difficulty here is to get parental cooperation.

#### Case D

Sex: Male

Date of Birth: Year, 1929; Month, December; Day, 5th.

Weight at Birth: 7 pounds

Height at Birth: No record

Difficult birth, no doctors, nor nurses, inadequate care.

Age at beginning of demonstration: one year seven months.

June 1931: Height, 29 inches; weight, 22 pounds or one pound above the expected.

October 1931: Height, 30 inches; weight, 23 pounds or normal.



Weights: June, 22 pounds; July, 22 pounds; August, not weighed; September, 22 $\frac{1}{2}$  pounds, October, 23 pounds.

Parents: The mother a normal school graduate and taught school before marriage. Has a hard time keeping house. Five children, the oldest thirteen years. Father hardworking, lacks initiative, recently met with extreme financial reverses. Mother accepts help gratefully.

Baby: Under agents observation since six(6) months of age. At that time not gaining. We suggested a diet schedule including the gradual addition of raw egg yolk, and cod-liver oil. Baby responded favorably. He is not a robust child but grows well with an adequate diet. Each month we found the boy in good health presenting no particular problems except as he would naturally reflect the mental stress of household in the present financial reverses. He has a good disposition, gives good cooperation and has fair initiative.

Case D Case D has regular sleeping and eating habits.

Case E

Sex: Female

Date of Birth: Year, 1929; Month, October

Age at beginning of demonstration: One year eight months.

Weight at Birth: 7 pounds.

Height at Birth: no record

June: 1931: Height, 31 inches; weight, 21 pounds, 9% below the expected.

October 1931: Height, 32 inches; weight, 24 $\frac{1}{2}$  pounds, a fraction above normal.

Weights: June, 21 pounds; July, 22 pounds, August, 22 pounds; September, 24 pounds; October, 24 $\frac{1}{2}$  pounds.

Parents: Mother a college graduate, taught school before marriage, father youngest of family of twelve, high school education. An excellent provider, modern home. Mother receives excellent care at child birth, follows rules of pre-natal care and does her best to provide the best available for her child. Has another child, younger.

Child: Work started in June. E weighed 21 pounds. Mother reported sleeping habits were good but that cooperation was only fair, extreme care having to be exercised not to seem hurried in getting response to suggestion. The initiative was good. Mother has an over fond, dominating grandmother to contend with.

July: Baby gaining in spite of heat.

August: Baby neither gaining nor losing.

September: Baby gaining, overcoming refusal to cooperate.



October: Baby normal, grandmother still and always will be a problem but mother even tempered and calmly overrules opposing forces. She really needs very little help as she is a leader and correctly interprets bulletins.

#### Summary of Cases

1. These five mothers represent all types, among them are those who have not had educational advantages and those who have had. None of them have an abundance. All of the husbands do hard manual labor. One is a poor provider, has occasional work; one has a steady salary, not large; two are dependent upon the instability of farm produce prices; the other is indirectly dependent upon farm prices as he trucks and owns a small store, but on the whole provides well seeing the necessity of a modern home.

2. Cooperation among the parents has been excellent. In three of cases the mothers were working with us during the pre-natal period.

3. The following has been accomplished.
- (a) Importance of a regular schedule.
  - (b) The importance of plenty of rest.
  - (c) The importance of a balanced diet.
  - (d) A habit may be easily established if time is taken to stay with the task until the habit is formed.
  - (e) The importance of training the child to be self reliant.
  - (f) The necessity of the creeping period preceding the walking age in order to help insure strong back and abdominal muscles.

#### RESULT SUMMARIES

as compared with

#### GOALS

- |   |  |
|---|--|
| 1. Enrolled five (5) children of pre-school age.  | 2. Enroll five (5) children of pre-school age, individual home demonstrations.             |
| 2. Used the home visit method.  | 2. Use the home visit method.  |
| 3. Weighed and measured each month making the graph.  | 3. Weigh and measure the child each month making a graph of the expected and actual gains. |
| 4. Stressed proper food habits.   | 4. Stress proper food habits.  |
| 5. Gave help with habit problems  | 5. Give help with any problems in habit formation which may arise.                         |
| 6. Three (3) communities cooperating  |  |
| 7. Five (5) homes demonstrations  |  |
| 8. Seven one-half (7½) days agent spent on project.   |  |
| 9. Thirty (30) home visits made.  |  |
| 10. Five (5) result demonstration carried thru the year.                                    |  |
| 11. Five (5) homes substituting positive methods of discipline for negative.                |  |
| 12. Five (5) homes making recommended physical adjustments to better meet children's needs. |  |



## IV (2)

## (s) Clothing

4-H Clothing Club, State #12, Lincoln #5

History and Facts

The 4-H Clothing clubs of Alamo, Panaca and Pioche were re-organized in 1931 to include all girls who had reached club age. In these three communities we had four leaders, two in Pioche and one in each of the other communities.

METHODS AND ACTIVITIES

These clubs had a total enrollment of twenty-nine (29) One (1) of these girls was also enrolled in the 4-H Foods Club.

Eight of the girls were doing their first year of 4-H Club work, thirteen were doing second year 4-H club work as well as their 2nd year of Clothing, while two were doing third year club work as well as second year, and six (6) were doing only 3rd year work, it being only their second year as 4-H club members.

None of these girls attended 4-H club camp, but all but one girl completed her project. Thirty projects were completed with twenty-eight (28) girls.

One of these third year girls Peggy Warren of the Pioche 4-H club won the Union Pacific Scholarship awarded to the outstanding 4-H club boy or girl, 14 or more years of age. (See Peggy's Achievement story attached).

RESULT SUMMARIES

as compared with

GOALS

Enrolled three (3) communities	Enroll four (4) communities	
Enrolled three (3) 4-H clubs	Enroll four (4) 4-H clubs	
Enrolled twenty-nine (29) members	Enroll thirty-three (33) members	
Had two (2) demonstration teams	Have four (4) demonstration teams	
Had two (2) judging teams	Have four (4) judging teams	
Had three (3) exhibits	Have four (4) exhibits	
Four (4) leaders assisting		
Twenty-six and one-half (26½) days agent gave to line of work		
Two (2) news articles		
Three (3) method demonstrations		
Twenty-four (24) meetings held by club leaders	Result demonstrations completed thirty (30)	
Achievements of Club Members below:		
First Year	Second Year	Third Year
Hand Towels.....10	Princess slips.....17	Pajamas.....8
Sewing bags.....10	Dresses.....17	Dresses renovate.8
Needle books.....10	Pairs hose darned..34	Dresses made.....8
Pairs hose darned.....10	Blockers.....17	Pairs hose darned10



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MY 4-H CLUB STORY.

BY PEGGY WARREN.

When the Exposition was being held in Reno three years ago last summer, I had a chance of attending, and while there I visited the 4-H Club Camp held at the University Farm. On seeing so many boys and girls from all over the state having such a good time and learning so many things, my desire to be a 4-H Club Member was aroused.

On returning to Pioche, I told several of my girl friends about this wonderful camp. So several of us with the cooperation of Miss Orpha Miller, our home demonstration agent, formed a 4-H Club with Mrs. A. W. Ewing and Miss Bernice Roeder, as club leaders, choosing sewing as our project. After a few meetings they were unable to continue with us, so Mrs. A. W. Thomas and Mrs. C. A. Thompson became our leaders.

I was elected president of the club and we held regular meetings and constantly held the idea of attending 4-H Club Camp before all the members.

Seven of us completed our projects for the first year, but did not succeed in earning sufficient money to attend 4-H Club Camp although we worked hard giving candy, cookie and pop-corn sales; also a play - earning in all Eighty (\$80) Dollars.

We were all thrilled, when, in November of 1929, Miss Miller told us there was to be an Achievement Day in Caliente and we would receive our first year pins.

In the meantime, two of our girls having moved away, we five girls started in with a vim, to finish our second years work and reach 4-H Club Camp.

We worked steadily and finished our project which included making bloomers, shorts, a slip and a dress. Early in July we held a demonstration at the home of Mrs. Thompson and the Mothers were very happy and proud of our work.

We succeeded in raising sufficient money to attend 4-H Club Camp, but only four of us went as one of the girls moved to California just a few days before we left.

We started to Reno on Sunday July 27th; with Mrs. Thompson, as our leader. We drove to Austin the first day; arriving at 4-H Club Camp early in the afternoon of the 28th; where we registered and were assigned tent number 13. My days at club camp were both joyful and helpful. I was very much surprised and thrilled when I received first prize in garment judging for which I was given a merchandise order for \$2.95 and upon presenting it, I selected my new fall hat, feeling very proud of helping clothe myself.



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After 4-H Club Camp was over, Mrs. Thompson stayed three days in Reno, taking us around to see many interesting places.

During the second year I have been song leader and also acting as Secretary for part of the year.

My 4-H Club Work has taught me to make my own clothes, for which my uncle gave me a new sewing machine. I have also grown from an underweight girl to a normal healthy one.



Achievements of Club Girls (Cont.)

Patches.....10	Bandeaus.....7	Shorts.....5
Miscellaneous.....10	Shirts.....10	Miscellaneous.....6
	Shorts.....17	
	Combination	
	Suits..... 2	
	Miscellaneous.....12	



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## IV (2)

## S Clothing

Selection and Care of Hosiery State #200, Lincoln County #15

HISTORY AND FACTS

The object of this project was to arouse more interest in the wiser selection and purchase of hosiery thru giving suggestions regarding the proper care of hose and the keeping of records by volunteer project leaders as an aid in helping us stay within the clothing budget.

METHOD AND ACTIVITIES

In March two 4-H club girls of Pioche volunteered to act as hosiery demonstrators, that is to keep a record of the number of pairs of hosiery purchased, for whom, make of hose, their cost, length of service and the manner and place of wear and tear.

A method demonstration on hosiery was given at the beginning of the demonstration. A result demonstration meeting was held to give the demonstrators a chance to report to the group. The subject matter given at the method demonstration was prepared by the clothing specialist and sent out from the State Office. Each of the two demonstrators were given a folder containing a bulletin of the subject matter as well as the record blank.

## Demonstrator I

Pair A bought in April, silk chiffon purchased for high school girl, cost \$1.50, after 15 days wear had a runner starting from the hem, caught threads prevented full length run. Heels developed holes from friction of the shoe, mended and still wearing hose. October 1st. Approximate length of wear of hose - fifty (50) days.

Pair B two (2) pair ankle sox of Rayon, bought in July, cost 35 cents. Heels worn from friction of shoe. Mended still wearing October 1st. Each pair worn on an average of 3 days a week. Approximate length of use fifty-two (52) days.

Pairs C two pairs ankles sox of chiffon service bought first week of September, cost \$1.00 and \$1.50. No breaks first week of October. Approximate length of wear - fifteen (15) days.

Pair D in May one pair of light weight service costing \$1.50 was bought for the mother of the home. These wore in the heels and the toes after six weeks of wear, averaging 3 days a week, i.e. eighteen days wear. These were mended and still in use October 1st. after sixty (60) days of wear.



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Pairs E in June two pairs \$1.35 service were bought for mother. They also wore in the heels and toes after approximately the same 18 days wear. Mended, still in use October 1st. These are worn on an average of three (3) days a week therefore they have been used on an average of forty-eight (48) days.

Pair F in June purchased one pair of silk chiffon for Mother, cost \$1.50, average wear  $1\frac{1}{2}$  days a week and still in use October 1st., with a very small hole just breaking thru in the toe of one. Approximate length of wear 24 days.

These hose were all the same brand of hose, namely, Streetwear. They were washed in lukewarm water and no soap before using. After each wearing, they were washed with a very mild soap suds and thoroughly rinsed.

## Demonstrator II

Pair A in May purchased one pair service weight, Streetwear, cost \$1.35 a pair, for high school girl. After 30 days wear 2 runs broke in the knee starting from the hem; caught thread stopping run and was able to wear 30 days longer before it was impossible to keep runs from spreading and getting larger.

Pairs B bought four pairs, Streetwear, rayon sock for grammar school girl at 35¢ a pair. These sock were in use 5 months on an average of  $1\frac{1}{2}$  days a week and approximately 37 days per pair. Holes were worn in the heels from friction of shoes.

Pairs C pair of cotton sock bought for high school boy, World Star Brand, @ 50¢ a pair. Change socks everyday. Socks still in use October 1st, after twenty-two (22) weeks of wear; approximately 37 days per hose. Two pair have holes in the heels.

Pairs D three pair of Service weight hose for mother of home, World Star Brand, at \$1.00 a pair. Hose still in use after twenty-two (22) weeks of wear but they have all had to be mended at breaks in the joining at the sole with the boot at the side of the foot. These hose are worn on an average of two and one half days a week making a total of fifty-five (55) days of wear. However, the breaks came about half the period of wear or 27 days.

The hose of this demonstration are washed before using and after each wear. Mild soap is used and they are well rinsed.

CONCLUSIONS:

Judging from the results of these two demonstrations we would conclude:

1. That children's shoes are fit too loose i. e. slip up and down on heel - difficult to get better fits in small town stores.
2. That comparing \$1.00 service with \$1.35 and \$1.50 that the latter is the best investment as the wear was in the heel.



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Therefore it was possible to mend and wear longer, while the former defect was that of a joining i. e. a factory defect.

3. That in ankle sock for school girls the 35¢ rayon is perhaps as practical and much less expensive than silk service weight as each wear the same length of time if given proper care.
4. That a nationally advertised hose is probably the least expensive in the long run.
5. The subject matter bulletin was of value in training each demonstrator in the knowledge of hosiery.

RESULT SUMMARIES

as compared with

GOALS

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Enrolled one (1) community.</li> <li>2. Secured two (2) demonstrators in one (1) community. Each demonstrator to keep records.</li> <li>3. Five (5) women adopted improved practices.</li> <li>4. Days agent spent in project.....2<math>\frac{1}{2}</math></li> <li>5. Home visits made ...<br/>.....10</li> <li>6. One (1) method demonstration held.</li> <li>7. Two (2) result demonstrations completed.</li> </ol> | <ol style="list-style-type: none"> <li>1. Enroll one (1) community.</li> <li>2. Secure two (2) demonstrators in one (1) community. Each demonstrator to keep records.</li> <li>3. Five (5) women adopt improved practices.</li> </ol> |
|---|---|



## IV (2)

## (u) Home Furnishings

Home Improvement - Living Room Improvement State #10, Lincoln #3

## History and Facts

This project was first adopted in 1929 and has been in force since that time. Lack of funds prevents rapid spread of influence, however, as opportunity comes we give individual help to those who desire it.

We have one (1) new house, one (1) remodeled house, and one (1) renovated house (the latter continuing since 1929), and one (1) public hall. The first two providing living room demonstrations.

METHODS AND ACTIVITIES

The demonstrators were reached thru the personal home visit. The agent gave assistance in any phase help was needed.

Our demonstrators were as follows:

- |    | <u>Hike</u>                                | <u>Work Planned</u>   |
|----|--|---|
| 1. | <u>Mrs. Alfred Hansen</u>                  | House lined with plaster board, four (4) rooms, not modern. No conveniences except more light and space than old rock house provided. Additional work will be done as funds are made available. Original building rushed to provide better housing when new baby arrived.   |
| 2. | <u>Ursine</u><br><u>Mrs. Will Warren</u>   | Demonstration continues from 1930, this year kitchen completely remodeled. Modern in every respect. Drain board with built in cabinet work. Spar varnished drain board. Demonstration completed.  |
| 3. | <u>Panaca</u><br><u>Mrs. Frank Lee</u>     | House moved to present location in 1929. Agent planned work then not completely carried out until this year. Living room attractively papered. Floors painted light tan. Wood trim ivory attractive rugs, and curtains making a very livable room.  |
| 4. | <u>Alamo</u><br><u>Relief Society Hall</u> | Two years ago the women of Alamo were told they might have the old rock tithing granary for their Relief Society, since then they have worked hard to get money to put it in shape. They laid a new concrete floor, painted the rock walls a tan stippled in a blue green and the very little wood trim a tan. They purchased unfinished chairs of the kitchen bow-back variety. The agent gave a demonstration on the finish of these. |



The seats were transparent spar varnish while the lower part of chair and the bow of back were the same tan as the wood trim, while the spindles of the back were the same blue green as that in the wall. They built in a dish cupboard and book-case, also renovated an old table, all three were painted to match the chairs.

Theatrical Gauze curtains in two-tone tan and gold give a pleasant light in the small but adequate room.

On the opening day of the hall every woman of the Society was present.

RESULT SUMMARIES

as compared with

GOALS

Four (4) communities adopt project	Four (4) communities adopt project.
Four (4) demonstrations secured for the project	Eight demonstrators secured for the project
Thirty (30) families followed some suggestions	Twenty-five families follow some suggestions
Secured adequate storage in three homes and one community hall	Secure adequate storage in four (4) homes
Leaders assisting with project four (4)	
Ten (10) days agent spent on project	
Six (6) home visits	
One (1) method demonstration	
Four (4) Result demonstrations completed	
Fifty-seven (57) following recommendations for improved treatment of windows (shade, curtains)	
Fifty-seven (57) improved treatment of walls, woodwork and floors.	
Three (3) kitchens rearranged or arranged for convenience according to recommendations.	
Number homes spar varnishing drain boards (7)	
Number of homes building outside filling wood boxes .....(7) seven	



Achievements: (This includes home management, home engineering and home furnishing.)

Hand Power Washing Machines.....	3
Power Washing machines.....	24
Fireless Cookers.....	2
Kitchen sinks.....	14
Power vacuums.....	4
Hand vacuums.....	3
Electric or gas irons.....	25
Pressure cookers.....	12
Iceless Refrigerators.....	3
Electric refrigerators.....	11
Sewing machines.....	0
Home Evaporators.....	3

Rooms Finished or Refinished

Living Rooms, 31; Dining rooms, 21; bath rooms, 7; porches, 20;

Furniture finished or refinished

Tables, 49; chairs, 160; desks, 3; cupboards, 32; miscellaneous 9

Accessories purchased or made

rugs, 31; pictures framed, 52; table scarfs, 55; pairs curtains 131; cushions, 88; bookends, 3; magazine racks, 7; lamp shades, 11; chair seats, 11; pairs side drapes, 77; miscellaneous 8; clothes closets, 2; wood boxes, 1.

Number of families assisted with house-planning problems.....	2
Number of dwellings remodeled according to plans furnished.....	2
Water systems installed.....	16
Homes installing tank cooking gas.....	9



## IV (2)

## (u) Home Furnishing

Home Improvement - Bedroom Improvement State #158, Lincoln #10

## History and Facts

This project has continued from 1930 when we used it as a means of keeping interest awake in the original living room demonstrations of 1929. This year we added the storage problem of clothing as many homes have inadequate storage space.

METHODS AND ACTIVITIES

We planned to hold evening community method demonstrations in each of three communities. These meetings were planned for the latter part of this month of April immediately following the state wide trip of the agent. However, a county-wide measles epidemic prevented and we have been able to hold only one of these as planned. We wanted these in the evening for both men and women as the women said they would get the work done by the men if they could see the model clothes closet.

The following homes renovated bedrooms by papering the walls and repainting the wood-trim:

Panaca - Chester Lee, Mrs. Frank Lee and Mrs. Eli Edwards; Ursine - Mrs. Sam Hollinger, Mrs. Will Hollinger and Mrs. Will Warren; and Alamo, Mrs. Dave Stewart. At Hiko Mrs. Hansen built a new house with two bedrooms, walls and wood-trim still unfinished.

The bedrooms of Mrs. Chester and Frank Lee, Mrs. Dave Stewart and Mrs. Alfred Hansen had the clothes closets made more adequate by putting in additional shelving and a clothes pole.

In March the agent had made small models of glazed tarlatan garment and hat protectors and sent to leaders of each community. Accompanying these were samples showing colors of tarlatan with suggestive bias tape trim. In April the women were to meet and make their protectors. One community had their meeting and made six protectors.

RESULT SUMMARIES

as compared with

GOALS

Enrolled four (4) communities	Enroll four (4) communities
Had eight (8) bedroom improvement demonstrations	Have six (6) bedroom improvement demonstrations
Had four (4) homes building or rearranging clothes closets	Have at least four (4) closet demonstrations rearranged or built twelve (12) families follow our suggestions.



RESULT SUMMARIES

as compared with

GOALS

Eighteen (18) families  
followed some suggestions

Twelve (12) families follow some  
suggestions

Leaders assisting with  
project four (4)

Eleven (11) days agent devoted  
to line of work

Eight (8) home visits made

Five (5) method demonstrations held

## Achievements

Bedrooms finished or refinished.....45

Chests of drawers and dressers.....34

Beds.....47

Chair seats..... 7

Chairs.....13

Curtains.....16 (pair)

Rugs..... 8



## IV (2)

## (v) Home Health and Sanitation

Home Improvement, Home Sanitation and Health  
State #13, Lincoln #6

History

This project was first adopted in January of 1929. We have had difficulty creating interest in this project. Many are hoping for the time to come when funds will permit water systems and indoor toilets.

METHODS AND ACTIVITIES

The Mutual organization of the Latter Day Saints' Church have a sanitation program as part of their annual work. The subject of fly-proof outdoor toilets was discussed with them. They attempted to create better interest. However, little progress was made. As a result of this year's work there is one (1) Septic tank at Alamo, at Marion Stewart's home; and one (1) very well built fly-proof outdoor toilet in Ursine, Will Warren's.

RESULT SUMMARIES

as compared with

GOALS

Enrolled four (4) communities	Enroll four (4) communities
Had one (1) demonstrator of Septic Tank and one (1) of Sanitary toilet in entire county.	Have at least one (1) demonstrator in either septic tank or sanitary toilet in each community
Two (2) families adopted suggestions and two (2) others would if they had the funds.	Have four (4) families adopt suggestions.
Leaders assisting two (2)	
Four and one-half (4½) days agent devoted to line of work.	
Two (2) result demonstrations	



## IV (2)

## (w) Community Activities

County-wide Home Economics 4-H Club Work  
State #161, Lincoln #13

For the detailed report see page 100 account of methods and activities of 4-H clothing clubs also page 77 for 4-H Food Selection and Preparation.

RESULT SUMMARIES

as compared with

GOALS

Enroll forty-one (41) 4-H club members	Enroll Forty (40) 4-H club members
Secured 93% completions	Secure 80% completions
Had three (3) 4-H clothing clubs	Have four (4) 4-H clothing clubs
Had two (2) Food Selection and Preparation clubs	Have one (1) Food Selection and preparation clubs
Had one (1) local exhibit for each club	Have one (1) local exhibit for each club
Had one (1) Clothing and one (1) Food judging team	Have one (1) clothing and one (1) Food judging team.
Developed two (2) clothing and one (1) Foods club demonstration team	Develop one (1) demonstration in each organized club
Seven (7) leaders assisting	
Thirty-one (31) days agent spent on project	
Home visits one hundred thirty-eight (138)	
Five (5) method demonstrations	
Thirty-seven (37) members with forty (40) result demonstrations completed.	



## IV (2)

## (w) Community Activities

County and Community Organization  
 Cooperation with County Farm Bureau State #207, Lincoln #20

## History and Facts

Farm Bureau cooperation is one of the duties of the Extension Division since this organization's primary work is that of assisting the Extension Agents.

METHODS AND ACTIVITIES

Last December the Lincoln County Annual Farm Bureau meeting was held at Alamo. It was a most successful meeting. Besides the usual program for the men, several phases of the Women's Farm Bureau was given:

- (a) What Home Demonstration work has done for me  
 - Mrs. Lorraine Lee
- (b) My trip to 4-H Club Congress  
 - Neca Jones
- (c) Our Keep Growing Project  
 - Carlyle Wilcox - Principal Pioche Schools

The announcement of the 4-H club winner of the Union Pacific Scholarship (Peggy Warren) was made by the judges. At the noon hour the Alamo 4-H club girls and their mothers served the luncheon.

## Menu

Scalloped potatoes with Ham	Bread and Butter
Perfection Salad	
Hot Chocolate	Cake

The proceeds from this luncheon went to the 4-H club girls treasury. They are saving for the club camp trip.

The directors of the Lincoln County Farm Bureau are supposed to hold at least one meeting a month at a stated time. These meetings have not been held regularly, but the agent has attended five (5) of these meetings. She has also attended the three (3) September Muster Day programs held in Ursine, Panaca and Alamo. With the exception of Panaca these were exceptionally well attended. The agent assisted in the plans for Recreation and Refreshments in Ursine and Alamo. Mrs. Florence B. Bovett, State Farm Bureau Secretary attended and assisted with these meetings, giving special training on how to secure memberships.



RESULT SUMMARIES

as compared with

GOALS

Has been held  
 Meetings have been held but not at  
 regular appointed time

Annual membership drive  
 At six (6) regular director's  
 meetings

Has been held

Annual Farm Bureau Meeting

Farm Bureau give cooperation to the  
 4-H clubs of the County

Farm Bureau give cooperation  
 to 4-H club work

Six (6) communities participating

Seven (7) leaders assisting

Sixteen (16) days devoted to  
 work

One (1) news story published

Seventeen (17) home visits made

Three (3) method demonstrations held.



## IV (2)

## (w) Community Activities

Community Center Improvement - Recreation  
State #205, Lincoln #19

## History and Facts

The present agent has always been especially interested in the Recreational possibilities of improving communities thru group recreation. At the 1930 4-H club camp Mr. John Bradford of the Playground Recreation Association of America gave training meetings in Recreation to 4-H club leaders and the older 4-H Boys and girls. At this time he expressed a desire to hold a training school in Lincoln County.

METHODS AND ACTIVITIES

Therefore, in February of 1931 Dr. W. P. Jackson, Mr. Bradford's associate came to this district. The training school was held at the Lincoln County High School at Panaca, Nevada and lasted for four days. The school was held two hours of each of the four evenings. Leaders attended from the entire county having been chosen from all of the Latter Day Saint's Churches of the county representing their Relief Society, Mutual Improvement Association and Primary Association. Other organizations represented were the Farm Bureau, the Home and Community clubs, the 4-H clubs, the Boy Scouts, the schools, while the churches, women's clubs and service clubs were invited to send their leaders. Fifty leaders attended each night. The attached bulletin, subject matter provided by Dr. Jackson was given to each person attending.

Besides giving our leaders the splendid inspiration of his personality during the training school he also visited three schools, namely, Caliente, Panaca and Pioche giving the pupils some training in group songs and passive games.

Mrs. Jackson who accompanied her husband, met with the agent and three groups of women, namely, Ursine, Panaca and Caliente. She instructed in pre-school recreation.

Our project leaders have given excellent follow-up work. The agent has led the recreation for four different meetings in Lincoln county. These were in communities which sent no leaders to the training school.

RESULT SUMMARIES

as compared with

GOALS

Helped plan seven (7) community programs in three (3) communities

Help plan one (1) community program in each of five (5) communities.

Have helped with refreshments at each of the above meetings

Help plan refreshments

Have helped with recreation for each of the above programs

Help with planning recreation



## Clerk - Lincoln Counties

RESULT SUMMARIES

as compared with

GOALS (Cont.)

<p>A Recreation Training School was held.</p> <p>Have helped with recreation in two communities on four occasions</p> <p>Three communities participated in the Training School</p> <p>Fifty (50) leaders assisting</p> <p>Six and one-half (6½) days spent devoted to line of work</p> <p>One (1) news story published</p> <p>Twenty-four (24) home visits made</p> <p>Four (4) training meetings held</p> <p>Six (6) method demonstrations</p> <p>Fifteen (15) meetings by project leaders</p> <p>Attendance at meetings....679</p>	<p>Sponsor a Recreation Training School</p> <p>If needed, assist with obtaining follow-up recreation</p>
--	--

## V Outlook and Recommendations

## Recommendations for Lincoln County for 1931

1. Continue developing women's local and county organization.
2. Continue Good Growth and Development - Pre-school Home Demonstrations.
3. Help plan Septic Tanks as opportunities avail.
4. Continue Keep Growing project in at least four communities.
5. Continue 4-H clubs but reorganize to enroll all girls who have reached club age.
6. Continue Home Improvement - Interior Project both Living rooms and Bedrooms. particularly storage problems (See page 38 Clerk County's report).



## Clark - Lincoln Counties

- IV (2)  
 (X) Miscellaneous

## Home Improvement Specialist Activities.

In 1931, as in 1930 and 1929, the agent has had the privilege of directing the Home Improvement subject matter for the State. There being six (6) phases of this activity this year, namely;

1. Preparation of subject matter and demonstration material for Home Lighting.
2. Preparation of subject matter and demonstration material for Storage of books, magazines and toys as pertaining to Living-Rooms; also storage of Clothes in Bed-Rooms and Entry Ways.
3. Training Meetings for Women Extension Agents at Annual Conference.
4. State-wide field trip to assist Extension Agents in planning Home Improvements for both Interiors and Home Grounds.
5. Subject-matter method demonstration meetings "Good Growth and Development as Related to Posture" with all 4-H Club Girls at Junior Farm Bureau Camp.
6. Preparation of 4-H Club Home Improvement Hand Book Demonstration II "Be Your Own Decorator".

1. Preparation of the Subject Matter and Demonstration Material for Home Lighting.

This material was prepared primarily for use in Clark County but the agent was requested by the State Office to present this material at our 1930 Extension Conference when two counties, Lyon and Churchill, asked that the material and set-up might be used in their counties during our annual Field Trip.

The attached three page bulletin was prepared for the use of the Extension Agents as well as their clientele. See page 119a to 119c for details of Lighting Demonstration.

2. Preparation of Subject Matter and Demonstration Material on Storage in Living Rooms and Bed-Rooms.

The inclosed bulletin was prepared for the use of Extension Agents and the women thruout the state. The Demonstration Material consisted of a miniature Clothes Closet (made of paneling). The proportions were three (3) inches for each foot. The ideal size of Clothes Closet was to be 4'6" X 6'6" with ceiling same height as room ceilings. This size made possible the arrangement of a clothes pole to the right (with shelf above) of the entrance (24") and shelves to the left of the door with space at the back for a shoe box or cabinet work.



## Clark - Lincoln Counties

The ideal height of clothes pole to be three (3) inches above the shoulder with the shelf five (5) inches above the pole. The boxes used in the clothes closet for storage of clothes or bedding could be made of corrugated cardboard and painted with a semi-gloss paint, harmonizing with the color scheme of the closet. Our demonstration closet was painted putty color. The boxes were a grey green while the glazed tarlatan garment and hat protectors were green trimmed in orchid bias tape. The protectors afforded protection for real dresses and coats, miniature in size (doll clothes).

The Storage in Living Rooms Demonstration Material consisted of a small book case also three (3) inches to the foot. This bookcase was one which could build in to any available space in the room. The upper part had three (3) shelves for books; while the lower part was provided with a drop door so that a small child could put away his toys without disturbing the rest of the family.

### 3. Training Meetings for Women Extension Agents.

This work consisted of presenting to the Agents the prepared subject matter on Lighting and Storage. Miss Eloise Davidson of the National Electric Light Association met with us and gave us very valuable assistance on the subject of lighting. She gave us permission to use her Demonstration Set-up for our State-wide Trip.

### 4. State-wide Field Trip.

In April three weeks of the month were spent by the Agent in Lyon, Churchill, Washoe, Elko, Eureka and White Pine Counties. The local agent accompanied us to the various demonstrators making needed plans.

The aims of this trip were to give practical and detailed help in the planning of a limited number of Home Demonstrations in Interior Home Improvement in relation to Room Planning - Storage and Artificial Lighting (when practical). These homes were used as demonstrations in planning and in specific technical methods. Also gives help in training of the local agent in the various methods advocated by the Specialist.

The following account gives the methods employed in Lyon County in conducting the field tours. The other Counties differed in this only where local conditions made differences necessary. Preliminary to the Specialist visit, the local Agent secured demonstrators. Survey forms were aimed to make the demonstrators conscious of their own problems. When first going to the County the local Agent and the Specialist spent some time planning the work of the various tours in the County, checking over each demonstration. Paint cards and draperies from all commercial houses were collected as part of our demonstration equipment.

The following is the detailed account of the work done in Lyon County as reported in April:

March 30 A. M. Office

Reviewed electrical equipment loaned by the National Electric Light Association and prepared subject matter for the three night demonstrations in Lyon County.



COOPERATIVE EXTENSION WORK  
 IN  
 AGRICULTURE AND HOME ECONOMICS  
 STATE OF NEVADA

University of Nevada  
 Agricultural Extension Division  
 and U. S. Department of Agriculture  
 Cooperating

Extension Administration Office  
 University of Nevada  
 Reno, Nevada

LITTLE LIGHTING RULES

1. Every wall space large enough to accommodate a piece of furniture should have a double convenience outlet.
2. Brackets should be placed with some thought of balance in a room and with regard to the hanging of pictures and tapestry.
3. The laundry or kitchen needs plenty of light and convenience outlets for appliances. The blue daylight lamp will enable one to see scorches and stains easily.
4. Modern entertaining requires a floor outlet under the dining room table for the use of electrical appliances.
5. A light should be placed inside each closet.
6. Outside convenience outlets prove of inestimable value.
7. A garage light should be controlled from a switch in the kitchen or hall as well as in the garage.
8. Guests appreciate the courtesy of a house number illuminated.
9. Economy in the use of electricity will be secured when lamp bulbs, shades and the entire lighting equipment are regularly cleaned, for a dirt accumulation absorbs an astonishingly large proportion of available light.
10. To prevent home accidents, stairs, front, back and basement, should be well lighted, as well as the entrance to the garage. Light at the rear corners of the house will illuminate the driveway and garage entrance.
11. A pilot light on a switch plate is helpful to show when current is turned on, as for example, in the case of a pilot light at the head of the cellar stairs.
12. The so-called Christmas string of lights has use throughout the whole year for electric decorating.
13. Lamp shades open at the top, if wisely placed, have decorative value in that they emphasize high lights on favorite pictures and wall hangings.
14. Lighted ornaments, with their vital spots of color, add a final touch to the individuality of the home, the elusive quality called charm.

Note: These suggestions taken from a leaflet from the Ladies' Home Journal.



Bibliography on Electric lighting, Electric equipment and  
adequate and safe wiring.

"Effect of Color of Walls and Ceilings on Resultant Illumination" Edison  
Lamp Works, Bulletin L. D. 102 A.

"Electric Light on the Farm and in the Rural Districts" Edison Lamp Works

"Luminous Harmony in the Home" Edison Lamp Works.

"Home Lighting Fundamentals" Edison Lamp Works

"The Eye as Affected by Illumination" Edison Lamp Works

"Residence Lighting" Edison Lamp Works, Bulletin L. D. 137.

Note: All above bulletins can be gotten at the Edison Lamp Works, General  
Electric Company, Harrison, New Jersey.

From the National Electric Light Association, 420 Lexington Avenue, New  
York, N. Y. the following bulletins can be gotten. I can find  
no record of charges made, very likely gratis.

1. "More Power to the Home - Electric Refrigeration"
2. " " " " " - Many Motors make light work"
3. " " " " " - Ironing"
4. " " " " " - Washing"
5. " " " " " - Miscellaneous Electrical Household Devices"
6. " " " " " - Better Lighting"
7. " " " " " - Wiring the House"
8. " " " " " - Cooking with small electrical appliances"
9. " " " " " - Electric Range Cookery"
10. "Helpful Suggestions for Organizing and Operating Home Service  
Departments"
11. "Electric Light and Power Industry in the United States"
12. "The use of Electricity in the Farm Home"

"Farm Lighting" from National Lamp Works General Electric Company, Nela  
Park, Cleveland, Ohio.

"Works of the General Electric Company, Nela Park, Cleveland, Ohio.

"Electricity on the Farm and in Rural Communities" and "Wiring the Farm for  
Light, Heat, and Power" can be obtained from Committee on the Relation of  
Electricity to Agriculture, 1120 Garland Building, Chicago, Illinois - price  
each copy 50 cents.

"Applications of Electricity to Domestic Use" from the Journal of Home Economic  
Baltimore, Maryland.

"Using Electricity on Ohio Farms " Bulletin no. 96 Agricultural Extension  
Service, Ohio State University, Columbus, Ohio.

"Principles of Lighting the Home" Leaflet No. 207 from the Ladies' Home  
Journal ( This leaflet is very brief and very good).



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF NEVADA

University of Nevada  
Agricultural Extension Division  
and U. S. Department of Agriculture  
Cooperating

Extension Administration Office  
University of Nevada  
Reno, Nevada

A LIGHTING INTELLIGENCE TEST

1. Can you see to read or sew comfortably in every chair in your living room without shifting anyone of them about?
2. Are the chairs so placed in relation to the lights that when you look up from your book light from the bare lamps does not strike your eyes?
3. Is it possible to sit at your desk or secretary and not have your hand shadow the lines you are writing?
4. Are the lights in your living room so placed that every member of the household can read comfortably at the same time?
5. Can you see the titles of the books in your bookcase?
6. Can you look up a phone number without carrying the directory to the light?
7. Can you see the titles on the phonograph records?
8. Can you see to operate the dials of the radio?
9. Can you sit in any chair in a room, without annoyance from the flare of unshaded wall brackets or ceiling light?
10. Can the children do their homework without straining their eyes?
11. When you sit at the dining table is the light satisfactory?
12. Do you have exposed bulbs to attract bugs to your dining table and work service table or are you using inclosed bug proof units.
13. Can you see both sides of your face at the same time in the mirror of your dresser?
14. Can you get a full length view of yourself in a mirror?
15. Can you get good light if you wish to rearrange some of your furniture?
16. Are stair ways well lighted - including the cellar stairs?
17. Can you work at any working surface in your kitchen without "working in your own light"?
18. Are closets adequately lighted?
19. Are your light switches so arranged that you can turn on the lights as you enter and turn them off as you leave each room without retracing your steps or walking through the dark?
20. Have you located the circuit or circuits serving each room in your house and labeled the fuse protecting each circuit?

Note - This intelligence test gotten from National electric light association  
420 Lexington Ave, New York, N. Y.



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Extension Administration Office  
University of Nevada  
Reno, Nevada

H O M E I M P R O V E M E N T P R O G R A M

Compiled by Orpha A. Miller

Storage Spaces in the Home

Whether one is building, remodeling, or hunting a house, adequate or inadequate storage space should largely determine the final selections. The wise housewife will not consider a house plan or a house unless she finds in it the required closets, cupboards, and store-rooms. She knows adequate storage spaces make the household machinery run smoothly; that they contribute to the beauty of the home, both because they may be attractive themselves and also because beauty rests in order.

The house with too little closet space can easily be remedied without destroying the effect of the room. Space can usually be walled off in a bedroom or corridor and decorated to match the other walls of the room. Often more storage space is made available by adding shelves, racks and hooks.

Planning the Storage Spaces

The first step in good closet arrangement is to decide what we want each closet to do. Therefore take an inventory of all materials, build the closet around them, and allow a slight margin for growth. Our inventory may show such classes as; food, including waste; household tools and equipment; clothing; and books, magazines and toys.

Clothes-closets

These include bedroom closets and the closets for outside wraps. The latter are either in a back hallway for work-clothes or front hall for better clothes. The latter is often in the living room, if there is no front hallway.

A single bedroom should have one closet while double bedrooms should have two if possible. The practical closet will have the following:

1. Light walls-moths and crickets do not like light.
2. Window - lets in light.
3. Ventilation - to let in air, which prevents clothes from smelling dusty.
4. Shelves and boxes for storage.
5. Clothes pole.
6. Hat boxes and racks.
7. Garment and hat protector.
8. Pocket, rack or box for shoes.
9. Shoe trees for each pair of shoes.
10. Ample supply of coat hangers.
11. Laundry bag for personal laundry.



A clothes-closet 4 feet 6 inches (4'6") by six feet six inches (6'6") is wide and deep enough to allow for one side to be lined with shelves, with the centerleft unobstructed, and the other side with the clothes pole and at least one shelf above. The clothes pole should be only three inches above the shoulder of the person using it with the shelf four inches above the pole. (See page 60, Bulletin #65 4-H Home Improvement Handbook.)

A cabinet of drawers may be built in or placed against the back wall between the shelves.

The color scheme of the closet should be made to harmonize with the room colors. New, unused closet shelves may be spar (transparent spar) varnished with the underneath painted like the bedroom wood trim. Wall paper treated with a coat of transparent varnish or white shellac is excellent for covering hat boxes, making hat racks, and covering shoe boxes, etc. Garment and hat protectors made of colored glazed tarlatan, commercially known as Argentine cloth, adds an attractive bit of color. Shoe trees and wooden hangers should be painted to harmonize with the closet color scheme.

#### Arrangement of Clothes-closet

Ease in caring for clothing and keeping the closet in excellent condition depends upon arrangement.

Improvised newspaper bags may be used for storing winter clothes not used in the summer and clothes not used in the winter.

#### Directions for Making:

1. Stitch two thicknesses of newspaper together. Make sure they are at least three inches longer than the longest garment and wide enough to extend beyond the coat hanger on either side.
2. Put the clothes on the hanger neatly.
3. Place the newspaper on either side of the clothes.
4. Fold the top and side edges over onto themselves and pin in place, using a pin at least every four inches. Fold the bottom up twice before pinning. This bag is insect and dust proof.
5. Label each bag so as to identify contents without opening.

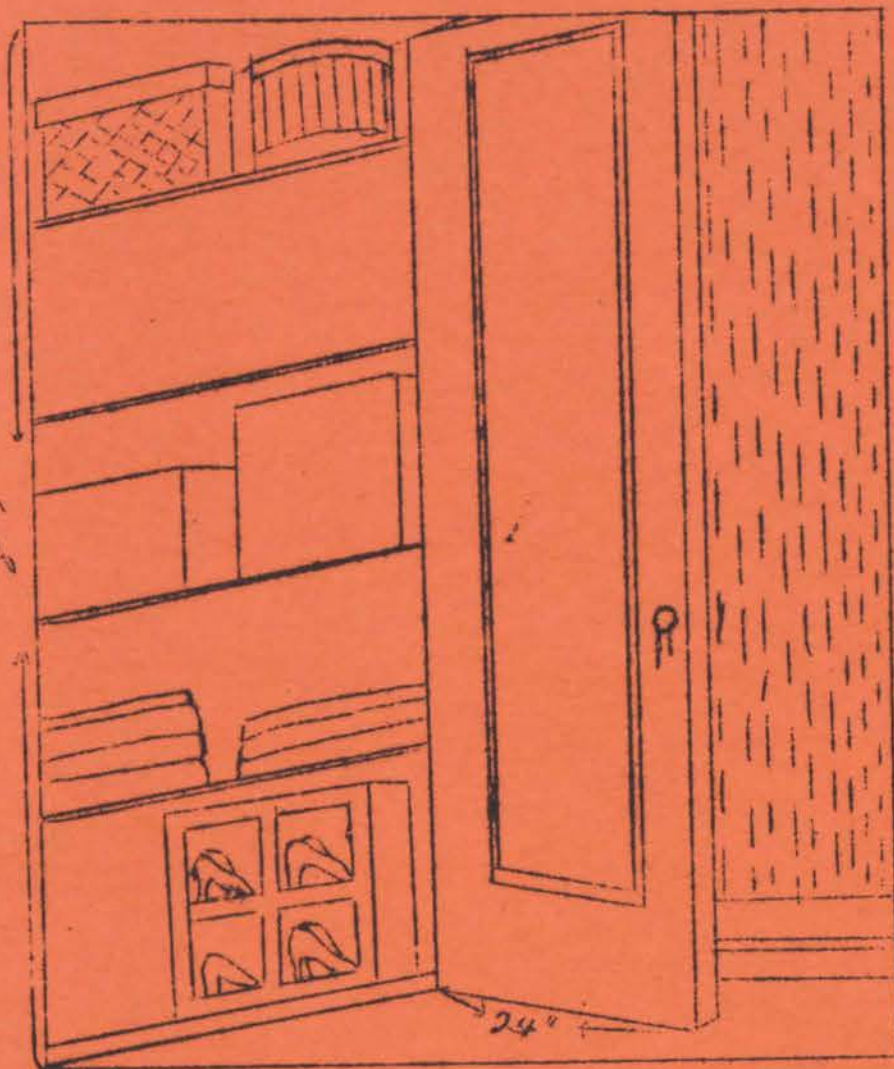
#### Do's

1. Place this bag at the back of the closet.
2. Put your best clothes next to the bag.
3. Put your everyday clothes toward the front, as they are used often and you should not have to push your best clothes out of the way to get to your everyday clothes.
4. Keep your best hat in hat bag or box.
5. Place your everyday hat on rack on the shelf or on a hook just above your everyday clothes.
6. Place your everyday shoes in a shoe pocket, on a shoe rack or shelf nearest your everyday clothes. Put them on shoe trees when over you are not wearing them.
7. Keep your best shoes on shoe trees, Keep them wrapped in cloth or paper.
8. Have a good supply of coat hangers.
9. Keep all of your outer garments on hangers.
10. Have a laundry bag for your personal laundry. See that all soiled clothes are put in the bag.

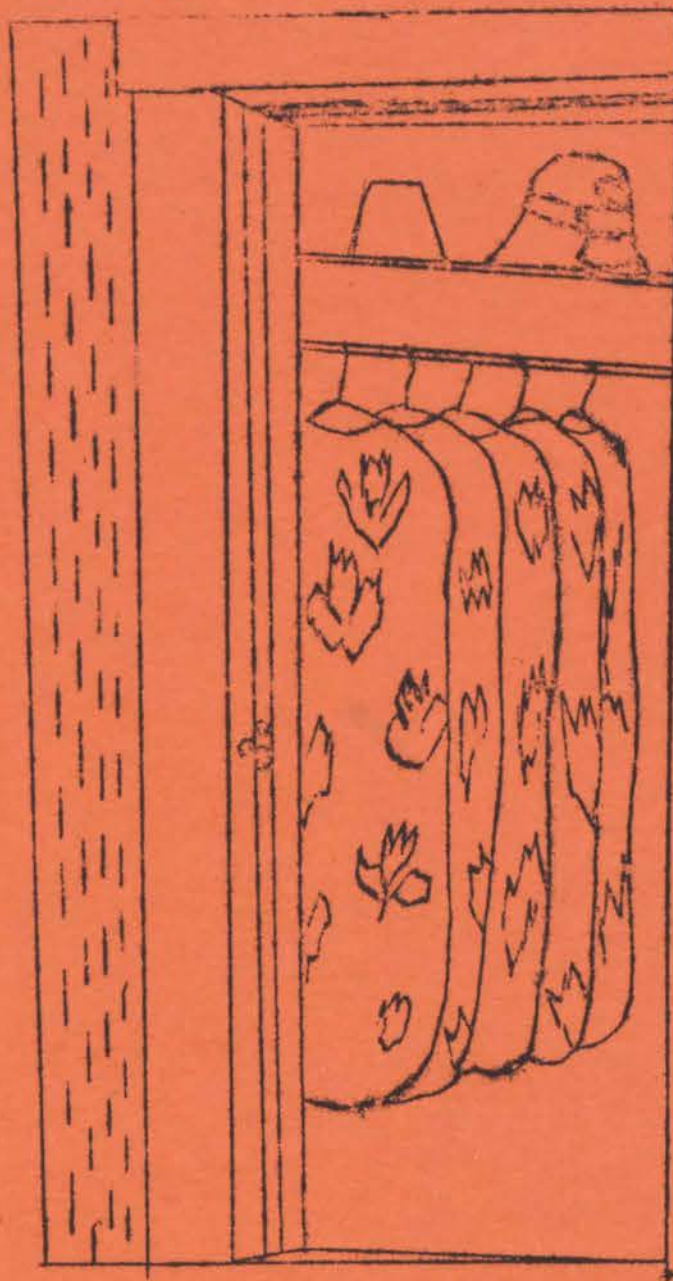


Storage Spaces in the Home

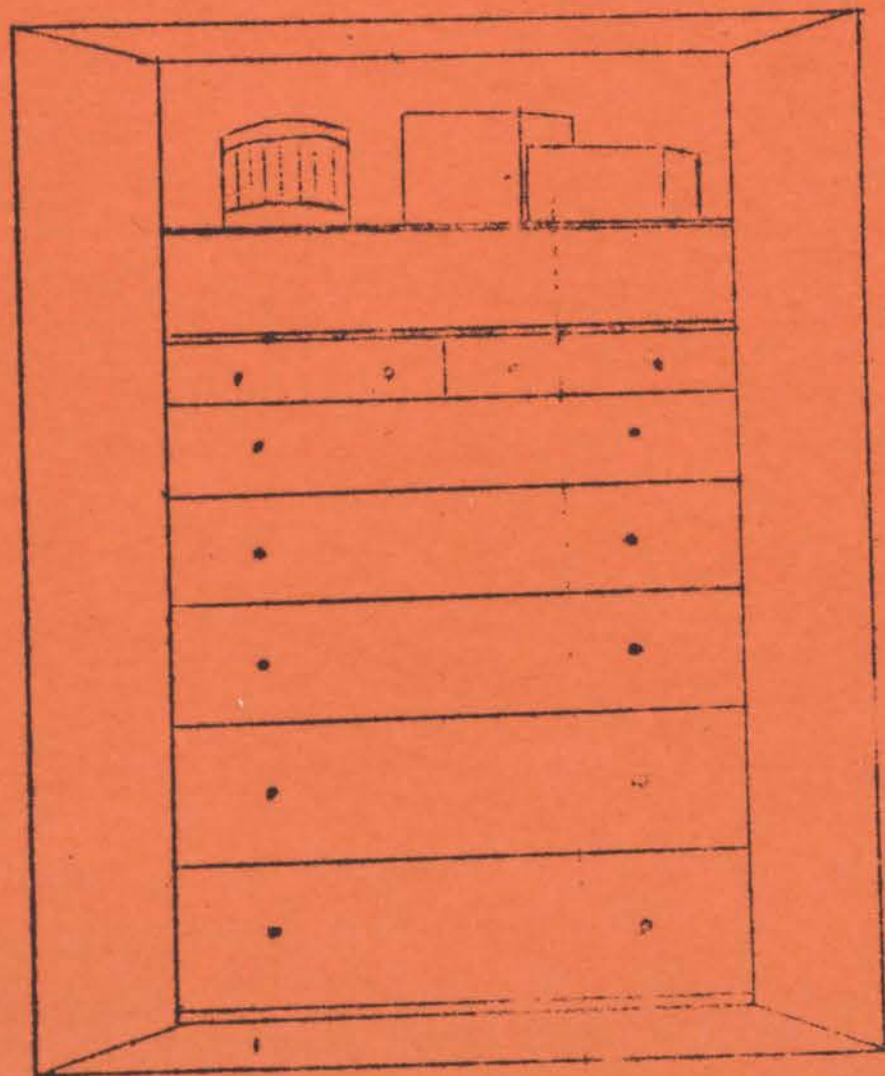
Model Clothes Closet



No. 1  
Right Side View



No. 2  
Left Side View



BACK VIEW

Clothes Closet  
 4'6" x 6'6" with  
 and eight foot ceiling  
 Duplicate of Model Clothes  
 Closet.

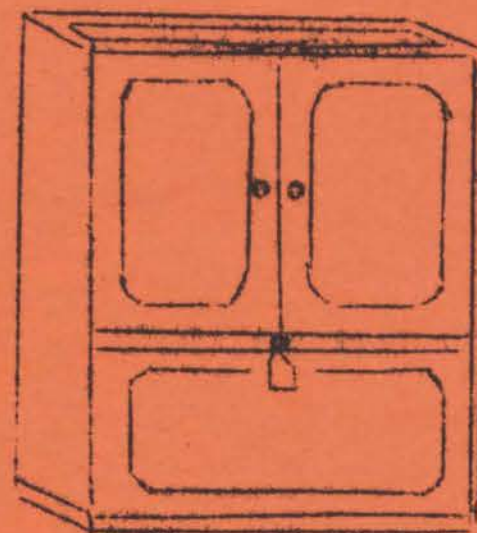


Storage Spaces in the HomeBooks, Magazine, Toys

Books in open shelves or bookcases add much to the charm of a room. Open shelves are either placed against the wall or recessed in it in the construction of the house. An arrangement of shelves on either side of a fireplace or window group is attractive.

Magazines are best placed in closed shelves below the bookshelves or in window seat space if such is available, as used magazines do not usually add to the attractiveness of a room. Magazines need to be sorted often and valuable ones stored away in attic space for future use.

Toys are often accommodated in the living room if there is no play room for them. Window seats or a low drawer accessible to the child will suffice. Provision for toys is as necessary as having space for books and any equipment which adult uses.

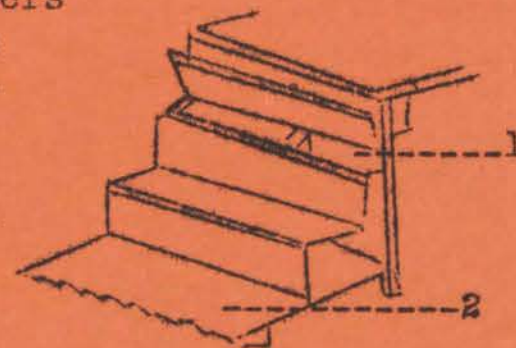


Made height of regulation bookcase, about 4 feet. Shelves 12 inches wide to accommodate wide magazines—Two shelves in upper part, double doors on upper part, drop door on lower-space for toys.

The Wrap Closet

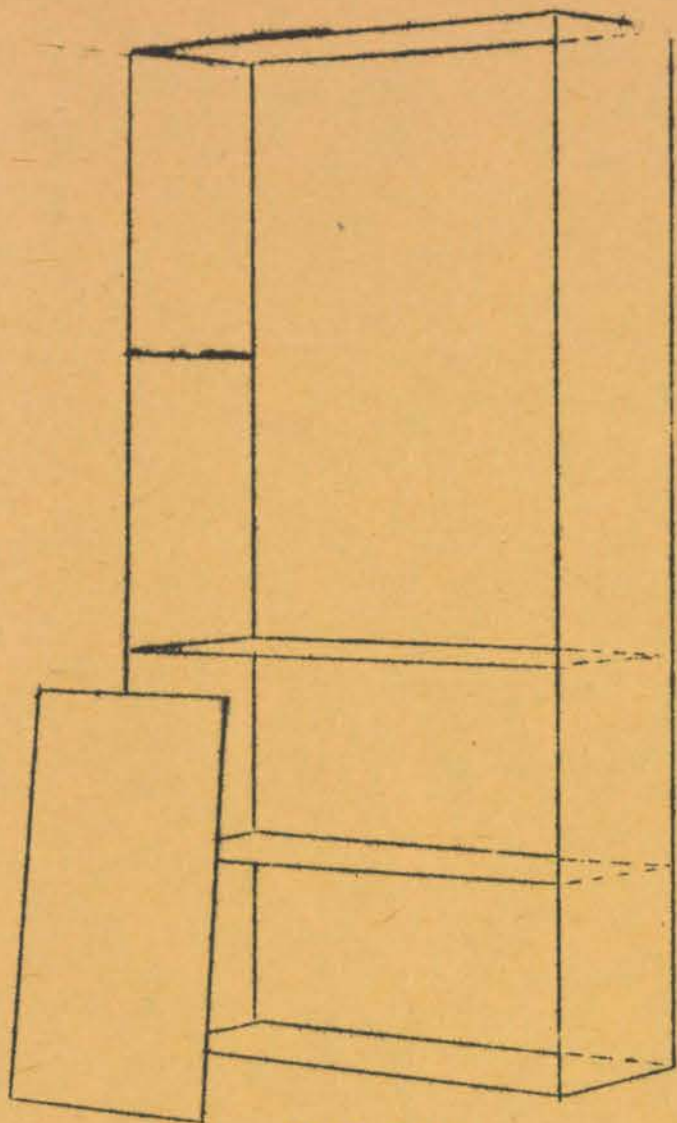
A separate closet for wraps and storm clothes should be provided in the front entrance or under the stairs in the hall. A pole and heavy hangers need to be included here to take care of heavy coats. Low hooks for children's wraps should be added. There will be room for a hat shelf above and lot shelf for rubbers below. A rack on the inside of the door will be convenient for umbrellas. One can purchase a very attractive cabinet to accommodate rubbers and umbrellas, if the hall closet does not take care of them. Such a cabinet is inclosed, nicely finished, and is equipped with shelves in the central section with a bin on either side to hold umbrellas. Its top would serve as a hall table where one might place a decorative object.

Perhaps one wishes to dispose of sraps and rubbers at the back door as well. A coat closet in the back hall is convenient, or a portable cupboard for coats and rubbers which can be moved out on the porch in summer. A possible place for rubbers is to utilize the back steps leading to the grade door. The tread of the second step may be hinged to the riser above, and the inside space enclosed to furnish a box for rubbers.



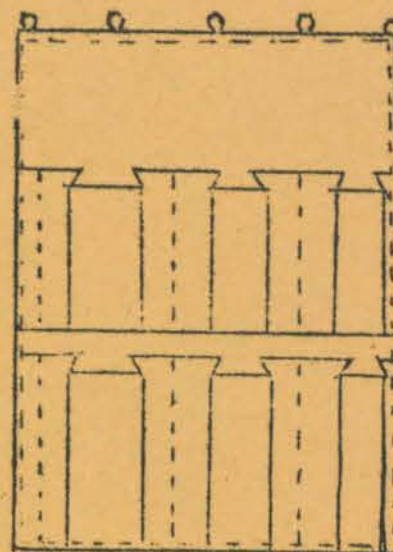
- 1 drawer
- 2 entry landing





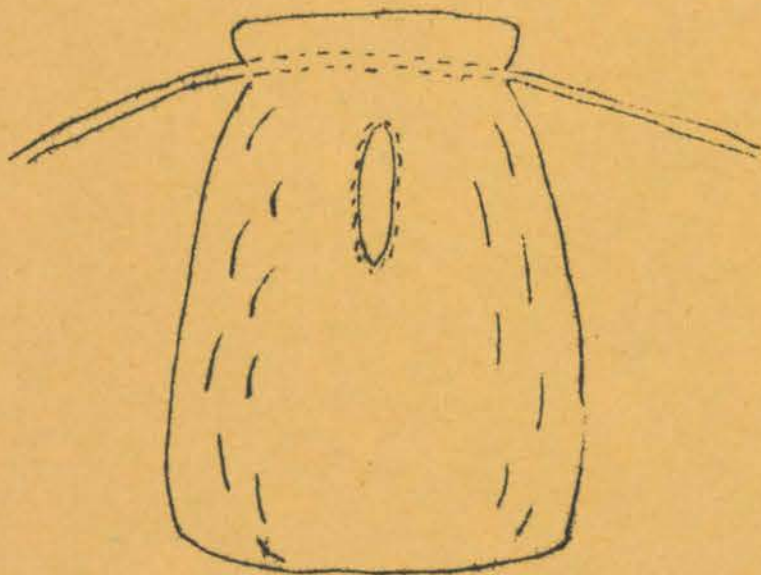
Shoe Box  
Directions for making  
Page 67 to 69, Bulletin #65  
Home Improvement 4-H  
Hand Book

SHOE BAG



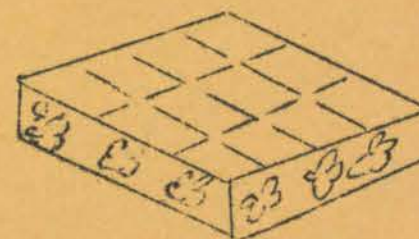
Page 69 to 70  
Bulletin #65  
Home Improvement 4-H  
Hand Book

LAUNDRY BAG



Page 62 to 64  
Bulletin #65  
Home Improvement 4-H  
Hand Book

STOCKING BOX



Page 57 to 59  
Bulletin #65  
Home Improvement 4-H  
Hand Book



COOPERATIVE EXTENSION WORK  
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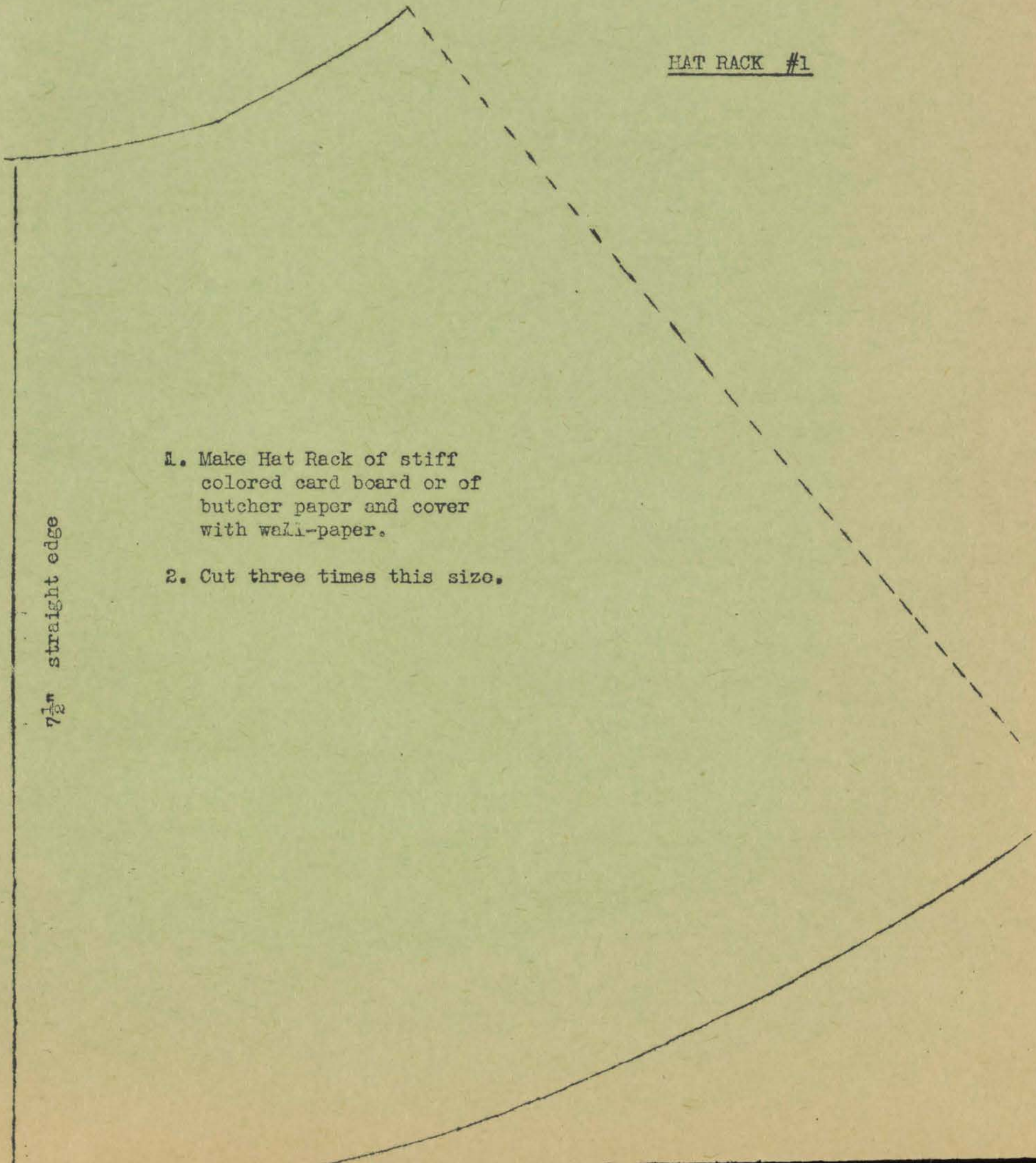
Extension Administration Office  
University of Nevada  
Reno, Nevada

HOME IMPROVEMENT PROJECT

Compiled by Orpha A. Miller

Storage Spaces in the Home

HAT RACK #1



7 1/2" straight edge

1. Make Hat Rack of stiff colored card board or of butcher paper and cover with wall-paper.
2. Cut three times this size.



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF NEVADA

University of Nevada  
Agricultural Extension Division  
and U. S. Department of Agriculture  
Cooperating

Extension Administration Office  
University of Nevada  
Reno, Nevada

HOME IMPROVEMENT PROGRAM

Storage Spaces in the Home

SHOE RACK

List of Material:

2 pieces  $3/4$ "x10"x15"

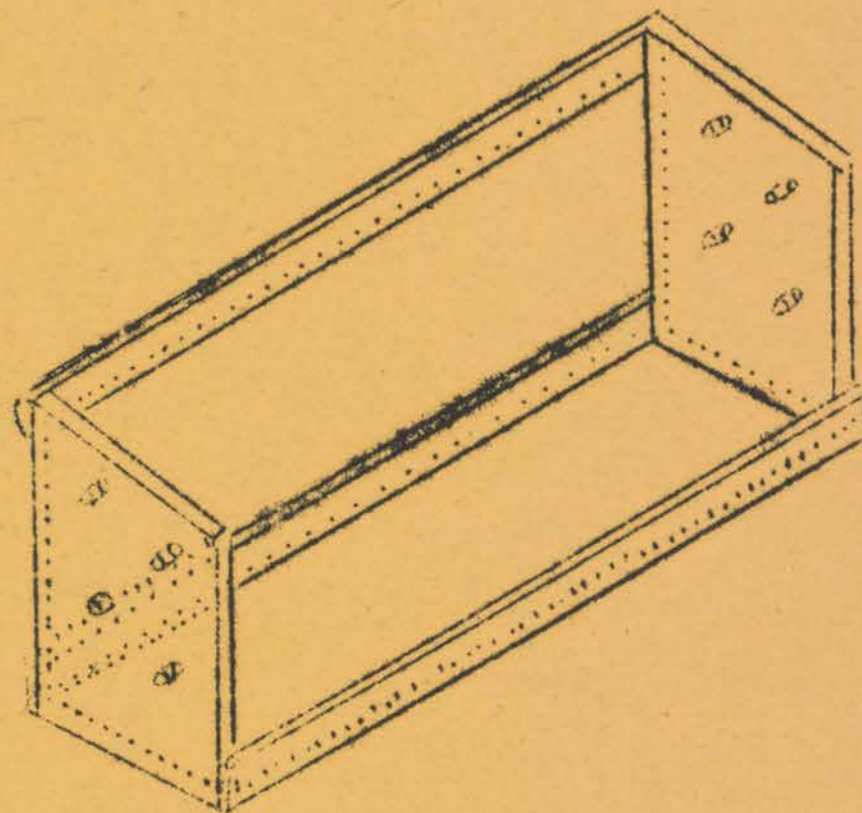
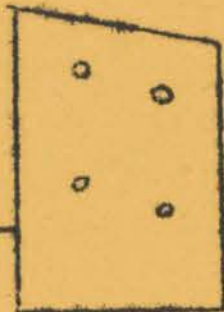
3 "  $1/2$ "x2"xlength  
of width of clothes-  
closet door.

4 pieces  $1/2$ " dowels  
length of width of  
clothes-closet door.

or

4 broom sticks may  
be used in place of  
dowels.

Nails or screws suit-  
able for lumber  
used.



DIRECTIONS FOR MAKING

Take the two boards  $3/4$ " thick, 10" wide, cut 15" on one side and 13" long on the other.

With an auger bit, same size as dowels, bore four holes through each board. Insert the dowels or broom sticks.

Nail the narrow strips on the back of the 10" x 15" board, one at the top and one at the bottom. Nail the third narrow strip on the front at the bottom.



H O M E I M P R O V E M E N T P R O J E C T

Compiled by Orpha A. Miller

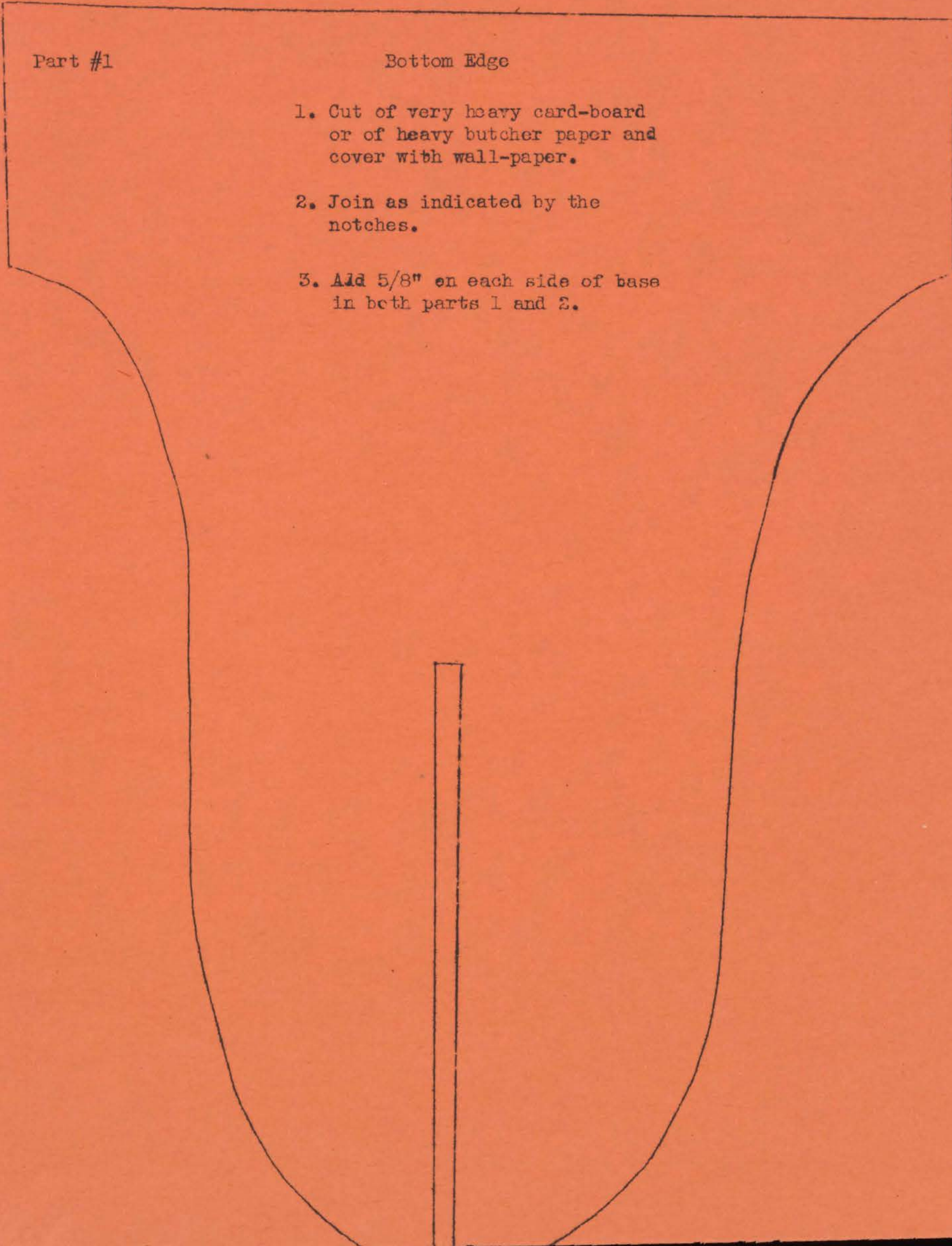
Storage Spaces in the Home

HAT RACK #2

Part #1

Bottom Edge

1. Cut of very heavy card-board or of heavy butcher paper and cover with wall-paper.
2. Join as indicated by the notches.
3. Add  $5/8$ " on each side of base in both parts 1 and 2.





Compiled by Orpha A. Miller

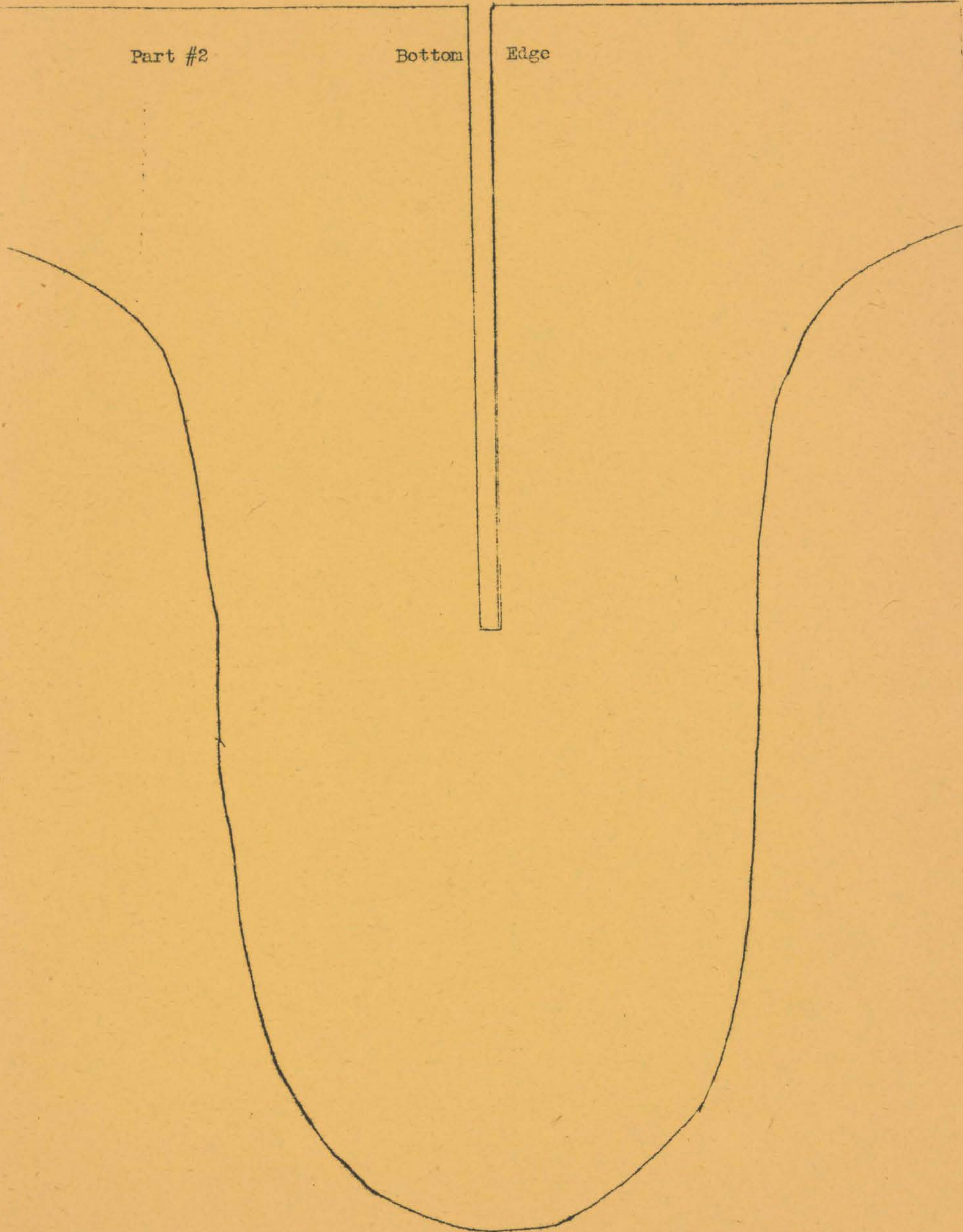
Storage Spaces in the Home

HAT RACK #2

Part #2

Bottom

Edge





## Clark - Lincoln Counties

<p>Community            March 30 P. M. South End - Mrs. Joe Matheus</p>	<p>We gave the Bedroom, Living Room Storage as well as the Outdoor Wrap Closet demonstration, using the State Demonstration Miniature Model Clothes Closet. As a result of this we made two home visits to plan wrap and china linen closets the next morning.</p>
<p>Method Demonstration            Attendance 15</p>	
<p>March 30 Evening South End - Farm Center Meeting            Method Demonstration            Attendance 35</p>	<p>Gave the Adequate Farm Home lighting demonstration showing the three lighting problems, glare, intensity and quality and the recipes of lighting.</p>
<p>March 31 A. M. Home Visit - Mrs. J. E. Batchelder</p>	<p>Planned a linen and china cupboard in combination with the breakfast table - the china cupboard with the linen cupboard below. The door to the china cupboard forms the breakfast table when let down and braced.</p>
<p>March 31 A. M. Home Visit - Mrs. Henry Keema</p>	<p>Planned an Outdoor Wrap Closet on back porch since the kitchen will later be made on the porch we desired the closet to be rather temporary so we planned it to be of a triangle shape to fit in the corner and to be on ball-bearing casters so it could easily be moved from one end of the porch to the other.</p>
<p>March 31 P.M. Smith Valley - Mrs. Frank Simpson            Method Demonstration            Attendance 16</p>	<p>The same demonstration was given here on Storage as was given at the South End. As a result of this we planned a magazine storage case later in the afternoon.</p>
<p>March 31 P.M. Smith Valley - Home Visit - Mrs. Frank Stickney</p>	<p>Planned a magazine storage case for book magazines.</p>
<p>March 31 Evening - Smith Valley - Farm Center-Meeting            Attendance 100</p>	<p>Repeated the same Home Lighting demonstration as that given at South End.</p>
<p>April 1 A. M. Wabuska - Home Visit            Mrs. Tony Farias</p>	<p>This house has been moved on to the farm, is in very good condition but needs another bedroom, bath-room, rearranged kitchen and addition to living room. We planned the bath-room to come from one side of kitchen. A drain-board is to be built along side of wall of kitchen leaving a place between outside door and drain-board for the breakfast table. The range is to be against the living room wall. Care was taken in planning to keep the working area free from travel thru the house. The living-room is to have five feet added to its width with a pair of french doors in the center and a book case and desk on either side of the doors. Refinish paints and colors will be planned later after the remodeling is completed.</p>



## Clark - Lincoln Counties

April 1 P. M. Yerington at Better Homes Program of Federated Clubs. Method Demonstration Attendance 35. The same demonstration of Adequate Storage for Living and Bed Rooms and the Outdoor Wrap Closet was given here.

April 1 P. M. Yerington - Home Visit Mrs. Frank Cox Planned and rearranged Clothes Closet.

April 1 P. M. Yerington - Home Visit Mrs. L. D. Riley Planned some chair upholstery and re-finish for walls and chairs.

April 1 Evening Wabuska Method Demonstration Attendance 75 Gave the Adequate Lighting Demonstration here as a part of the Light Celebration program held here.

April 2 A. M. Yerington - Home Visit Mrs. L. Masini Planned ecru filet net glass curtains and deep red damask side drapes for living and dining rooms. Also glazed chintz for breakfast room.

Summary of all work done in each County of the State during the Field Trip:

1. Lyon

	Lighting Method Demonstrations		Interiors Storage -Back Ground Planning	
	No.	Att.	No.	Att.
Days in the County.....	3			
Night Meetings.....	2	210		
Method Demonstration Meetings			3	66
Home Visits.....			3	
Communities Visited.....	3		3	
Total Storage Spaces Planned..	7			
Draperies Planned.....	1			
Houses To Be Refinished.....			1	
Rooms Involved:..Bath.....			1	
Kitchen.....			1	
Dining Room...			1	
Living Rooms...			1	
Bed Rooms.....			2	

2. Churchill

Days in the County.....	3			
Night Meetings.....	1	40		
Method Demonstration Meetings.			3	164
Home Visits.....			3	
Communities Visited.....	1		4	

Storage Spaces Planned..



Clark - Lincoln Counties

2. <u>Churchill</u> Cont.	Lighting Method Demonstrations		Interiors Storage - Back Ground Planning s	
	No.	Att.	No.	Att.
Storage Spaces Planned.....4				
Houses To Be Refinished Or Finished.....			1	
Rooms Involved: Living Room....			1	
Kitchen.....			1	
Bath			1	
3. <u>Washoe</u>				
Days In The County..... 2				
Method Demonstration Meetings...			1	10
Home Visits.....7				
Communities Visited.....2				
Draperies Planned.....1				
Houses Planned.....1				
Rooms Involved:.....				
Kitchen & Dining Room..1				
Living Room.....1				
Bed-Room.....1				
Storage Spaces Planned.....			3	
4. <u>Elko</u>				
Days In The County.....5 (One on Food Preservation)				
Home Visits.....		3		
Communities Visited.....4				
Method Demonstration Meetings....			4	78
Draperies Planned.....1				
Tours.....1				
5. <u>White Pine and Eureka</u>				
Days In The County.....4 (One on Food Preservation)				
Communities Visited.....5				
Method Demonstration Meetings....	(3)	(36)	3	36
Method Demonstration Meetings....			1/9	



## PINE VALLEY HOMEMAKERS CLUB HAS BIG MEETING

The Pine Valley Homemakers Club met at the beautiful new home of Mr. and Mrs. Pete Carletti last Saturday for an all-day meeting.

Miss Herr was accompanied by Miss Miller, demonstration agent from another district in the State, who is a specialist in interior decoration. The main talks were given on clothing storage space and living room storage space, but instructions were also given in upholstery and draperies. Many new ideas were diffused to the large number present.

It was the largest gathering at any meeting of the Homemakers clubs this year in the White Pine and Eureka district.

Besides the regular Pine Valley members, three members of the Diamond Valley Club were present, and three Pine Valley residents who became new members of the club. Among those present were five teachers and seven ex-teachers, nine of them active members. Seventeen were present.

A most adequate and delicious buffet luncheon was served consisting of cheese sandwiches with dill pickles, chicken salad with Russian mayonnaise, deviled eggs garnished with lettuce and stuffed olives, glorified rice, Chinese chews, fruit punch and white cake and chocolate cake.

Mrs. Carletti proved herself a most charming and capable hostess. She was ably assisted in serving by her 12-year-old daughter, Renee, Miss Fern Johnson and Mrs. Blanchard.

A delightful day was enjoyed by all. Such meetings promote community interests as well as better home facilities.

Home Improvement Specialist  
Publicity

"The Eureka Sentinel"

April 25, 1931



## Better Homes Week Program to be Given In Elko County

This week has been designated as Better Homes Week throughout the nation and extension bureaus throughout the country are cooperating in arranging attractive programs in order to encourage interest in the project.

Miss Orpha Miller, home improvement specialist connected with the extension service will arrive in Elko tomorrow and will hold demonstrations throughout the county, accompanied by illustrated lectures, according to Miss Margaret Brenner, extension agent.

Wednesday afternoon she will hold a meeting with the Lamoille Homemakers' club giving a demonstration and illustrated lecture and discussing various subjects pertaining to home making with the members of the club.

On Thursday afternoon she will conduct a tour of better homes in Elko, the tour to start from the Homemakers' club at 2 o'clock. The

homes of Mrs. Milton Badt, Mrs. Karl Keppler, Mrs. Chris Sheerin and Mrs. Roach will be visited. These are considered model homes of different types.

Conveyances will be provided at the Homemakers club so that all person who wish, may go on the tour

Following the tour the group will return to the Homemakers' club where a demonstration and illustrated lecture will be given by Miss Miller. She is emphasizing particularly the problem of storage in the home and has a number of miniature clothes closets arranged to illustrate the best possible manner of storage. She will also lecture on interior decoration.

On Friday afternoon a similar tour will be made of various homes in Wells followed by the lecture and demonstration. A large number of persons are expected to be in attendance at the meeting in Elko as an invitation has been extended to chairmen of the various Better Homes committees throughout the county to attend and to bring their friends.

Home Improvement Specialist  
"Publicity"  
"Elko Independent"  
April 7, 1931



## Clark - Lincoln Counties

In addition to this Field Trip, the Agent spent one day in White Pine County giving two demonstrations at the Demonstration School given at Lund.

## 5. Subject Matter Method Demonstration at Junior Farm Bureau Camp.

During the week of August 10th our Annual State Farm Bureau Camp, was held at the University Campus, Reno. All 4-H Club Girls attending, were divided into companies. The Agent had three subject matter classes in Good Growth and Development as related to Posture. Each company of girls attended these classes. The subject matter presented followed the inclosed outline:

- I. Show the two charts entitled "Grow Fine Club Members"  
As you notice one of the ways of growing fine club members is to develop good posture.
- II. Standing Posture (Approximately 7 minutes)  
What is good standing posture? (Illustrate with two girls in bathing suits)
  1. A stands well, B stands poorly, etc.
  2. Muscle group concerned in posture. (Use chart provided by Washington Office and illustrate with children A and B.)
  3. Correct B's poor standing posture.
- III. Sitting Posture (Approximately 7 minutes.)
  1. Illustrate good and bad posture in sitting. (Should have 2 chairs, one poor one for the growing body and one a good one, also a foot stool)
  2. Correction of bad sitting posture.
  3. Chairs that fit the figure.
- IV. Sleeping Posture (Approximately 7 minutes.)  
Effect of sleeping position on posture.
  1. Contrast between poor springs and good springs.
    - a. Two children and if at all possible - a good bed and a poor bed.
  2. Pillows.
    - a. A high, heavily stuffed pillow.
    - b. A small thin pillow.
  3. Bed Clothing.  
Show effect of heavy bed covering resting on the foot and pressing on the chest.
- V. Some things that cause bad posture. (10 Minutes).
  1. Carrying weights on ones side.
  2. Standing with weight on one foot.
  3. Carrying a heavy pail of water or food.
  4. High heels. (Blocks of wood height of high heels).
  5. The "debutante slouch".
- VI. Fitting club members to be their own best exhibits. (Approximately 10 minutes.) (Two girls in bathing suits, a broom stick).
  1. Strengthening the abdominal muscles, the key to good posture. Give four exercises.
  2. Bringing head back and correcting round shoulders. Give four methods.
  3. Taking the sway out of the back. Give two exercises.
  4. General exercises of the posture muscles.



## Clark - Lincoln Counties

- VII. Summarize work by showing a chart "Points to Work for in Young Children."
- VIII. Gave the Posture Yell:  
"Stand straight, stand tall, if you're going to stand at all".
6. Preparation of 4<sup>th</sup> Club Improvement Hand Book Demonstration II "Be Your Own Decorator".

This book is in the process of being written and includes Decoration and Arrangement Principles for each room of the house.

RESULT SUMMARIES

- |  |        |
|--|--------|
| 1. Number of days agent spent in State Home Improvement Work (Field Trip)..... | 18 7/8 |
| 2. Number of Counties Participating.....                                       | 6      |
| 3. Number of Meetings Held in Relation to Line of Work..                       | 26     |
| 4. Attendance at these Meetings.....   | 748    |
| 5. Number of news stories published.....                                       | 10     |
| 6. Number of Farm Visits.....  | 25     |