

AC 89  
B042

University of Nevada  
Agricultural Extension Division

CECIL W. CREEL, Director



ANNUAL REPORT

FOR

ELKO COUNTY

MARGARET BRENNER, County Extension Agent

1931

AC 0089/1/40

# 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 ELKO

Report of Margaret Brenner County Extension Agent  
(Name) (Title)

From January 5, 1930 to November 1, 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 / 40

## 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

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

**Margaret Brenner** County Extension Agent **10**  
 (Name) (Title) (Months of service this year)

2. County extension organization or association.

(a) Name **Elko County Farm Bureau; Homemakers' Clubs**

(b) Number of members **160** (1) Men **70**  
 (2) Women **90**  
**30**

3. Number of communities in county where extension work should be conducted **30**

4. Number of above communities in which the extension program has been cooperatively worked out by extension agents and local committees **15**

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

(a) Adult work **and Keep Growing** (1) Men **0**  
 (2) Women **109**  
 (b) 4-H Club work (1) Men **0**  
 (2) Women **12**  
 (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 **and Keep Growing** **28**

7. Members in above clubs or groups **546**

8. Number of 4-H Clubs **12**

9. Number of different 4-H Club members enrolled (a) Boys **0**  
 (b) Girls **76**

10. Number of different 4-H Club members completing (a) Boys **0**  
 (b) Girls **60**

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
(b) Girls	52	18	3	1	0	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
Girls	22	15	16	8	4	6	2	1	2	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

13. Number of 4-H Club members in school **76** Out of school **0**

14. Number of 4-H Club teams trained (a) Judging **3**  
 (b) Demonstration **9**

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

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

17. Total number of farm visits <sup>2</sup> made in conducting extension work **0**

18. Number of different farms visited **0**

19. Total number of home visits <sup>2</sup> made in conducting extension work **426**

20. Number of different homes visited **214**

21. Number of calls relating to extension work (a) Office **183**  
 (b) Telephone **128**

22. Number of days agent spent in office **114**

23. Number of days agent spent in field **151 1/2**

24. Number of news articles or stories published <sup>3</sup> **51**

25. Number of individual letters written **320**

26. Number of different circular letters prepared (not total copies mailed) **21**

27. Number of bulletins distributed **695**

28. Number of radio talks made **0**

29. Number of events at which extension exhibits were shown **5**

30. Training meetings held for local leaders or committeemen (a) Adult work (1) Number **0**  
 (2) Total men leaders attending **0**  
 (3) Total women leaders attending **0**  
 (b) 4-H Club (1) Number **24**  
 (2) Total leaders attending **216**

31. Method demonstration meetings held (do not include meetings reported under No. 30) (a) Number **78**  
 (b) Total attendance **864**

32. Meetings held at result demonstrations (a) Number **100**  
 (b) Total attendance **2311**

33. Tours conducted (a) Number **2**  
 (b) Total attendance **60**

34. Achievement days held (a) Adult work & K. G. (1) Number **4**  
 (2) Total attendance **90**  
 (b) 4-H Club (1) Number **4**  
 (2) Total attendance **200**

<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.

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

35. Encampments held	(a) Farm women	(1) Number	0
	(2) Total members attending	(2) Total members attending	0
	(3) Total others attending	(3) Total others attending	0
	(1) Number	(1) Number	0
	(2) Total boys attending	(2) Total boys attending	0
	(3) Total girls attending	(3) Total girls attending	0
	(4) Total others attending	(4) Total others attending	0
36. Other meetings of an extension nature participated in and not previously reported	(a) Number	(a) Number	67
	(b) Total attendance	(b) Total attendance	5178
37. Meetings held by local leaders or committeemen not participated in by agent and not reported elsewhere	(a) Adult work	(1) Number	16
	(2) Total attendance	(2) Total attendance	375
	(b) 4-H Club	(1) Number	89
	(2) Total attendance	(2) Total attendance	532

PROGRAM SUMMARY  
(Nevada Substitute)

List below information on each subdivision of the program of work. Include under each heading all 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)	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. 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
	Home Gardens and Variety Tests	6	8	0	13 <sup>3</sup> / <sub>4</sub>	0	0	0	8	1	4	0	0	
	Paper Mulch	0	0	0	0	0	0	0	0	0	0	0	0	
	Home Grounds Improvement	(4)	7	2	10	1	7	0	125	6	50	0	0	
43	Sub-total Home Gardens	6	15	2	11 <sup>3</sup> / <sub>4</sub>	1	7	0	135	7	54	0	0	
	House Planning and Remodeling	3	5	1	1 <sup>1</sup> / <sub>4</sub>	0	0	0	(4)	1	3	0	0	
48	Sub-total Home Engineering	3	5	1	1 <sup>1</sup> / <sub>4</sub>	0	0	0	(4)	1	3	0	0	
	Food Selection and Preparation	(6)1	12	2	38	114	13	4	68	57	89	8	28	
	Food Preservation	(4)1	12	0	8	(1) 12	0	2	14	12	13	(2)	4	
	Keep Growing	21	21	22	54 <sup>1</sup> / <sub>2</sub>	75	13	8	58	13	21	67	0	
	Specialist Work	0	0	6	18	0	2	0	0	0	0	0	0	
54	Sub-total Nutrition	23	45	30	118 <sup>1</sup> / <sub>2</sub>	201	28	14	148	83	531	75	32	
	Prepare for School Round Up	9	9	5	2	9	2	1	0	0	38	(9)	9	
	Pre-school Home Demonstrations	(2)2	13	0	5 <sup>3</sup> / <sub>4</sub>	9	0	0	0	2	13	9	1	

<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.

**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)  Sheet No. <u>2</u>	Number of communities or other units participating	Number of leaders or committeemen assisting	Days specialists helped with line of work	Days agents devoted to line of work	No. meetings held in relation to line of work	No. news stories published	No. circular letters issued	No. farm or home visits made	No. office calls made	No. result demonstrations completed or carried thru year	No. meetings at result demonstrations	No. method demonstration meetings	QUESTION NUMBER
		(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	(l)	
55	Sub-total Child Training & Care	11	22	5	7 $\frac{3}{4}$	18	2	1	10	2	51	13	1	
	Hosiery	(2)	0	2	1 $\frac{1}{2}$	2	1	0	0	0	5	0	2	
	Clothing Selection & Construction	5	5	1	26	83	4	2	52	30	24	10	26	
56	Sub-total Clothing	5	5	3	27 $\frac{1}{2}$	85	5	2	52	30	29	10	28	
	Food Cost Accounts	0	0	0	0	0	0	0	0	0	0	0	0	
57	Sub-total Home Management	0	0	0	0	0	0	0	0	0	0	0	0	
	Home Improvement, Interior	5	2	5	14	<sup>6</sup> (6)	4	0	40	4	(7)	0	(6)	
58	Sub-total Home Furnishings	5	2	5	14	6	4	0	40	4	(7)	0	4	
	Homemakers' Clubs	(4)	(4)	0	13	36	0	1	9	13	<sup>(5)</sup> 16	2	13	
	Farm Bureau Cooperation	(7)	7	4	2 $\frac{1}{2}$	6	0	0	0	1	0	0	0	
	Fair Board Cooperation	15	16	0	21 $\frac{3}{4}$	13	4	2	34	38	0	0	0	
60	Sub-total Community Activities	15	23	4	37 $\frac{1}{4}$	55	4	3	43	52	21	2	13	
	Extension Organization	0	0	22	14	7	0	0	0	0	0	0	0	

<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.

EXPENSES ON ORGANIZATION	0	0	33	74	4	0	0	0	0	0	0	0
EXP-10000 COMMUNITY VOLUNTEERS	12	52	4	257	88	4	2	42	25	37	2	19
MAIL HOME COOPERATION	10	70	0	375	72	4	5	24	28	0	0	0
MAIL HOME COOPERATION	(3)	2	4	32	8	0	0	0	7	0	0	0
HOUSEHOLDS, CLUBS	(4)	(4)	0	72	20	0	7	8	12	(7)	2	72
EXP-10000 HOME DEMONSTRATIONS	2	5	2	14	9	7	0	40	4	(1)	0	7
HOME DEMONSTRATIONS, PROJECTS	2	5	2	14	(9)	7	0	40	4	(1)	0	(7)
EXP-10000 HOME DEMONSTRATIONS	0	0	0	0	0	0	0	0	0	0	0	0
HOME DEMONSTRATIONS	0	0	0	0	0	0	0	0	0	0	0	0
EXP-10000 STORES	2	2	2	548	80	2	2	25	20	50	70	20
STORES, DISTRIBUTION & DEMONSTRATION	2	2	7	30	82	4	5	23	20	24	70	30
STORES	(5)	0	5	14	5	7	0	0	0	0	0	5
EXP-10000 STORES, DISTRIBUTION & DEMONSTRATION	77	25	2	14	70	3	7	70	3	27	72	7

**PROGRAM SUMMARY**  
(Nevada Substitute)

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QUESTION NUMBER	LINE OF WORK (Name and Number of Project)	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
63	Sub-Total Organization	0	0	22	14	7	0	0	0	0	0	0	0	
	Miscellaneous	0	0	0	33½	1	1	1	(8)	4	0	0	0	
61	Sub-total Miscellaneous	0	0	0	33½	1	1	1	(8)	4	0	0	0	
	<b>GRAND TOTAL</b>	<b>68</b>	<b>117</b>	<b>72</b>	<b>265½</b>	<b>374</b>	<b>51</b>	<b>21</b>	<b>426</b>	<b>183</b>	<b>684</b>	<b>100</b>	<b>78</b>	

<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.

## 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	Number of leaders or committeemen assisting	Days specialists helped with line of work	Days agent devoted to line of work	Number of meetings held in relation to line of work	Number of news stories published	Number of different circular letters issued	Number of farm or home visits made	Number of office calls received
	(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(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).....	6	5	2	11 $\frac{1}{2}$	1	7	0	133	7
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).....	34	45	19	116 $\frac{1}{2}$	217	28	12	148	83
54. Foods and nutrition (page 18).....	13	22	0	7 $\frac{3}{4}$	14	2	1	10	2
55. Child training and care (page 19).....	7	5	3	27 $\frac{1}{2}$	85	5	2	52	30
56. Clothing (page 20).....	3	5	1	1 $\frac{1}{4}$	0	0	0	4	1
57. Home management (page 21).....	5	7	4	14	12	4	0	36	4
58. House furnishings (page 22).....									58
59. Home health and sanitation (page 23).....	9	14	0	37 $\frac{1}{2}$	42	4	3	43	52
60. Community activities (page 24).....	0	0	0	33 $\frac{1}{2}$	1	1	1	8	4
61. Miscellaneous (page 24).....									61
62. Building extension program of work <sup>1</sup> .....									62
63. Organization—extension association and committee <sup>2</sup> .....	0	0	22	14	7	0	0	0	0

(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.



CEREALS<sup>1</sup>

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

Item	(a)	(b)	(c)	(d)	(e)	(f)
	Corn	Wheat	Oats	Rye	Barley	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.
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.

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.

LEGUMES AND FORAGE CROPS

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

Item	(a)	(b)	(c)	(d)	(e)	(f)
	Alfalfa	Sweet clover	Clover (red, alsike, white)	Vetch	Lespedeza	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
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

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.



FRUITS, VEGETABLES, AND BEAUTIFICATION OF HOME GROUNDS

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

Item	(a) Home gardens	(b) Market gardening, truck, and canning crops	(c) Beautification of home grounds	(d) Tree fruits	(e) Bush and small fruits	(f) Grapes	
88. Number of method demonstration meetings held.....	0	0	6	0	0	0	88
89. Number of adult result demonstrations completed or carried into the next year.....	4	0	61	0	0	0	89
90. Total number of acres included in adult result demonstrations.....	x x x x x	0	x x x x x	0	0	0	90
91. Average increased yield per acre on adult result demonstrations due to recommended practices.....	x x x x x	0 bu.	x x x x x	0 bu.	0 qts.	0 lbs.	91
92. Number of 4-H Club members enrolled.....	(1) Boys.....	0	0	0	0	0	92
	(2) Girls.....	0	0	0	0	0	
93. Number of 4-H Club members completing.....	(1) Boys.....	0	0	0	0	0	93
	(2) Girls.....	0	0	0	0	0	
94. Number of acres grown by club members completing.....	0	0	x x x x x	0	0	0	94

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)

FORESTRY

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

95. Number of method demonstration meetings held.....		95
96. Number of adult result demonstrations completed or carried into the next year.....		96
97. Number of 4-H Club members enrolled.....	(a) Boys.....	97
	(b) Girls.....	
98. Number of 4-H Club members completing.....	(a) Boys.....	98
	(b) Girls.....	
99. Number of transplant beds cared for by club members completing.....		99
100. Number of acres farm wood lot managed by club members completing.....		100
101. Number of new forest or farm woodland areas planted according to recommendations.....		101
102. Acres involved in preceding question.....		102
103. Number of farms assisted in forest or wood-lot management.....		103
104. Acres involved in preceding question.....		104
105. Number of farms planting windbreaks according to recommendations.....		105
106. Number of farms following recommendations as to control of white-pine blister rust.....		106
107. Number of farms assisted in other ways relative to forestry (specify below).....		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

AGRICULTURAL ENGINEERING

(Farm and Home)

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

111. Number of method demonstration meetings held.....	0	111
112. Number of adult result demonstrations completed or carried into the next year.....	0	112
113. Number of 4-H Club members enrolled.....	(a) Boys..... 0	113
	(b) Girls..... 0	
114. Number of 4-H Club members completing.....	(a) Boys..... 0	114
	(b) Girls..... 0	
115. Number of farms following recommendations in installing drainage systems.....	0	115
116. Acres drained by such systems.....	0	116
117. Number of farms following recommendations in installing irrigation systems.....	0	117
118. Acres irrigated by such systems.....	0	118
119. Number of farms building terraces and soil-saving dams to control erosion according to recommendations.....	0	119
120. Acres on which soil erosion was so prevented.....	0	120
121. Number of farms clearing land of stumps or boulders according to recommended methods.....	0	121
122. Number of families assisted with house-planning problems.....	5	122
123. Number of dwellings constructed according to plans furnished.....	0	123
124. Number of dwellings remodeled according to plans furnished.....	3	124
125. Number of sewage-disposal systems installed according to recommendations.....	0	125
126. Number of water systems installed according to recommendations.....	0	126
127. Number of heating systems installed according to recommendations.....	0	127
128. Number of lighting systems installed according to recommendations.....	0	128
129. Number of farms on which buildings other than dwellings were constructed or remodeled this year according to plans furnished.....	0	129
	(a) Dairy barns..... 0	130
	(b) Hog houses..... 0	
130. Number of buildings involved in preceding question.....	(c) Poultry houses..... 0	
	(d) Silos..... 0	
	(e) Other..... 0	
130 $\frac{1}{4}$ . Number of farms or homes following recommendations on maintenance and repair of machinery.....	0	130 $\frac{1}{4}$
	(a) Tractors..... 0	130 $\frac{1}{2}$
130 $\frac{1}{2}$ . Number of machines involved in preceding question.....	(b) Tillage implements..... 0	
	(c) Harvesters and threshers..... 0	
	(d) Other..... 0	
130 $\frac{3}{4}$ . Number of farms employing better types of machinery or equipment recommended by extension agent.....	0	130 $\frac{3}{4}$

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

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

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

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)

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.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	163
164. Value of supplies purchased by all associations worked with.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	164
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)

**FOODS AND NUTRITION**

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

184. Number of method demonstration meetings held.....	32	184																				
185. Number of adult result demonstrations completed or carried into the next year.....	73	185																				
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Food selection and preparation (a)</th> <th style="text-align: center;">Food preservation (b)</th> <th></th> </tr> </thead> <tbody> <tr> <td rowspan="2">186. Number of 4-H Club members enrolled.....</td> <td>(1) Girls.....</td> <td style="text-align: center;">44</td> <td style="text-align: center;">7</td> <td rowspan="2" style="text-align: right; vertical-align: middle;">186</td> </tr> <tr> <td>(2) Boys.....</td> <td style="text-align: center;">0</td> <td style="text-align: center;">0</td> </tr> <tr> <td rowspan="2">187. Number of 4-H Club members completing.....</td> <td>(1) Girls.....</td> <td style="text-align: center;">37</td> <td style="text-align: center;">4</td> <td rowspan="2" style="text-align: right; vertical-align: middle;">187</td> </tr> <tr> <td>(2) Boys.....</td> <td style="text-align: center;">0</td> <td style="text-align: center;">0</td> </tr> </tbody> </table>			Food selection and preparation (a)	Food preservation (b)		186. Number of 4-H Club members enrolled.....	(1) Girls.....	44	7	186	(2) Boys.....	0	0	187. Number of 4-H Club members completing.....	(1) Girls.....	37	4	187	(2) Boys.....	0	0
	Food selection and preparation (a)	Food preservation (b)																				
186. Number of 4-H Club members enrolled.....	(1) Girls.....	44	7	186																		
	(2) Boys.....	0	0																			
187. Number of 4-H Club members completing.....	(1) Girls.....	37	4	187																		
	(2) Boys.....	0	0																			
188. Number of homes assisted in planning family food budget for a year.....	0	188																				
189. Number of homes budgeting food expenditures for a year.....	0	189																				
190. Number of homes balancing family meals for a year.....	200	190																				
191. Number of homes improving home-packed lunches according to recommendations.....	42	191																				
192. Number of schools following recommendations for a hot dish or school lunch.....	10	192																				
193. Number of children involved in preceding question.....	362	193																				
194. Number of homes using improved methods in child feeding.....	104	194																				
195. Number of individuals adopting recommendations for corrective feeding (such as weight control, anemia, pellagra, and constipation)..... (goiter and ophthalmia)	515	195																				
196. Number of jars of canned products preserved by 4-H Club members..... (pints)	1802	196																				
Number pounds evaporated products.....	16																					
(Use space below for State questions not listed above)																						
<b>Keep Growing Statistics</b>																						
Number of communities.....	21																					
Number of children.....	475																					
Percent of increase in normal children.....	-0.64																					
Percent of decrease in dangerously underweight.....	45.96																					
Percent in safe zone.....	69.34																					
Percent of dangerously underweight.....	15.43																					
Percent of schools having hot supplement.....	71.43																					
Percent of schools having supervised school lunch.....	33.33																					

**CHILD TRAINING AND CARE**

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

197. Number of method demonstration meetings held.....	1	197	
198. Number of adult result demonstrations completed or carried into the next year.....	51	198	
199. Number of groups devoting major part of program to child training and care.....	1	199	
200. Membership in these groups.....	children 12 mothers 9	200	
201. Number of 4-H Club members enrolled.....	(a) Girls.....	0	201
	(b) Boys.....	0	
202. Number of 4-H Club members completing.....	(a) Girls.....	0	202
	(b) Boys.....	0	
203. Number of homes improving habits of school children (other than reported under "Foods and Nutrition" and "Home Health and Sanitation").....	43	203	
204. Number of homes substituting positive methods of discipline for negative ones.....	6	204	
205. Number of homes providing recommended play equipment.....	0	205	
206. Number of homes making recommended physical adjustments to better meet children's needs.....	51	206	
207. Number of homes adopting better adult habits with respect to development of children.....	0	207	

(Use space below for State questions not listed above)

CLOTHING

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

208. Number of method demonstration meetings held.....	28	208
209. Number of adult result demonstrations completed or carried into the next year.....	5	209
210. Number of 4-H Club members enrolled.....	(a) Girls..... 36 (b) Boys..... 0	210
211. Number of 4-H Club members completing.....	(a) Girls..... 24 (b) Boys..... 0	211
212. Number of individuals following recommendations in improving construction of clothing.....	(a) Women..... 5 (b) Girls..... 36	212
213. Number of individuals using a clothing budget.....	(a) Women..... 0 (b) Girls..... 0 (c) Boys..... 0	213
214. Number of individuals making garments for themselves.....	(a) Women..... 0 (b) Girls..... 36	214
215. Number of individuals improving children's clothing according to recommendations.....	(a) Women..... 0 (b) Girls..... 0	215
216. Number of individuals following recommendations in improving care, renovation, and remodeling of clothing.....	(a) Women..... 0 (b) Girls..... 12	216

(Use space below for State questions not listed above)

HOME MANAGEMENT

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

217. Number of method demonstration meetings held.....	0	217
218. Number of adult result demonstrations completed or carried into the next year.....	0	218
219. Number of 4-H Club members enrolled.....	(a) Girls..... 0 (b) Boys..... 0	219
220. Number of 4-H Club members completing.....	(a) Girls..... 0 (b) Boys..... 0	220
221. Number of homes keeping home accounts according to a recommended plan.....	0	221
222. Number of homes budgeting expenditures in relation to income according to a recommended plan.....	0	222
223. Number of homes following recommended methods in buying for the home.....	0	223
224. Number of women following a recommended schedule for home activities.....	0	224
225. Number of kitchens rearranged for convenience according to recommendations.....	4	225
226. Number of homes following recommendations in obtaining labor-saving equipment.....	5	226
227. Number of homes adopting recommended laundering methods.....	0	227
228. Number of homes adopting recommended methods in care of house.....	7	228
229. Number of homes assisted in an analysis of their home conditions with reference to a standard of living.....	0	229
230. Number of homes assisted in making adjustments in home making to gain a more satisfactory standard of living.....	0	230

(Use space below for State questions not listed above)

HOME FURNISHINGS

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

- 231. Number of method demonstration meetings held..... 4 231
- 232. Number of adult result demonstrations completed or carried into the next year..... 13 232
- 233. Number of 4-H Club members enrolled..... 233
  - (a) Girls..... 0
  - (b) Boys..... 0
- 234. Number of 4-H Club members completing..... 234
  - (a) Girls..... 0
  - (b) Boys..... 0
- 235. Number of individuals improving the selection of household furnishings..... 235
  - (a) Women..... 13
  - (b) Girls..... 0
- 236. Number of individuals following recommendations in improving methods of repairing, remodeling, or refinishing of furniture..... 236
  - (a) Women..... 0
  - (b) Girls..... 0
- 237. Number of individuals following recommendations in improving treatment of windows (shades, curtains, draperies)..... 237
  - (a) Women..... 9
  - (b) Girls..... 0
- 238. Number of individuals following recommendations in improving arrangement of rooms (other than kitchens)..... 238
  - (a) Women..... 5
  - (b) Girls..... 0
- 239. Number of individuals improving treatment of walls, woodwork, and floors..... 239
  - (a) Women..... 13
  - (b) Girls..... 0

(Use space below for State questions not listed above)

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..... 0 241
- 242. Number of 4-H Club members enrolled..... 242
  - (a) Girls..... 0
  - (b) Boys..... 0
- 243. Number of 4-H Club members completing..... 243
  - (a) Girls..... 0
  - (b) Boys..... 0
- 244. Number of 4-H Club members not in special health clubs who participated in definite health-improvement work..... 244
  - (a) Girls..... 76
  - (b) Boys..... 0
- 245. Number of individuals following recommendations as to complete health examination..... 0 245
- 246. Number of individuals improving health habits according to recommendations..... 260 246
- 247. Number of individuals improving posture according to recommendations..... 3 247
- 248. Number of individuals adopting recommended positive preventive measures to improve health (immunization for typhoid, diphtheria, smallpox, etc.)..... 0 248
- 249. Number of homes adopting better home-nursing procedure according to recommendations..... 0 249
- 250. Number of homes installing sanitary closets or outhouses according to recommended plans..... 0 250
- 251. Number of homes screened according to recommendations..... 0 251
- 252. Number of homes following other recommended methods of controlling flies, mosquitoes, and other insects..... 0 252

(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.....	0	253
254. Number of country-life conferences or training meetings conducted for community leaders.....	3	254
255. Number of community groups assisted with organizational problems, programs of activities, or meeting programs.....	7	255
256. Number of communities developing recreation according to recommendations.....	1	256
257. Number of community or county-wide pageants or plays presented.....	1	257
258. Number of community houses, clubhouses, or community rest rooms established.....	0	258
259. Number of communities assisted in improving hygienic or public-welfare practices.....	2	259
260. Number of school or other community grounds improved in accordance with plans furnished.....	0	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.....	7	261½

(Use space below for State questions not listed above)

BEES, 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.....	0	0	0	0	0	262
263. Number of adult result demonstrations completed or carried into next year.....	0	0	0	0	0	263
264. Number of 4-H Club members enrolled.....	(1) Boys.....	0	0	0	0	264
	(2) Girls.....	0	0	0	0	
265. Number of 4-H Club members completing.....	(1) Boys.....	0	0	0	0	265
	(2) Girls.....	0	0	0	0	

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

UNIVERSITY OF NEVADA  
AGRICULTURAL AND HOME ECONOMICS  
EXTENSION DIVISION

\*\*\*\*\*

ANNUAL NARRATIVE REPORT  
of  
HOME ECONOMIC ACTIVITIES  
in  
ELKO COUNTY

by  
MARGARET BRENNER  
COUNTY EXTENSION AGENT

\*\*\*\*\*

January 5, 1931  
to  
November 1, 1931

## TABLE OF CONTENTS

	<u>Page</u>
I. COVER AND TITLE PAGE.....	a
II. TABLE OF CONTENTS.....	b-e
GOALS AND COMPLETIONS.....	1-6
III. STATUS OF COUNTY EXTENSION ORGANIZATION.....	7-8
(1) Form of Organization.....	7
(2) Function of Different Bodies in the Development of Program of Work.....	7
(3) General Policies.....	7
IV. PROGRAM OF WORK: Goals Established, Methods Employed, and Results Achieved.....	9-112
(f) Home Gardens and Home Beautification...10-37	
1. Adequate gardens ..... 10-11 (including green leaf variety tests)	
2. Paper mulch.....	12
3. Sub-soil irrigation.....	13
4. Home grounds improvement	
Elko .....	15-24
Figure 1. Mrs. Sewell's yard before improving.....	15
Figure 2. Mrs. Sewell's yard after improving.....	16
Figure 3. Same.....	16
Figure 4. Mrs. Beardsley's yard before improving.....	17
Figure 5. Mrs. Beardsley's yard after improving.....	17
Figure 6, Mrs. Steninger's yard after improving.....	18
Figure 7. Mrs. Cox's yard after improving.....	19
Figure 8. Same.....	19
Figure 9. Same.....	20
Figure 10. Same.....	20
Figure 11. Mrs. Taylor's yard after improving.....	22
Figure 12. Mrs. Crowe's yard after improving.....	23
Wells.....	24-34
Figure 13. Mrs. Karl Supp's yard before improving.....	25
Figure 14. Same.....	25
Figure 15. Mrs. Karl Supp's yard after improving.....	26

## TABLE OF CONTENTS (con't)

	<u>Page</u>
Figure 16. Mrs. Karl Supp's yard after improving.....	26
Figure 17. Mrs. Albert Supp's yard before improving.....	27
Figure 18. Same.....	27
Figure 19. Mrs. Albert Supp's yard after improving.....	28
Figure 20. Same.....	28
Figure 21. Mrs. H. M. Goble's yard before improving.....	29
Figure 22. Mrs. H. M. Goble's yard after improving.....	29
Figure 23. Same.....	30
Figure 24. Mrs. W. H. Colton's yard before improving...	30
Figure 25. Mrs. W. H. Colton's yard after improving....	31
Figure 26. Mrs. W. H. Supp's yard before improving.....	32
Figure 27. Same.....	32
Figure 28. Mrs. W. H. Supp's yard after improving.....	33
County-wide.....	34-36
Figure 29. Mrs. Davis' Yard before improving.....	34
Figure 30. Mrs. Davis' yard after improving.....	35
Figure 31. Same.....	35
Project map for (f).....	36
(k) Agricultural and home engineering.....	37
1. House planning.....	37
2. Project map for (k).....	36
(q) Foods and Nutrition.....	38-80
1. Food selection and preparation.....	38-39
2. 4-H Club food selection and prepar- ation.....	40
3. Food preservation.....	41-42
4. 4-H Club food preservation .....	43
Achievement story( A 4-H Club Girl Provides for the Family Food Budget)..	44-45
Project map for 1., 2., 3., and 4. in (q).....	46

## TABLE OF CONTENTS (con't)

	<u>Page</u>
Keep Growing.....	47-80
Table showing Elko County summary of work for year 1930- 1931.....	48
Narrative reports on schools..	49-73
(Boulder, Carlin, Contact, Elburz, Fort Halleck, Halleck, Independence, Jack Creek, Jiggs, Lee, Metropolis, Midas, North Starr, Panama, Rabbit Creek, Ryndon, Smith Creek, South Fork, Spanish Ranch, Spruce Mountain, Wells).	
Examples of individual records	74-74a
Achievement story (Mary gets a Gold Star).....	75-76
Figure 32. Picture of Mary McKenna .....	75
Newspaper clippings.....	77-78
Project map.....	79
Summary of results.....	80
(r) Child Training and Care .....	81
1. Prepare for School Round Up.....	81-81a
2. Table of results.....	81a
2. Pre-school home demonstrations...	82-85
Table of results.....	83-85
(s) Clothing.....	86-88
1. Care and selection of hosiery....	86
Table of results.....	86a
2. Fashion Show.....	86
3. 4-H Club selection and construc- tion of clothing.....	87
Achievement story ( A First Year Club Girl Tells Her Own Story).....	88
4. Project map for (r) and (s).....	89
(t) Home Management.....	90
1. Buying health with your food money.....	90

## TABLE OF CONTENTS (con't)

	<u>Page</u>
(u) Home Furnishings.....	91-97
1. Interior Home improvement.....	91-92
Table of results.....	93-95
Newspaper clippings.....	96
Project map for (t) and (u).....	97
(w) Community Activities.....	98-107
1. Club work (4-H), County-wide.....	98-100
2. Farm Bureau cooperation.....	101
3. Fairs and exhibits.....	102-105
Elko County Fair.....	102-103
Figure 33. View of Fair parade.....	103
Flower Show.....	104
Figure 34. View of Flower Show.....	104
Figure 35. View of Flower Show.....	105
4. Recreation.....	106
Project map for (w).....	107
V. OUTLOOK AND RECOMMENDATIONS .....	108-110
(includes suggested plan of work for next year)	
VI. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS..	111-112

\*\*\*\*\*

GOALS AND COMPLETIONS

(f) Home Gardens and Home Beautification.

1. Adequate Gardens (campaign stage)  
State office #37 - County #2

<u>Goals:</u>	<u>Completions</u>
5 communities-----	6
10 result demonstrations-----	4
3 hot bed demonstrations-----	2
5 cold frame demonstrations-----	0
50 families improving gardens in at least one respect-----	15

2. Green leaf vegetable variety tests.  
State office #117 - County #37

<u>Goals:</u>	<u>Completions</u>
10 test plots for each of following:	
Spinach-----	7
Tender Greens-----	0
Kale-----	3
Broccoli-----	0
Swiss chard-----	3
Asparagras-----	0
Mountain spinach-----	2
Endive-----	1

3. Paper Mulch Experimental Plots.  
State office #116 - County #36

<u>Goals:</u>	<u>Completions</u>
3 result demonstrations-----	0
(1 was made with peat moss)	

4. Sub-soil Irrigation.  
State office #166 - County #43

<u>Goals:</u>	<u>Completions:</u>
1 result demonstration-----	0

5. Home Grounds Improvement (Elko)  
State office #55 - County #20

GOALS AND COMPLETIONS - CON'T.

<u>Goals:</u>	<u>Completions</u>
1 Community contest in Elko-----	1
1 Garden tour-----	0
1 spring bulb show-----	0

6. Home Grounds Improvement (Wells)  
State office # - County #40

<u>Goals:</u>	<u>Completions</u>
1 Community contest at Wells-----	1
2 long-time home demonstrations-----	2
1 Garden tour-----	0

7. County-wide Farm Grounds Improvement Contest  
State office #121 - County #41

<u>Goals:</u>	<u>Completions</u>
4 Communities in contest-----	2
8 Result demonstrations-----	3
1 County-wide garden tour and exhibit-----	0

(k) Agricultural and Home Engineering.

1. House planning (New or Remodeled)  
State office #45 - County #10

<u>Goals:</u>	<u>Completions</u>
1 New house planned-----	1
2 houses remodeled-----	3
1 lighting system installed-----	0
Cooperation with Better Homes Movement-----	Completed.

(q) Foods and Nutrition

1. Food Selection and Preparation.  
State office #36 - County #1

<u>Goals:</u>	<u>Completions</u>
5 Communities-----	4
10 Result Demonstrations-----	6
10 Family food budgets-----	9
5 Food expense result demonstration-----	0
50 Families adopting improved practices-----	50
Emphasis on use of cabbage, carrots dried fruits-----	Completed.



GOALS AND COMPLETIONS - CON'T

2. 4-H Club - Food Selection and Preparation  
State office #41 - County #6

<u>Goals:</u>	<u>Completions</u>
2 Communities-----	3
2 Food selection & preparation 4-H clubs--	6
25 Enrollments-----	44
85% Completions-----	81%
2 Demonstration teams-----	7
1 Judging team -----	1

3. Food Preservation (Demonstration Stage)  
State office #38 - County #3

<u>Goals:</u>	<u>Completions</u>
5 Communities canning products-----	5
3 Communities evaporating products-----	3
2 Result demonstrations in each community (10)-----	13
15 Families adopting improved practices---	25

4. 4-H Club - Food Preservation.  
State office #42 - County #7

<u>Goals:</u>	<u>Completions</u>
1 Community-----	1
1 Canning club-----	1
5 Enrollments -----	4
85% Completions -----	57%

5. Keep Growing (Campaign Stage)  
State office #39 County #4

<u>Goals:</u>	<u>Completions</u>
21 Community demonstrations-----	21
450 Children involved-----	475
5% Increase in number normal children-----	.64
5% Decrease in number dangerously under- weight-----	/5.96

GOALS AND COMPLETIONS - CON'T.

<u>Goals:</u>	<u>Completions</u>
10 Gold star communities-----	8
14 Communities entering State poster contest	4
14 Communities entering County " " " "	0
10 Achievement days-----	4

6. Specialist work.

2 Bulletins written on vegetables and a 4-H foods hand book being written.

(r) Child Training and Care.

1. Prepare for School Round-Up.  
State office #169 - County #9

<u>Goals:</u>	<u>Completions</u>
15 Communities -----	9

2. Pre-school Home Demonstrations.  
State office #168 - County #8

<u>Goals:</u>	<u>Completions</u>
4 result demonstrations-----	13
5 Communities studying play equipment-----	0

(s) Clothing.

1. Care and Selection of Hosiery.  
State office #170 - County #15

<u>Goals:</u>	<u>Completions</u>
5 Communities-----	2
5 Result demonstrations-----	5
1 Fashion Show-----	1

2. 4-H Clothing Club.  
State office #64 - County #29.

<u>Goals:</u>	<u>Completions</u>
4 Clubs-----	5
25 Enrollments -----	39
85% Completions-----	67%
2 Demonstration teams-----	2
1 Judging team-----	1

GOALS AND COMPLETIONS - CON'T

(t) Home Management.

1. Buy Health with Your Food Money.  
State office #167 - County #5

<u>Goals:</u>	<u>Completions</u>
10 Result demonstrations with family food budgets-----	0
5 Result demonstrations on food expense food expense accounts-----	0

(u) Home Furnishings.

- State office #46 - County #11

1. Interior Home Improvement  
State office #46 - County #11

<u>Goals:</u>	<u>Completions</u>
5 communities-----	5
10 Rooms remodeled or rearranged-----	9
1 Kitchen rearranged-----	4
10 Families obtaining labor saving equipment-----	5
4 Clothes closet demonstrations-----	4

(w) Community Activities.

1. 4-H Club work, County-wide Plans.  
State office #65 - County #30

<u>Goals:</u>	<u>Completions</u>
7 Clubs-----	12
50 Enrollments-----	67
85% Completions-----	74.44%
4 Demonstration teams-----	9
3 Judging teams-----	3
1 County Achievement Day-----	1
20 Member at club camp-----	25

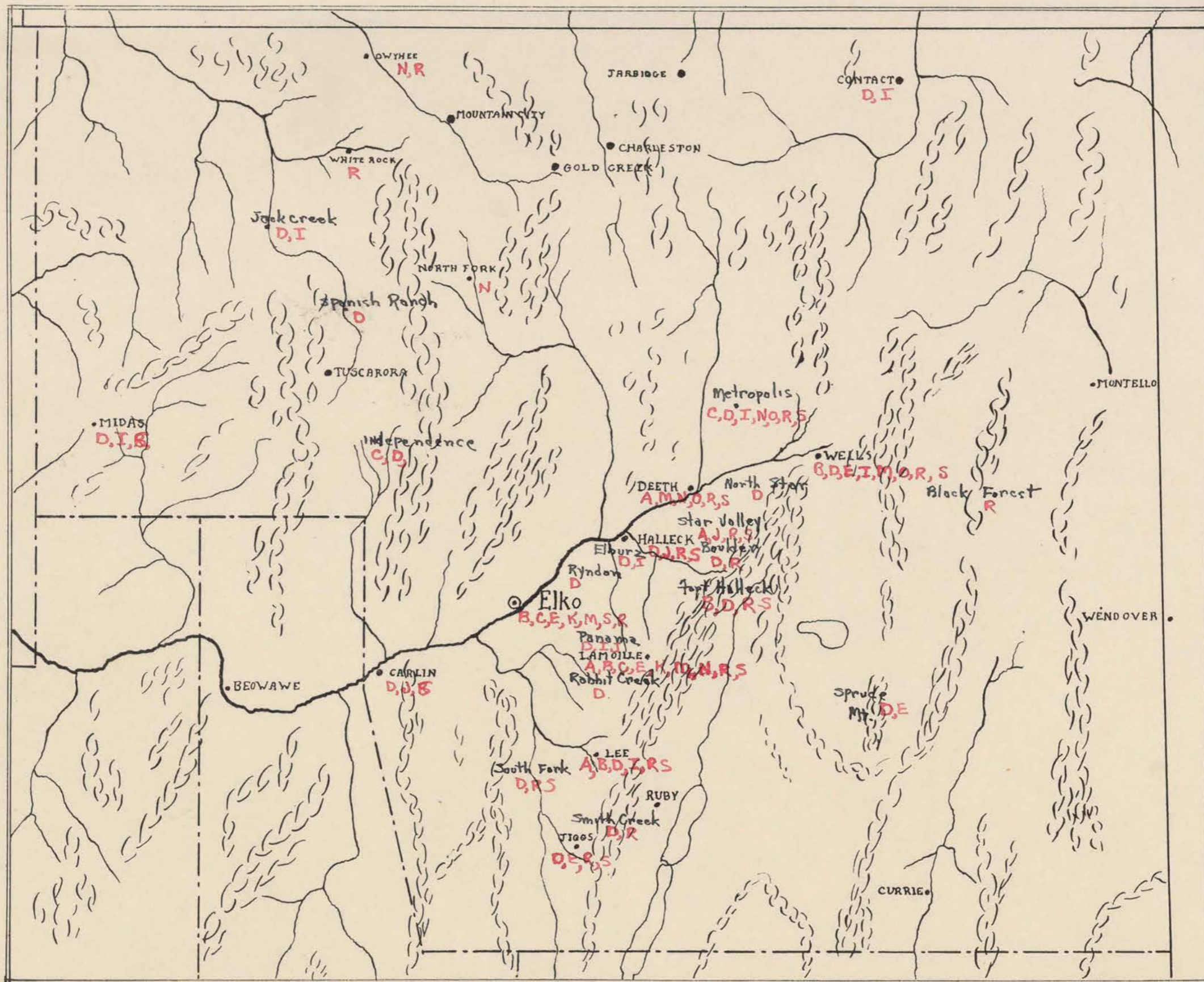
2. Fairs and Exhibits.  
State office #69 - County #34

<u>Goals:</u>	<u>Completions</u>
1 County Fair-----	1
150 Exhibitors-----	242
1 Fall Flower Show---	1
Exhibitors -----	42
1 Spring bulb show -----	0
(impossible due to late spring)	

## GOALS AND COMPLETIONS - CON'T.

3. Cooperation with County Farm Bureau.  
State office #122 - County #42

<u>Goals:</u>	<u>Completions</u>
<u>Elect</u> officers and hold three meetings in five communities. (1 meeting held in 5 communities) 4 of these were before agent arrived. Assist in planning membership drive-Completed. 1 Annual Farm Bureau Picnic-----1	



Project Map

- A Food Selection and Preparation
- B Food Preservation
- C Home Gardens
- D Keep Growings
- E Home Improvement

- F Home Management
- G Rural Engineering
- I Prepare for School
- J Pre-School Home Demonstrations
- K Clothing

- L Home Grounds
- M Re Creation
- N 4-H club Clothing
- O 4-H club Foods
- P 4-H club Food Preservation

- R Farm Bureau and Homemakers
- S Fair and Exhibits

### III STATUS OF COUNTY EXTENSION ORGANIZATION

The County extension organization cooperates with and works under the county farm bureau board composed of three men and two women.

#### (1.) Form of organization.

This organization is made up of three extension agents, two having charge of the work of the men and one having charge of the work of the women and school children. The work is under the dual supervision of the State Director of Extension and two assistant directors. The assistant director of the womens' work is also the State nutrition specialist. The womans' work is organized as Homemakers' Clubs and the school children are cared for under the major nutrition project known as Keep Growing.

Community Organization: Each club has its president, vice-president, secretary-treasurer and project leaders, the latter having charge of the different phases of the work. Since the distances between the communities are so great it is seldom possible to have county leaders' meetings. One club holds its meeting in a community hall and the other three hold their meetings in the homes of members or in school houses. Two clubs hold two meetings per month, one business and one social while two hold a meeting just once a month which serves as both a business and social meeting.

#### (2) Function of Different Bodies in the Development of Program Work.

A committee, comprised usually of the local leaders, meets and selects a program of work with the county agent. It is then presented to the club, discussed and often revised before it is accepted.

#### (3) General policies.

Cooperation: The county extension agents have the splendid support of the State Extension office.

## III STATUS OF COUNTY EXTENSION ORGANIZATION - CON'T.

Director C. W. Creel serves in a supervisory capacity, Assistant Director, Mary S. Buol also supervises the womens' work, Assistant Director, Thomas Buckman is head of the boys' and girls' club work.

In the county, the Elko and Wells Chamber of Commerce, the County Medical Association, the Twentieth Century Club, the Rotary Club, other federated clubs and the Elko County Fair Board and many of the school boards have cooperated, and in return we have given valuable service to them. We have an office in the Elko County Court House.

Publicity: County and state-wide publicity of our work is taken care of by news items in the local papers and by mimeographed narrative reports sent to those interested in agriculture and home economics throughout the county. The local papers have cooperated splendidly and have been of valuable assistance in making a great many of our projects successful. Prof. A. L. Higginbotham, of the University Extension Service, has aided us greatly in state-wide publicity.

## IV PROGRAM OF WORK

## (1) Factors Considered and Methods used in Determining Program of Work.

Elko County is situated in the northeastern part of the state of Nevada, and covers over 17,059 square miles, with some 4,000 miles of roads to be traveled by the agent in reaching all of the communities. These communities range from 23 to 125 miles from the main office at Elko. About 1,500 miles per month is the average distance traveled by the agent.

Each Homemakers' Club meets, discusses the program of work and then decides upon the program for the year, appointing project leaders for each phase of the work. Typewritten or printed programs are furnished each member and the programs are carried out as nearly as possible. The 4-H Clubs are sponsored by the Homemakers in a number of the communities.

In the school health work a local leader is appointed who carries on the project when the agent is not able to visit the community.



## (f) Home Gardens &amp; Home Beautification

NUTRITION

## ADEQUATE GARDENS.

The late spring and the unusually dry season have inhibited the progress of all the garden work to such an extent that few of our goals were accomplished. The shortage of water this year has been so great that most of the gardens dried up during the hottest part of the summer.

The interest in adequate gardens in all communities in the county has been excellent, which shows that the recommendations of the Extension Service in the past eight years have been much worth while.

This project was carried on at Lamoille, Carlin, Wells, Fort Halleck and Elko. Only four of the eight demonstrators had sufficient water to be able to complete the project. At Lamoille the following vegetables were raised: peas, green beans, spinach, cabbage, onions, radishes, beets, carrots, parsnips, cucumbers, lettuce and tomatoes and potatoes. In Elko the best two gardens produced in addition to these vegetables, melons, swiss chard, endive and kohlrabi. At Fort Halleck, cauliflower was also raised.

## Summary of results:

Six communities carried on project.  
Eight persons were demonstrators.  
Four persons completed the demonstration.  
One person used two hot beds.  
No one used a cold frame.  
Fifteen families improved their gardens  
in at least one respect.

Number days devoted to project  
by agent-----1 3/4  
Number home visits made-----8

## (f) Home Gardens &amp; Home Beautification

NUTRITION

## ADEQUATE GARDENS

## VARIETY TESTS OF GREEN LEAF VEGETABLES.

The growing of green leaf vegetables has not been so successful this year due to the terrible drouth. However a number of families were successful in raising the more common varieties. The following persons were demonstrators:

Mountain spinach-----	Mrs. Lewis, Spruce Mountain Mrs. D. B. Williams, Tuscarora
Kale-----	Mrs. Carroll Burner, Elko Mrs. Hutchinson, Elko Mrs. Jas. Walthers, Fort Halleck
New Zealand spinach--	Mrs. Carroll Burner, Elko Mrs. Hutchinson, Elko Mrs. J. W. Wardleigh, Wells Mrs. Jas. Walthers, Fort Halleck Mrs. Harold Harris, Lamoille Mrs. Fred Voight, Lamoille Mrs. H. R. Gilmer, Metropolis
Swiss chard-----	Mrs. Carroll Burner, Elko Mrs. Hutchinson, Elko Mrs. Fred Voight, Lamoille
Endive-----	Mrs. Carroll Burner, Elko

Practically all of these gardens suffered from the extremely dry weather, and the quality as well as the quantity was affected. Those who grew the mountain spinach report a rank growth and a rather bitter product. The endive too was not so desirable.

Two test plots with Mountain spinach.  
Seven test plots with New Zealand spinach.  
No test plots with tender greens.  
Three test plots with kale.  
No test plots with broccoli.  
Three test plots with Swiss chard.  
One test plot with endive.  
No test plots with asparagras.

(f) Home Gardens & Home Beautification

NUTRITION

ADEQUATE GARDENS.

PAPER MULCH EXPERIMENTAL PLOTS.

This experiment was not sufficiently tried out to give any definite results. Mrs. Bresee of Elko used peat moss instead on her lawn with very good results. The moss helped to conserve moisture and kept down weeds. A number of other people are interested in the peat moss and expressed a desire to try it next year.

(f) Home Gardens & Home Beautification.

NUTRITION

ADEQUATE GARDENS.

SUB-SOIL IRRIGATION.

Although a project which should have been very popular this year because of the scarcity of moisture, sub-soil irrigation did not seem to appeal to the people in the county. This was, no doubt, due to the fact that the agent did not emphasize its importance sufficiently because of lack of time and a crowded schedule. Perhaps in another year the experiment can be justly tried.

(f) Home Gardens and Home Beautification.

HOME GROUNDS IMPROVEMENT  
ELKO

For three years the yard improvement contest has been held in Elko with the result that the appearance of the town has greatly improved since those out of the contest became interested in making their yards as attractive as those who were competing. The people have practiced the habit of consulting the specialist on planting their yards and the newer yards show this influence.

This year a captain was appointed in each of the five districts in town, and thirty-nine enrollments were secured. Of these thirty-seven completed the project and made a very creditable showing in trees, shrubs and flowers.

Two contests, one for yards which had already had previous work on them and one for yards where plantings were made for the first time, were held.

Winners were:

Improved yard contest	None Improved
1. Mrs. Chas. Sewell	1. Mrs. C.E. Cox
2. Mrs. Elsie Beardsley	2. Mrs. F. C. Taylor
3. Mrs. E. M. Steninger	3. Mrs. O. J. Crow

Mrs. Sewell's Yard Before Improving  
Winner of first prize in improved yard contest.



Figure 1. View of front and side of grounds.

AFTER IMPROVING



Figure 2. View of back yard.



Figure 3. View of side of grounds.

## HOME GROUNDS IMPROVEMENT - CON'T.

Most of the improvements on this place has been in the back yard aside from the sod that was put in all around the house. Both Mr. and Mrs. Sewell spent much of their evenings this summer working in their flower garden and the results have been beautiful.

Mrs. Beardsley's Yard Before Improving  
Winner of second prize in improved yard contest.



Figure 4. View of front and side of grounds.



Figure 5. Same view twelve weeks later.

HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. Steninger's Yard After Improving.  
Winner of third prize in improved yard contest.



Figure 6. View of side of grounds.

All of the permanent plantings in this yard are old but show good arrangement. New gras, flowers and shrubs have been put in this year.



HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. Cox's Yard After Improving.  
Winner of first prize in unimproved yard contest.



Figure 7. View of front of yard.



Figure 8. View of side of grounds showing arrangement of planting and sod.

HOME GROUNDS IMPROVEMENT - CON'T.



Figure 19. View of side of grounds showing flowers.



Figure 10. View of back yard and garden.

## HOME GROUNDS IMPROVEMENT - CON'T

Mrs. Cox's home is new and she started with no plantings and no grass. With much work and good planning she has the most outstanding yard in the contest. The fence was put in and all of the plantings. It is one of the most beautiful places in the county.

## Summary of results:

Number communities participating-----	4
Number leaders assisting-----	7
Number days devoted to project by agent-----	10
Number news stories published-----	7
Number home visits made-----	125

HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. Taylor's Yard After Improving  
Winner of second prize in Unimproved Yard Contest.

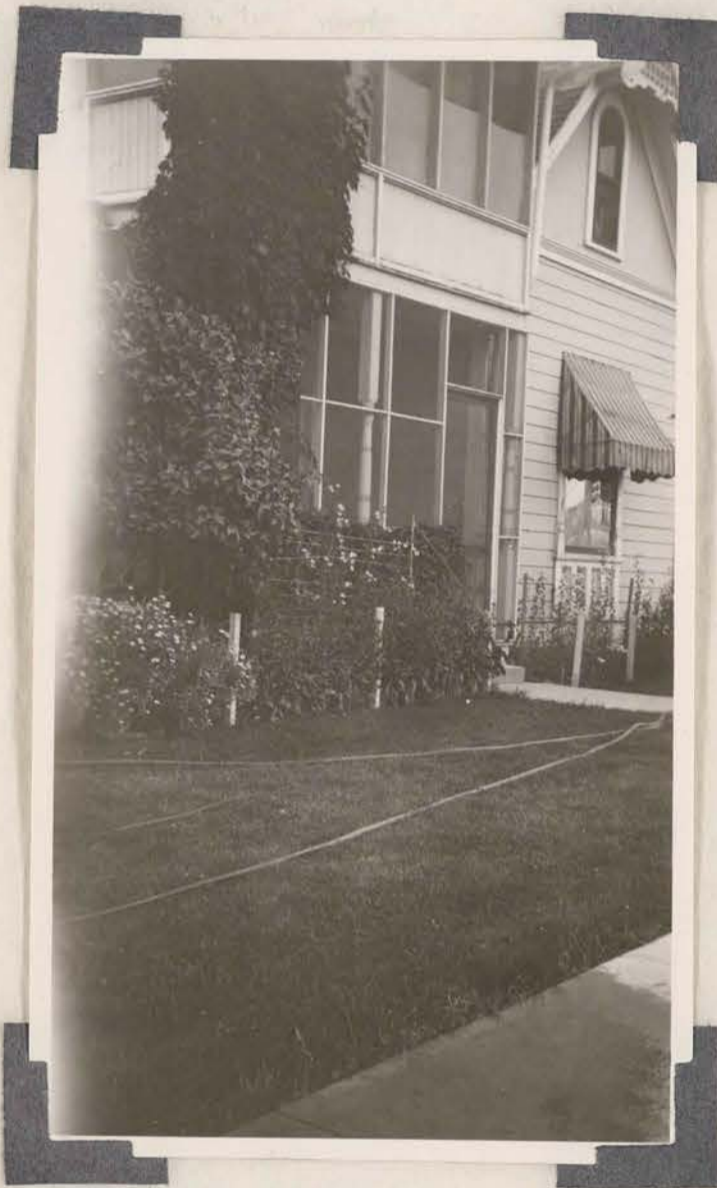


Figure 11. View of front yard.

Mrs. Crowe's Yard After Improving  
Winner of third prize in Unimproved Yard Contest.



Figure 12. View of side of yard.

(f) Home Gardens and Home Beautification.

HOME GROUNDS IMPROVEMENT

WELLS.

F For three years the yard improvement contest has been carried on in Wells, an Elko County town of approximately 600 people. During this time the town has secured an unlimited source of water. In previous years the Southern Pacific Railroad provided water for the town but this was not sufficient to meet the needs. In 1928 Wells put in its own water system and put down some very good wells.

This year eleven families entered the yard improvement contest and there is no doubt that many more than this number were influenced by the improved yards of the contestants and in one way or another improved their own grounds. The interest and cooperation of the people is excellent and the three years have greatly improved the appearance of the town.

Cash prizes of \$5.00, \$3.00 and \$2.00 were given, first second and third places by the Wells Commercial club.

The results of the contest in Wells were as follows:

Improved Yards	Non-Improved
1. Mrs. Karl Supp	1. Mrs. W. H. Colton
2. Mrs. Albert Supp	2. Mrs. W. H. Supp
3. Mrs. H. M. Govle	

HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. Karl Supp's yard before improving.  
Winner of first price in Improved Yard Contest.



Figure 13. View of front yard.

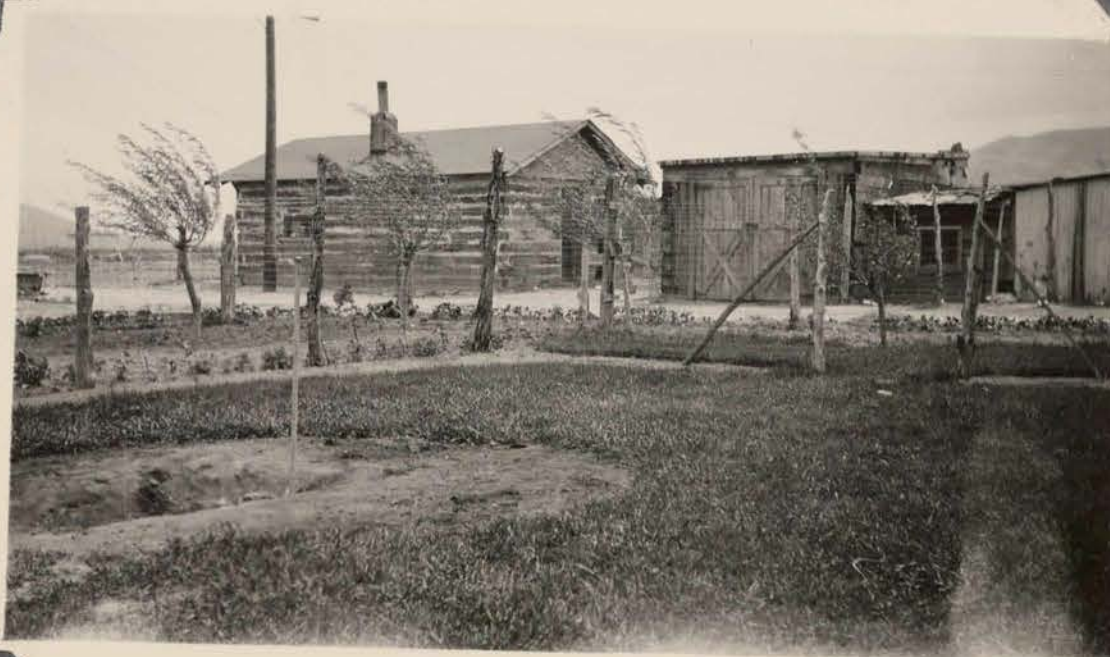


Figure 14. View of back yard.

HOME GROUNDS IMPROVEMENT - CON'T.

Mrs Karl Supp's Yard After Improving.



Figure 15 View from front of house.

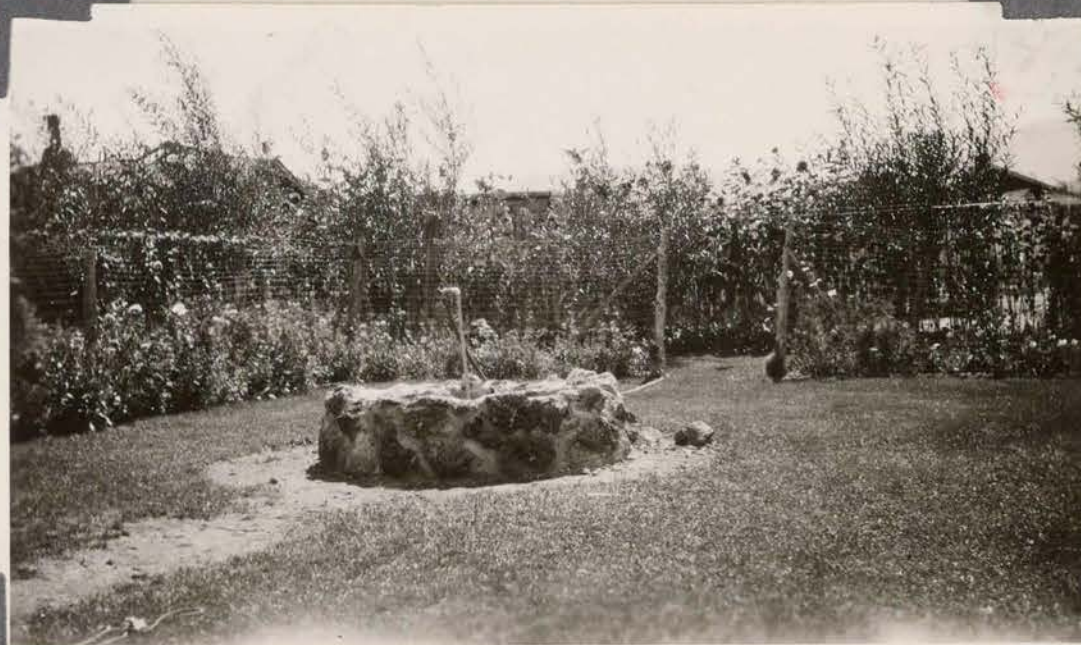


Figure 16 View of back yard.



## HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. Supp is so interested in beautifying her yard that she hauled rocks ten and twelve miles to build walks and the pool around her fountain. She planted and tended all of her flowers and shrubs and plans to build some garden furniture for her back yard next year.

Mrs. Albert Supp's Yard Before Improveing  
Winner of second price in Improved Yard Contest.



Figure 17. View of front yard.



Figure 18. View of back yard.

HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. Albert Supp's Yard After Improving.



Figure 19. View from front of yard.



Figure 20. View of back yard.

Note the privacy secured and the protection from sun, wind and dust. Tall sunflowers were planted all along the fence and the perennials and annuals inside.

The yard of Mrs. H. M. Goble, winner of third prize in the Improved Yard contest, before improvement.



Figure 21. View of front and side of grounds after improving.



Figure 22. View of side of grounds showing flowers, shrubs, trees, set out this year.

HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. H. M. Gobles yard After Improving.



Figure 23. View of lot attached to grounds showing shrubs and grass.

Mrs. W. H. Colton's Yard Before Improving.  
Winner of first prize in Unimproved Yard Contest.



Figure 24. View showing general plan of landscaping.

HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. W. H. Colton's Yard After Improving.



Figure 25. View showing good garden at left and sod in front of house.

Mrs. Colton took over an old building in her back yard and planned it for a home for an invalid relative. She plans to make it more attractive next year.

HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. W. H. Supp's Yard Before Improving.  
Winner of second prize in Unimproved Yard Contest.



Figure 26. View showing front of grounds.



Figure 27. View showing back yard.

HOME GROUNDS IMPROVEMENT - CON'T.

Mrs. W. H. Supp's Yard After Improving



Figure 28 View showing front of grounds.

Mr. and Mrs. Supp have built their new house just this year doing much of the work themselves. They have put in sod for the first time and planted shrubs and trees. Another year will show a marked improvement in the plantings.

(f) Home gardens and Home Beautification.

HOME GROUNDS IMPROVEMENT.

COUNTY-WIDE FARM YARD IMPROVEMENT.

This was the second year for the Yard Improvement work among farm homes in Elko County but the contest has not been so successful this year because of the scarcity of water. Most of the rural communities decided not to take part in the contest for this reason. However four homes in Metropolis and one in Starr Valley entered the contest. The only marked improvement was made in the farm yard in Starr Valley and was given recognition.

Mrs. Simpson Davis' Yard Before Improving.



Figure 29. View of front yard.



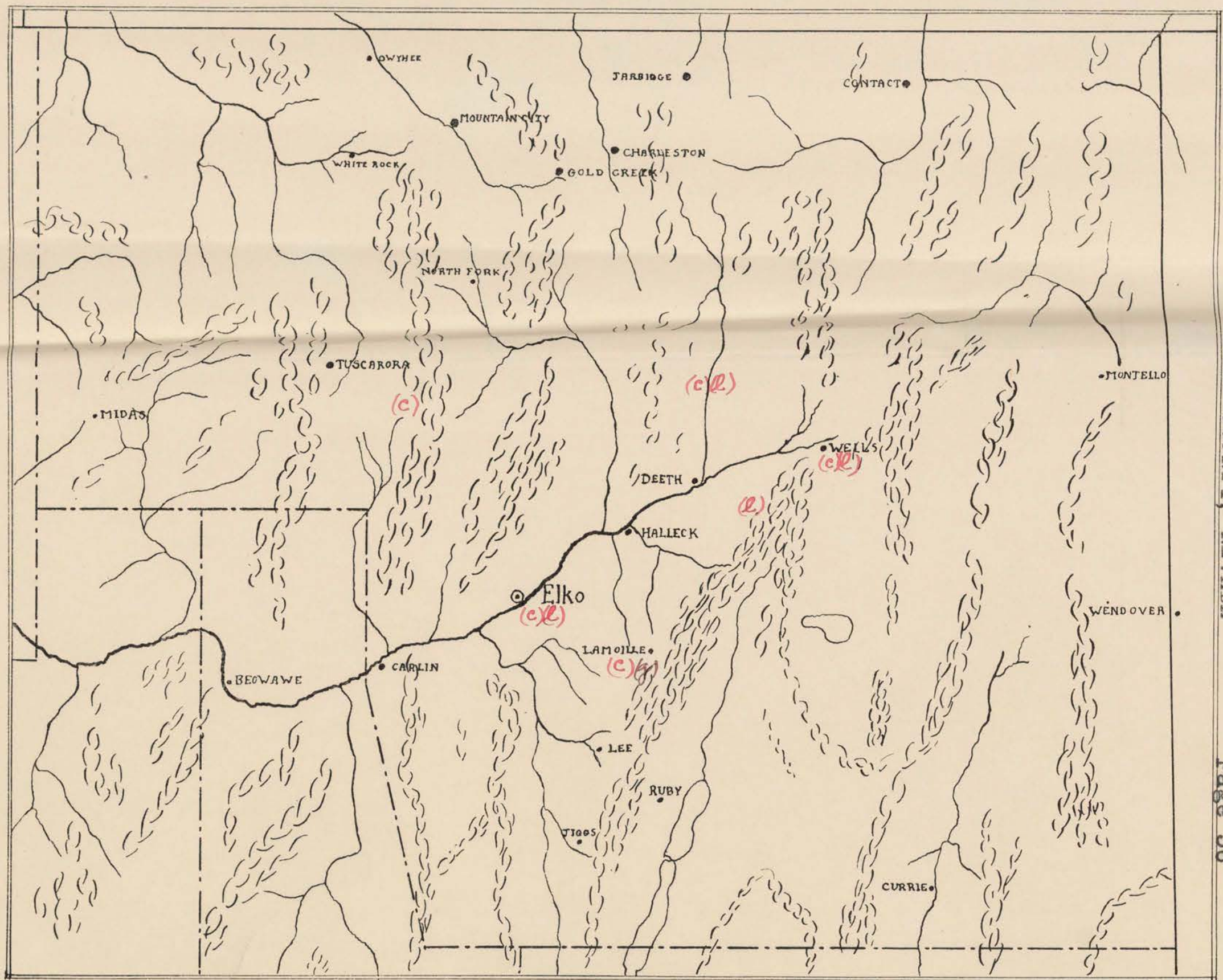
Mrs. Davis' Yard After Improving.



Figure 30. View showing flowers and yard arrangement.



Figure 31. View showing stone walks and fountain.



- (c) Home gardens - including variety tests.
- (e) Home Grounds Improvement.
- (g) Agricultural and Home Engineering.

## (k) Agricultural and Home Engineering.

HOME IMPROVEMENT  
HOUSE PLANNING (NEW AND REMODELED)

Not very much building or remodeling has been done this year due to financial conditions however some improvements have been made.

Mrs. Fred Voight at Lamoille has remodeled her kitchen making it larger and building on a pantry. She has also enlarged a bedroom by taking out a large closet and has built a stairway in the living room leading to an upstairs where she is building two bedrooms.

Mrs. Karl Kepplar of Elko has removed a partition in her kitchen making the room much larger and has built her old bath tub into the bathroom in a cement block. Her bathroom is most attractive and modern since she has remodeled it.

Mrs. G. E. Arnhold at Jiggs is doing some extensive remodeling in her house. Her kitchen and dining room have been re-arranged and cupboards, shelves and drawers have been built in. A large sink is to be added and possibly a breakfast nook.

Mrs. Ralph Drown at Jiggs is having her clothes closet remodeled. It is very large and she is having half of it made into a linen closet with drawers and shelves.

Mrs. John Patterson of Lamoille has planned a new house built from an old one which must be moved to the place where she now lives. This building will probably be done next year.

## Results of the years work:

Number homes planned (remodeled or new)	--5
Number new homes built	-----0
Number homes with one or more rooms remodeled	-----4
Number Better Homes Tours made	-----2

## (q) Foods and Nutrition)

NUTRITION

## FOOD SELECTION AND PREPARATION.

Because of the great need during this year of economic depression, of an inexpensive but adequate family dietary, the agent has emphasized the less expensive vegetables such as cabbage and carrots, has urged the use of whole grain wheat as a cereal and the use of dried fruits. Several newspaper articles have been written on the food value and attractiveness of carrot and cabbage dishes, of wheat as a breakfast food also how it may be used in desserts and fo dried fruits.

Two bulletins on vegetables have been written during the year and are now being printed by the state. They will probably be ready for distribution within a few weeks. One is "Sixty ways of Using Carrots" and the other is "Cabbage in New Dress".

A demonstration on the uses of cabbage and carrots in salads was given at Deeth before a group of mothers and townswomen with the result that there are five demonstrators. Similar demonstrations also a demonstration in dried fruits have been scheduled for the Homemakers meetings at both Lee and Lamoille for November and December.

Talks on the importance of vegetables in the diet, stressing cabbage and carrots were made by the agent at Metropolis, Starr Valley and Contact with an attendance of 90 people. It is difficult to know how many demonstrators may have resulted from these talks.

In the Keep Growing work these vegetables have been especially emphasized and a great many children are eating raw cabbage and raw carrots once a week or oftener.

Due to the fact that many diets this year must be very low cost resulting in cereals chiefly, the agent is advising a great many families to use cod liver oil daily to supply the necessary vitamins A and D.

NUTRITION

## FOOD SELECTION AND PREPARATION - CON'T.

At least 537 people have had consultations with the agent during the year on special dietary needs. Five hundred fifteen of these have been on weight control, four on constipation, five on nutritional anemia and fifteen on thyroid. In addition to this special dietary work, cod liver oil has been advised in eight cases for inflamed eyes.

## Summary of results to date:

Project groups-----	4
No. method demonstrations-----	1
No. result demonstrations-----	610
No. days devoted to project including specialist work-----	18
No. families adopting improved food practices----	200
No. homes adopting improved home packed lunches according to recommendations-----	42
No. of schools following recommendations for a hot dish or school lunch-----	10
No. of homes using improved methods of child feeding-----	104
No. special dietary problems -----	537
Weight control-----	515
Constipation-----	4
Anemia-----	5
Thyroid-----	15
Inflamed eyes-----	8
No. news stories published-----	2

(q) Foods and Nutrition

NUTRITION

4-H FOOD SELECTION AND PREPARATION CLUB.

More interest has been shown among the girls in the foods club than in any other and this 4-H Club project has been more successful than the others. Six clubs were organized in the county.

Community	Members	Leaders
Elko	7	Mrs. C. Alexander
Elko	3	Mrs. Veitch
Deeth	9	Mrs. Bill Murdock
Wells	9	Mrs. H. R. Gilmer
Wells	10	Miss Beatrice Bollschweiler
Metropolis	6	Miss Carol Hyde.
	<u>44</u>	

Thirteen of these girls attended state club camp and one won second in the meat judging contest Three exhibited baked products at the County Fair and won second prizes in the Junior Department.

The agent is writing a club hand book to be used in teaching the second year foods work. It will be ready for use next spring.

Summary of results of the years work:

Number members-----	44
Number completions-----	37 or 84%
Number demonstration teams-----	8
Number Judging teams-----	1
Number communities participating-----	4
Number leaders assisting-----	6
Number days devoted to project by agent-----	37½
Number news stories published-----	13
Number home visits made-----	67
Number method demonstrations held-----	27
Number result demonstrations held-----	8

## (q) Foods and Nutrition.

NUTRITION

## FOOD PRESERVATION.

A great problem in the food preservation project has been convincing the people in the county that all vegetables should be canned under pressure to avoid botulinus poisoning. Practically every specimen of soil which has ever been tested from this section of the state has been found to contain this organism, and it is imperative that the women be taught the seriousness of the situation. Several women are using pressure cookers in their canning and some are adopting the use of the home evaporator, but the majority are still using the cold and hot pack or open kettle methods of food preservation.

Two demonstrations were given by the agent at one meeting at Lamoille, one on the evaporation of fruits and vegetables, and one on canning chicken. One woman at Wells planned a budget of canned goods for her family with the help of the agent. A demonstration was also given by the agent before the 4-H canning club on the use of the pressure cooker.

Between twenty-five and thirty exhibitors displayed approximately 500 jars of home canned goods at the County Fair this year. This was a much larger exhibit than has ever been shown before.

In the 4-H canning club four girls canned 1802 pints of fruit and vegetables and evaporated 16 lbs. These girls had a very fine exhibit at the Fair.

## Summary of results to date:

Five communities preserved food by canning.

Three communities preserved food by evaporation.

NUTRITION

## FOOD PRESERVATION - CON'T.

Ten result demonstrations in canning.  
Three result demonstrations in evaporation.  
Twenty-five families adopting improved  
methods of food preservation.  
One food preservation budget planned.  
One 4-H canning club.  
Number of leaders assisting-----11  
Number days agent has devoted to work---8  
Number news stories published-----0  
Number home visits made-----14  
Number method demonstrations held-----4  
Number result demonstrations completed-17  
(Including 4-H Club)



(q) Food and Nutrition.

NUTRITION

4-H FOOD PRESERVATION CLUB.

A 4-H canning club was organized in Elko with seven members. Three of these girls dropped out leaving only four. However those who completed the course did most outstanding work. Their exhibits at the county Fair surpassed those of their mothers in quality and attractiveness.

At the state club encampment at Reno in August one girl won second place in judging canned products. Two of the girls are sending some of their canned goods to the National 4-H Club canning contest.

Last year one of the members, Dora Walthers entered the National 4-H Club canning contest and won the following honors: 1st on tomato conserve, 3rd on strawberry preserves and on pickled pears, 5th on watermelon preserves and on carrots, 6th on citron preserves, and 7th on sweet pickles.

The results of this years work are as follows:

Number members-----	7	
Number completions-----	4	or 57%
Number communities participating-----	1	
Number leaders assisting-----	1	
Number days agent devoted to project----	5	
Number home visits made-----	12	
Number method demonstrations-----	3	
Number jars fruit canned-----	837	
Number jars vegetables canned-----	510	
Number jars meat canned-----	9	
Number jars pickles-----	237	
Number glasses jelly & jam-----	117	- Total 1802
Number glasses marmalade-----	92	
Number pounds products dried-----	17½	

A 4-H CLUB GIRL PROVIDES FOR THE FAMILY FOOD  
BUDGET.

High up on the side of the Rubies rests a long low half tie, half log house which marks the taking of a homestead. In this house thirteen children have been born and seven of them reared. With the remaining six and the father and mother the family is even now larger than the average American family of today. The mother and father have managed their income and expenditures for more than thirty years so as to give their children better than a high school education as they grew up. A home garden where every variety of vegetable and small fruit and an orchard where apples, pears, peaches, apricots and plums were raised have been the mainstay in providing this family with an adequate and liberal diet. This garden and orchard were irrigated by natural springs so the source of water has always been good.

Two years ago, Florence, the fifteen year old daughter joined the 4-H canning club and this year was again a member. During haying season last summer the mother left this ranch in charge of the girl and went down the valley six or eight miles to cook for the haying crew. The drouth was beginning to be felt even up here against the Rubies and Florence found that the springs were going dry. She realized that the products from the garden and orchard must be canned if they were to be saved for winter consumption and it has always been a policy in the family to can everything needed by the family for both summer and winter.

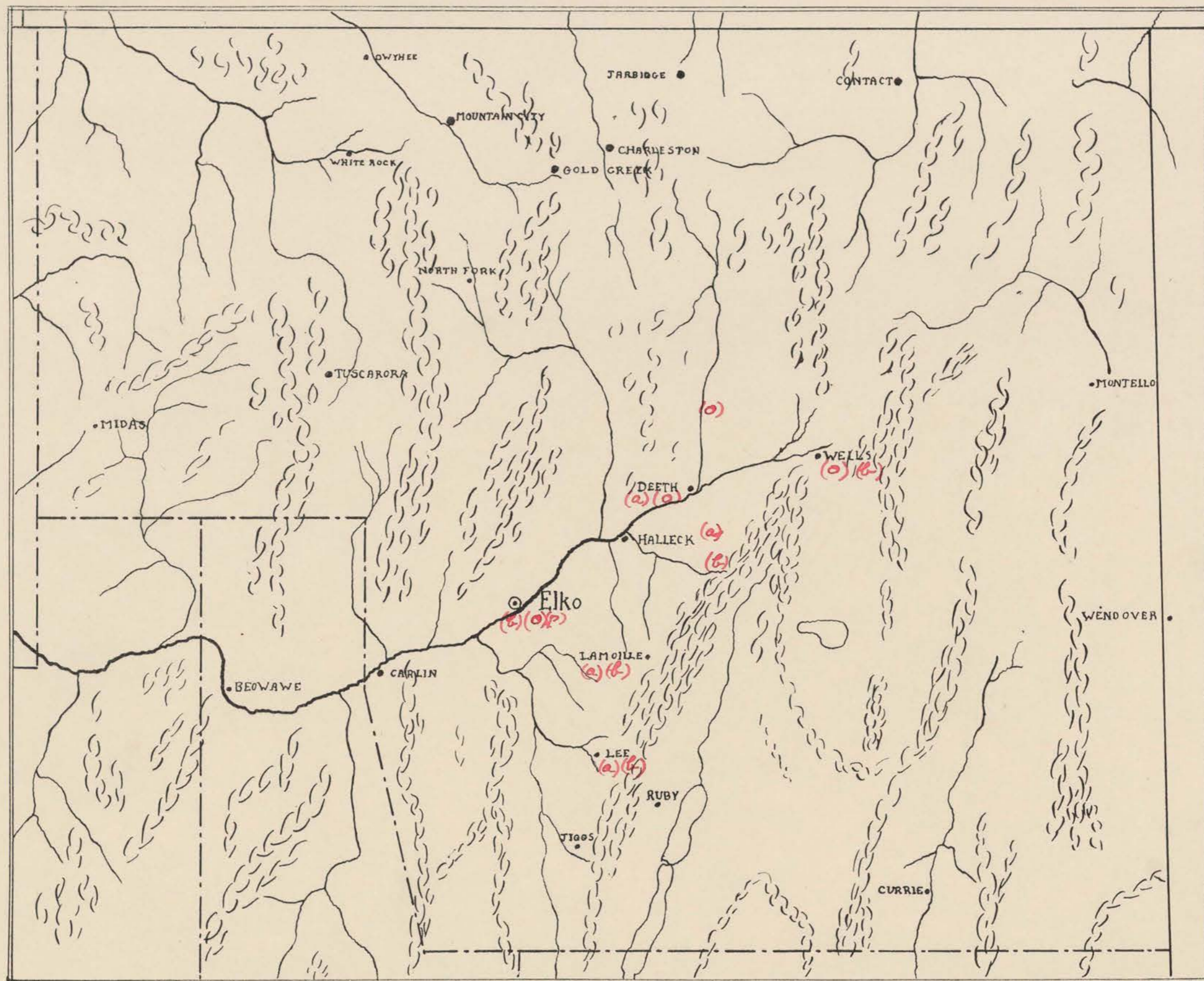
In the three months that Florence was home last summer she canned 267 quarts of fruit, 191½ quarts of vegetables, 97 quarts of pickles, 67½ glasses of jelly, jam and marmalade and evaporated 16 pounds of fruit and vegetables. The estimated value of the total products is \$248.24. Her total expense for sugar and containers amounted to \$27.19

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A 4-H CLUB GIRL PROVIDES FOR THE FAMILY FOOD

BUDGET - CON'T.

leaving a clearance of \$221.05. The girl figured that she put in one-hundred and twenty-four hours on the work which means that she was earning \$1.95 per hour while providing food to carry her family through the winter. This has been a real achievement and demonstrates the fine work of a conscientious 4-H Club girl as well as how great can be the value of an adequate garden.



- (a) Food Selection and Preparation.
- (b) Food Preservation.
- (c) 4-H Foods Club.
- (d) 4-H Food Preservation Club.

## (q) Foods and Nutrition)

NUTRITION

## KEEP GROWING.

Despite the seemingly unfavorable statistics we have to offer in the Keep Growing report for Elko County this year, we feel that there has been some progress toward better health among the school children. The county-wide epidemic of influenza has left its mark in every school district, and the general economic depression has been felt in a number of our communities. These facts are undoubtedly factors which have brought down our figures. However, the indirect benefits of the Keep Growing work are such as to make it very much worth while. We believe that the children are growing up with a better health consciousness, that their food habits are improving and that with the correction of physical defects we will have a healthier generation.

Twenty-one communities carried on the work this year. Eight communities closed the year as Gold Star schools, having brought 75% of their children into the Safe Zone, and having 10% or less dangerously underweight. Last year there were eleven Gold Star communities out of a total of twenty-one. Seven of the above communities were "All Year Gold Star" schools. Last year the same number made this excellent record.

Community cooperation in this work continues to grow. The leaders and teachers have given their earnest support, and in many cases have weighed the children during the months when the agent could not get to the schools.

This year Elko County was particularly fortunate in securing the services of the State Health Nurse, Mrs. Ebba Bishop, who inspected the children for defective throats, teeth and eyes, etc. The agent was given permission by the County Medical Association to inspect the children for the most common defects. All suspicious cases were referred to their family physician for examination.

ELKO COUNTY SUMMARY FOR THE YEAR 1930 - 1931  
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	CHILDREN			ANNUAL STATE GOALS		ULTIMATE STATE GOALS	
	Exam.	Com- pltg.	% Comp.	Increase in num- ber of normal chi- ldren. State Goal $\neq$ 5%	Decrease in num- ber dangerously underweights. State goal -5%	% children now in safe Zone. (Normal and slightly under wt.) State Goal 75%	% children now dangerously under wt. State goal 10% or less.
Boulder	16	14	87	- 18.75	$\neq$ 14.17	57.14	21.42
Carlin	132	130	98	$\neq$ 10.64	- 3.68	71.54	9.20
Contact	32	33	103	$\neq$ 7.77	$\neq$ 8.71	69.69	21.21
Elburz	7	8	114	$\neq$ 19.65	$\neq$ 10.72	75.00	25.00
Ft. Halleck	5	7	140	- 17.15	0.00	71.42	0.00
Halleck	8	9	112	$\neq$ 5.55	0.00	66.66	0.00
**Independence	4	4	100	$\neq$ 25.00	0.00	100.00	0.00
Jack Creek	9	9	100	0.00	0.00	77.77	22.22
Jiggs	7	3	143	$\neq$ 4.76	- 28.57	66.66	0.00
**Lee	5	5	100	0.00	0.00	100.00	0.00
Metropolis	27	32	118	- 20.02	$\neq$ 17.87	62.49	28.98
Midas	11	11	100	- 27.27	$\neq$ 18.18	72.72	18.18
North Starr	14	8	57	- 30.35	$\neq$ 37.50	50.00	37.50
**Panama	6	6	100	$\neq$ 33.33	0.00	83.32	0.00
*Rabbit Creek	8	9	112	- 8.33	-12.50	88.89	0.00
*Ryndon (Riordan)	3	5	166	$\neq$ 26.67	0.00	100.00	0.00
**Smith Creek	10	10	100	- 10.00	0.00	100.00	0.00
**South Fork	11	6	54	$\neq$ 36.37	0.00	100.00	0.00
Spanish Ranch	5	5	100	$\neq$ 20.00	$\neq$ 40.00	40.00	40.00
Spruce Mt.	8	6	75	- 54.17	$\neq$ 20.83	66.66	33.33
Wells	147	153	104	$\neq$ 4.92	$\neq$ 10.80	63.39	18.96
TOTALS	475	473	99	$\neq$ 0.64	$\neq$ 6.17	69.34	15.43

\*A Gold Star Community

\*\*An "All Year Gold Star" Community

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Boulder School, Starr Valley Community  
Elko, County

Total number children examined in Fall.....16  
Number children completing demonstration.....14 or 87%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	68.75%	50.00%	57.14%
Slightly underweight (1 - 6%)	12.50	7.14	
Seriously underweight (7 - 9%)	6.25	14.28	
Dangerously underweight (10% and up)	6.25	21.42	
Seriously overweight (21% and up)	6.25	7.14	
	100.00%	99.98%	

Boulder (Starr Valley) does not have as good a record as it had last year and the reason is, without doubt, physical defects. Several of the children have diseased tonsils and bad teeth and cannot be "Free to Gain" until these defects are corrected. We are sorry to say that Boulder has 18.75% less normal children and 15.17% more in the dangerously underweight group than it had last September. This is far from state's goals.

Most of the children bring good lunches to school and usually bring milk, but they do not have hot lunches. It is difficult to heat food on the stove in the school; therefore, we advise the children to bring a hot food in a thermos bottle. Every child needs hot food at noon in order to gain and grow properly. We feel very sure that Boulder could reach the Gold Star goal if the children were "Free to Gain" and had hot lunches during the winter months. We also urge the school to purchase a bathroom scale so that the children may be weighed regularly by the Keep Growing leader or teacher since the agent cannot reach the community each month.

Boulder School gave a joint program with the North Starr district, May 1st, which was Child Health Day. The children gave some very nice health drills, recitations and songs. This is a fine way to observe Child Health Day, and we wish that every school would have this same kind of a Keep Growing Achievement Day since it stimulates community interest in health work.

Recommendations for the coming year:

1. Plan to have physical defects corrected.
2. Plan to have hot lunches.
3. Plan to purchase a scale.

NUTRITION PROJECT - CON'T.

4. Plan to observe Child Health Day with a Keep Growing Achievement program.
5. Plan to enter the Poster contest.
6. Plan to become a Gold Star School.



NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Carlin, Elko County

Total number children examined in Fall.....132  
Number completing demonstration.....130 or 98%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	40.90%	51.54%	71.54%
Slightly underweight (1 - 6%)	31.06	20.00	
Seriously underweight (7 - 9%)	10.60	11.54	
Dangerously underweight (10% and up)	12.88	9.20	
Seriously overweight (21% and up)	4.54	7.70	
	<u>99.98%</u>	<u>99.98%</u>	

Carlin has made a fine record this year in its Keep Growing work, but does not quite have the distinction that it had last year, of being a Gold Star school. The number of normal children was increased 10.64%, which is over twice the state annual goal. The number of those dangerously underweight was decreased 3.68%. This does not quite reach the state annual goal of 5% decrease but is twice as high as that of last year. Carlin now has 71.54% of its children in the Safe Zone and 9.20% dangerously underweight. Next year it ought to again be a Gold Star school if physical defects are corrected.

Some very fine individual work has been done in Carlin this year. Much credit is due the Keep Growing leader, Mrs. W.C. Owens, for her good follow-up work and there has been splendid cooperation from the teachers and some of the parents. Some of the children were given mid-morning or mid-afternoon nourishment and a number were allowed to take a rest period for nervous relaxation. All these things were a decided help.

Examination of the children at the close of the year revealed a great many teeth and eye defects. Until these defects are corrected, Carlin will not reach the goal we would like to have it reach.

Carlin sent a number of splendid posters to the County Keep Growing Poster contest, and several were sent to the State contest.

Recommendations for the coming year:

1. Plan to secure the correction of more physical defects.

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NUTRITION PROJECT - CON'T.

2. Plan to make Carlin a Gold Star community.
3. Plan to continue the serving of milk and the rest periods.
4. Plan to hold at least two Health meetings during the year to which all parents are invited. This will do much to secure home cooperation.
5. Plan to hold a Keep Growing Achievement Day program.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT

September 1930 to April 1931

Contact, Elko County

Total number children examined in Fall.....32  
Number completing the demonstration.....33 or 103%

	Sept. 1930	April 1931	Safe Zone
Normal (N and up to 20% above)	43.74%	51.51%	69.69%
Slightly underweight (1 - 6%)	31.25	18.18	
Seriously underweight (7 - 9%)	12.50	9.09	
Dangerously underweight (10% and up)	12.50	21.21	
Seriously overweight (20% and up)	0.00	0.00	
	<u>99.99%</u>	<u>99.99%</u>	

Contact has done well this year in spite of the fact that the mines have closed down and many of the families have been without employment, and there has been much influenza in the community. The percentage gain in normals is 7.77% which more than meets the state's goal of 5% increase. We are sorry that the number of dangerously underweight children increased 8.71%. Some very serious physical defects such as cardiac conditions, poor teeth and diseased tonsils are, no doubt, responsible for this increase in the number of children who are dangerously underweight.

The Keep Growing work shows its influence in the school in the improved food habits. Almost all of the families now include milk in the daily dietary and realizing the importance of vegetables and fruit, use as much as are available and they can afford.

Mrs. Ebba Bishop, the State Health Nurse and Mrs. Mary Stilwell Buol, Assistant Director of the Extension Service, assisted the agent in examining the children in April and a great many physical defects were disclosed. When these are corrected, Contact will be free to accomplish the goal of being a Gold Star community. They now have 69.69% in the Safe Zone and 21.21% dangerously underweight. The state goal for a Gold Star community is to have 75% in the Safe Zone and 10% or less dangerously underweight.

Recommendations for the coming year:

1. Plan to secure correction of more physical defects.
2. Plan to emphasize low cost food budgets in order to help the families meet the unemployment situation.
3. Plan to try to secure a larger supply of milk and vegetables for the community.
4. Plan to continue the good work and be a Gold Star community.
5. Plan to hold a Keep Growing Achievement Day program.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Elburz, Elko County

Total number of children enrolled.....7  
Number completing the demonstration.....8 or 14%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	42.85%	62.50%	75.00%
Slightly underweight (1 - 6%)	14.28	12.50	
Seriously underweight (7 - 9%)	14.28	0.00	
Dangerously underweight (10% and up)	14.28	25.00	
Seriously overweight (20% and up)	14.28	0.00	
	99.97%	100.00%	

With 75% of the children in the Safe Zone, Elburz could be a Gold Star community but for the fact that the other 25% are in the dangerously underweight group. Two children in the school are not "Free to Gain" due to physical defects. When these defects are corrected these children will, no doubt, gain and give the community a right to a Gold Star. The increase in percentage of normals for Elburz was 19.65%, which is nearly four times the state's goal. However, there was a 10.72% increase in dangerously underweight children while the annual state goal is to have a 5% decrease.

During the winter months every child who did not go home for his lunch, brought milk or cocoa in a thermos bottle and the records showed decided gains in weight in these children and they have done better work in school.

Elburz sent two nice posters into the health poster contest. We wish that the children's weight records had been as good as the posters since 50% of the poster's merit depends upon the improvement in weight.

The community does not yet have a school scale and we are urging the purchase of bathroom scales so that the Keep Growing work may be carried on by the leader during the months when the agent cannot get to the school. This is a very important factor in the success of all Keep Growing work.

Recommendations for the coming year:

1. Plan to secure corrections of physical defects.
2. Plan to purchase scales.
3. Plan to continue hot lunch at noon by the use of thermos bottles.
4. Plan to become a Gold Star community.
5. Plan to hold a Keep Growing Achievement Day program.

NUTRITION PROJECT  
 KEEP GROWING DEMONSTRATION REPORT  
 September 1930 to April 1931

Fort Halleck, Elko County

Total number of children examined in Fall.....5  
 Number completing demonstration.....7 or 140%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	60.00%	42.85%	71.42%
Slightly underweight (1 - 6%)	0.00	28.57	
Seriously underweight (7 - 9%)	20.00	14.28	
Dangerously underweight (10% and up)	0.00	0.00	
Seriously overweight (20% and up)	20.00	14.28	
	100.00%	99.98%	

For the first time in three years, Fort Halleck is not a Gold Star community. It comes very near reaching the goal this year, but falls short just about 4%. Correction of teeth defects is much needed in the school and will undoubtedly aid in improving the community record. The number of normal children decreased 17.15% but there have been no children all year who were dangerously underweight. This lack of dangerously underweight children is a very great credit to this community.

The last year report shows that the children at Fort Halleck had a high record for defective teeth. Up to that time the weight of these children had not been affected but this year these defects are beginning to show their influence. If the community is to keep a good record of health, these defects must be corrected. The fact that the school has not had hot lunches this year is probably an influence in decreasing the number of normal children also.

At Fort Halleck none of the children were eligible to enter the poster contest since it is for underweight children who are gaining. We hope next year to have another poster contest which will be open to all children who do not qualify for the present contest.

Recommendations for the coming year:

1. Plan to secure corrections of physical defects. This is very important so that these children will be "Free to Gain".
2. Plan to have hot lunches, preferably by the use of thermos bottles.
3. Plan to enter the poster contest.
4. Plan to become a Gold Star Community.
5. Plan to hold a Keep Growing Achievement Day program.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Halleck, Elko County.

Total number of children examined in Fall..... 8  
Number completing demonstration..... 9 or 112%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	50.00%	55.55%	66.66%
Slightly underweight (1 - 6%)	25.00	11.11	
Seriously underweight (7 - 9%)	25.00	33.33	
Dangerously underweight (10% and up)	0.00	0.00	
Seriously overweight (20% and up)	0.00	0.00	
	100.00%	99.99%	

Halleck this year can proudly say that it has no dangerously underweight children. This is a real achievement, and if the 66.66% in the normal group could have been 75%, Halleck would be a Gold Star school. Perhaps another year can bring this goal.

During the year the number of normal children increased 5.55% which is more than the annual state goal of 5% increase. The number of dangerously underweight children did not decrease because, as mentioned above, there were none in this group all year.

There are a number of defective teeth, tonsils and eyes at Halleck which should be corrected before the community can reach the state goal. Some of the children go home at noon and can have a hot lunch and we urge those who must take their lunch to school to bring a thermos bottle with some hot food during the winter months. Hot lunches do much toward stimulating digestion, increasing resistance against disease and helping the child to grow.

Halleck does not yet have a scale and since it is impossible for the agent to reach the community every month, the children are not weighed as regularly as they should be. We hope that the school will purchase a pair of bathroom scales for this next year. Regular weighing help regular gains.

Recommendations for the coming year:

1. Plan to have physical defects corrected.
2. Plan to purchase scales.
3. Plan to bring hot lunches in thermos bottles.
4. Plan to have a Keep Growing Achievement Day.
5. Plan to enter the poster contest.
6. Plan to become a Gold Star community.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Independence, Elko County  
Tuscarora Community

\*\*An "All Year Gold Star" School

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

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

For three years in succession, Independence has been a Gold Star school and this year it has the distinction of being an "All Year Gold Star" school. We are very proud of this record.

The increase in the number of normal children is 25%, which is five times the state annual goal of 5% increase. This is a splendid record. Another thing we are proud of is that there have been no dangerously underweight children in this school throughout this year,

Examinations by the State Health nurse in April, revealed the fact that there are some physical defects such as diseased tonsils, bad teeth and enlarged thyroid in the school. Measures are being taken this summer to have these defects corrected.

Because three of the children are graduating, Independence will not hold a school next year. The one younger child will probably attend school in another district.

Again Independence school did not enter the poster contest because it did not have children eligible.

We wish to congratulate Mrs. D. B. Williams, the Keep Growing leader for her splendid work with these children. This year two of the children other than her own, stayed with her and went to school and she has done much to help them to establish good health habits of eating and sleeping which as we see have been a direct influence toward better health.

It is a real community achievement that this school ends the last year of its existence with such a fine health record.

NUTRITION PROJECT  
 KEEP GROWING DEMONSTRATION REPORT  
 September 1930 to April 1931

Jack Creek, Elko County  
 Tuscarora Community

Total number of children examined in Fall.....9  
 Number completing demonstration.....9 or 100%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	77.77%	77.77%	77.77%
Slightly underweight (1 - 6%)	0.00	0.00	
Seriously underweight (7 - 9%)	0.00	0.00	
Dangerously underweight (10% and up)	22.22	22.22	
Seriously overweight (20% and up)	0.00	0.00	
	99.99%	99.99%	

The entire year's record of the number of normal children at Jack Creek is very good since it is more than 75%. This is a very high health standing. We regret, however, that the percentage of dangerously underweight children has not been reduced this year. With the correction of more physical defects the record will, no doubt, improve and bring the school up to the Gold Star standard.

Hot lunches during the cold months and more regular weighing and checking up of health habits would greatly help the children to gain. We hope that next year the school will purchase bathroom scales and that a leader in the community can be secured to weigh the children those months when the agent cannot come to the school. Perhaps Spanish Ranch and Jack Creek can purchase scales together and send them back and forth.

No posters were submitted in the poster contest from Jack Creek this year because the only children who might have been eligible were disqualified since they did not make sufficiently good gains.

Recommendations for the coming year:

1. Plan to secure correction of physical defects.
2. Plan to have hot lunches.
3. Plan to purchase scales. This is very important.
4. Plan to enter the County Poster Contest.
5. Plan to become a Gold Star community.
6. Plan to hold a Keep Growing Achievement Day program.



NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Jiggs, Elko County

Total number children examined in Fall..... 7  
Number completing demonstration..... 3 or 43%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	28.57%	33.33%	66.66%
Slightly underweight (1 - 6%)	28.57	33.33	
Seriously underweight (7 - 9%)	0.00	0.00	
Dangerously underweight (10% and up)	28.57	0.00	
Seriously overweight (20% and up)	14.28	33.33	
	99.99%	99.99%	

Jiggs had hoped this year to be a Gold Star community for the fourth year, but the school has lost more than half of its children, leaving only three. Two of these children are in the Safe Zone and the other falls in the overweight group. This is an unusual situation and we wish there might be another child in the Safe Zone to bring up the percentage. The school, however, can well be proud of its reductions in the number of dangerously underweight children. At the beginning of the year there were 28.57% in this class and at the close there are none. This is over five times the state annual goal of 5% decrease in those dangerously underweight.

Mrs. Ralph Drown, the teacher and Keep Growing leader is to be commended for her splendid work with these children. The food and other health habits have improved a great deal, and if there are enough children to maintain the school next year, we are sure Jiggs will again be a Gold Star school. Unless more children move into the district a school will probably not be held in the community next year.

Since there is no means of heating food for lunch at the school, we hope, in case a school is maintained, that the parents will provide the children with thermos bottles to carry something hot for lunch. Hot food at noon is a great help in preventing over-fatigue and promoting good, steady gains.

RECOMMENDATIONS FOR THE COMING YEAR IF A SCHOOL IS HELD:

1. Plan to have every child bring hot food in a thermos bottle for lunch during the winter months.
2. Plan to become a Gold Star community again.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Lee, Elko County

\*\*An "All Year Gold Star" Community

Total number children examined in Fall..... 5  
Number completing demonstration..... 5 or 100%

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

This year we can boast of a community which has been 100% normal all year. What could be more perfect? Just one thing: a school with the same record plus a record of complete corrections on all physical defects. Lee has been a Gold Star community for six successive years and is the healthiest school in our county. The state Extension office informs us that there is no other community in the state with such a splendid record. The Keep Growing leader, Mrs. Archie Dewar, the teacher and the parents are all to be commended for their excellent work and cooperation.

Plenty of sleep, good food, fresh air and sunshine have been the reasons for the high standard of health at Lee. There is just one thing for the community to work for in addition to its present achievement. That is the correction of all physical defects. There are some defective teeth and eyes in the school which should be corrected if the children are to arrive at the fullest degree of health.

Since every child in the school was normal in weight all year, Lee was not eligible to enter the present poster contest, but we hope that there will be entries next year in another contest.

Recommendations for the coming year:

1. Plan to have all physical defects corrected.
2. Plan to continue the good work and again be a Gold Star community.
3. Plan to enter the county poster contest.
4. Plan to hold a Keep Growing Achievement Day program.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

## Metropolis, Elko County

Total number of children examined in fall..... 27  
Number completing demonstration..... 32 or 118%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	48.14%	28.12%	62.50%
Slightly underweight (1 - 6%)	37.03	34.38	
Seriously underweight (7 - 9%)	3.70	9.37	
Dangerously underweight (10% and up)	11.11	28.12	
Seriously overweight (20% and up)	00.00	00.00	
	<u>99.98%</u>	<u>99.98%</u>	

Metropolis has been much affected by influenza this year and the report is not very favorable. We regret that there has been such an increase in the number of dangerously underweight children (17.01%) and that the number of normal children is greatly reduced (20.02%). Physical defects are also a cause for this unfortunate health situation and we strongly urge their correction as soon as possible. These children cannot be "Free to Gain" when they have diseased tonsils, bad teeth and other defects. Under these conditions they will naturally have a lowered resistance against influenza and such diseases, more absences from school and less regular gains in weight.

The community has suffered economically from the great drought and the depression. These factors also affect the general health of the people and make it more difficult to have physical defects corrected when they should be.

A record of healthy habits at Metropolis shows increased use of milk and vegetables among the families which indicates a positive result of the Keep Growing work despite the poor statistical showing. Hot lunches for the children who must eat their noon meal at school we are sure would help them to gain. A thermos bottle for each child would solve this problem.

This community did not enter the poster contest this year because its underweight children did not gain sufficiently for it to be worth while for them to enter.

REcommendations for the coming year:

1. Plan to correct physical defects. This is very important.
2. Plan to have the children bring thermos bottles to school with a hot food for lunch.
3. Plan to work toward being a Gold Star school.
4. Plan to enter the poster contest next year.
5. Plan to emphasize low cost food budgets in the community.

NUTRITION PROJECT  
 KEEP GROWING DEMONSTRATION REPORT  
 September 1930 to April 1931

Midas, Elko County

Total number of children examined in Fall..... 11  
 Number completing demonstration..... 11 or 100%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	63.63%	36.36%	72.72%
Slightly underweight (1 - 6%)	27.27	36.36	
Seriously underweight (7 - 9%)	0.09	9.09	
Dangerously underweight (10% and up)	0.00	18.18	
Seriously overweight (20% and up)	0.00	0.00	
	<u>99.99%</u>	<u>99.99%</u>	

Midas has not done as well this year as last for it does not quite reach the state's goal of 75% of its children in the safe zone and 10% or less dangerously underweight. It now has 72.72% in the Safe Zone and 18.18% in the dangerously underweight group. Because of the change of agents only two visits were made to this community during the year and this is not as close contact with the children as is to be desired.

There are a number of physical defects in the school which should be corrected before the children will be "Free to Gain". Lowered resistance probably caused by these defects made the children more susceptible to the flu this past winter,

This community like other mining camps has suffered from the economic depression and we hope very much that conditions will be improved before another year. In such places perhaps we can best help the Keep Growing work by emphasizing the low cost but adequate food budget.

Recommendations for the coming year:

1. Plan to secure correction of physical defects.
2. Plan to emphasize low cost adequate food budgets.
3. Plan to have a local leader weigh the children regularly during the agents absence due to poor roads.
4. Plan to make Midas a Gold Star community.
5. Plan to enter the poster contest next year.
6. Plan to hold a Keep Growing Achievement Day program.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

North Starr School, Elko County, Starr Valley Community

Total number of children examined in Fall..... 14  
Number completing demonstration..... 8 or 57%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	42.85%	12.50%	50%
Slightly underweight (1 - 6%)	21.42	37.50	
Seriously underweight (7 - 9%)	28.58	12.50	
Dangerously underweight (10% and up)	0.00	37.50	
Seriously overweight (20% and up)	7.14	00.00	
	<u>99.99%</u>	<u>100.00%</u>	

While the statistical report of the Keep Growing work at the North Starr School does not seem very favorable we feel that much good has been accomplished in the community this year. The influenza was even more severe among these children than in other localities in the county and during the winter months the weight curves took a decided slant downwards. The school has been working under adverse conditions. As a result of this the number of normal children fell 30.35% and the percentage of dangerously underweight rose from nothing to 25%. This is very far from the state annual goals of 5% increase in normals and a 5% decrease in those dangerously underweight. North Starr has a difficult task before it, to reach the state's goals but we feel very sure that the community can accomplish a better record if physical defects are corrected and the program of hot lunches during cold weather is continued.

Miss Betty Howard, the teacher, is to be congratulated on her splendid efforts to help the children to gain by serving hot lunches at noon. The children brought the food from their homes and helped Miss Howard to prepare two hot dishes supplemented by cold dishes from home. This meant much responsibility and much work, but it was very much worth while since it helped some of the children to gain and it taught all of them to eat simple, wholesome foods which they had thought they did not like.

A Keep Growing Achievement Day joint program was given on Child Health Day, May 1st, by North Starr and Boulder School. The parents and neighbors of the children were invited and a picnic was held at Mountain View. Some very clever health songs, recitations and drills were given. We are especially eager to have such an achievement day in every school each year, for it is an excellent means of stimulating community interest in child health and shows the parents what the children are doing to improve their health.

## NUTRITION PROJECT - CON'T.

No posters were submitted this year from North Starr for the poster contest, we are sorry to say. It is hoped that next year the gains will be sufficient to warrant a number of entries.

Recommendations for the coming year:

1. Plan to continue the hot lunches.
2. Plan to have physical defects corrected.
3. Plan to enter the county poster contest.
4. Plan to continue observing Child Health Day.
5. Plan to become a Gold Star School.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Panama, Elko County

\*\*An "All Year Gold Star" Community

Total number of children examined in Fall..... 6  
Number completing demonstration..... 6 or 100%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20%)	33.33%	66.66%	82.82%
Slightly underweight ( 1 - 6%)	50.00	16.66	
Seriously underweight ( 7 - 9%)	16.66	16.66	
Dangerously underweight ( 10% & up)	0.00	0.00	
Seriously overweight (20% and up)	0.00	0.00	
	99.99%	99.98%	

For the third year, Panama closes its school year as a Gold Star community and for two successive years it has had the distinction of being a Gold Star School all year. This is one of the finest records in the county. Panama exceeds the state goal of 75% of its children in the normal group by 12.83% and has the proud record of having no children dangerously underweight. This year the number of normal children increased 33.33%, which is over six times the state goal of 5% increase. As throughout the year there were no dangerously underweight children there could be no improvement in this respect.

Miss Avis Vallencour, the teacher and Keep Growing leader is to be complimented on the fine interest and cooperation she has obtained from the children and parents. Physical examination of the children in April showed that Panama has very few physical defects. Most of the youngsters live close to the school and are able to go home at noon to a hot lunch. Every child likes and drinks milk and knows that an early bedtime is helping him to gain. With such excellent cooperation, we can readily see why Panama is a Gold Star Community all year.

We ask the school to purchase scales next year so that the children may be weighed more regularly, for it is impossible for the agent to reach the community every month due to bad roads.

Recommendations for the coming year:

1. Plan to purchase scales, this is very important.
2. Plan to enter the county poster contest.
3. Plan to hold a Keep Growing Achievement Day.
4. Plan to continue the fine cooperation.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Rabbit Creek, Elko County

\*A Gold Star Community

Total number of children examined in fall..... 8  
Number completing demonstration..... 9 or 112%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	75.00%	66.67%	89.17%
Slightly underweight (1 - 6%)	12.50	22.20	
Seriously underweight (7 - 9%)	00.00	11.11	
Dangerously underweight (10% and up)	12.50	00.00	
Seriously overweight (20% and up)	00.00	00.00	
	100.00%	99.98%	

This the first year Rabbit Creek has had the Keep Growing work, and the community presents a fine record. At the close of school, 89.17% of the children are in the Safe Zone and the number dangerously underweight has been reduced from 12.50% in the fall to none. Rabbit Creek can well be proud!

Plenty of good food and early bedtimes are, no doubt, reasons why Rabbit Creek has such a good record.

Although they have such a good record as regard weight for age and height, the children do show several physical defects such as bad teeth and tonsils and we urge having them corrected right away before they affect the health of the school next year.

A number of the children bring their lunch to school and we strongly advocate their carrying thermos bottles with some hot food during the winter months, for hot lunches mean much in preventing over-fatigue and in helping the children to grow.

Because Rabbit Creek is a rather remote district, we urge the school to purchase a bathroom scale so that the children may be weighed those months when the agent cannot reach the community because of bad roads.

Mrs. George Bowers, the teacher and Keep Growing leader, is to be commended on her fine work with the Rabbit Creek children this year.

Recommendations for the coming year:

1. Plan to correct physical defects. This very important.
2. Plan to purchase scales.
3. Plan to have hot lunches during the winter months.
4. Plan to enter the poster contest.
5. Plan to hold a Keep Growing Achievement Day program.
6. Plan to continue to be a Gold Star community.



NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Ryndon, Elko County

\*A Gold Star Community

Total number children examined in Fall..... 3  
Number completing demonstration..... 5 or 166%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	33.33%	60.00%	100.00%
Slightly underweight (1 - 6%)	33.33	40.00	
Seriously underweight (7 - 9%)	33.33	0.00	
Dangerously underweight (10% and up)	0.00	0.00	
Seriously overweight (20% and up)	0.00	0.00	
	<u>99.99%</u>	<u>100.00%</u>	

The Keep Growing work has been carried on at Ryndon three years and for two years the community has been Gold Star. This year the percent of normal children has increased 26.67% which is over five times the state annual goal of 5% increase in this group. Furthermore, the number of seriously underweight has been reduced 33.33%. With no dangerously underweight children all year, and 100% in the Safe Zone at the close of school, this is a splendid record.

Mrs. Howard Keating, the teacher and Keep Growing leader, has done much with the children with regular health lessons in stimulating interest and cooperation.

Most of the children live near the school and can go home for a hot lunch. This has helped to keep them gaining.

The health inspection in April showed that the Ryndon children have few physical defects. This is another reason why it is such a healthy community and made such a good record.

Recommendations for the coming year:

1. Plan to continue the fine work.
2. Plan to hold a Keep Growing Achievement Day program on or near Child Health Day.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Smith Creek, Elko County      \*\*An "All Year Gold Star" Community

Total number examined in Fall..... 10  
Number completing demonstration..... 10 or 100%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	100.00%	90.00%	100.00%
Slightly underweight (1 - 6%)	0.00	10.00	
Seriously underweight (7 - 9%)	0.00	0.00	
Dangerously underweight (10% and up)	0.00	0.00	
Seriously overweight (20% and up)	0.00	0.00	
	<u>100.00%</u>	<u>100.00%</u>	

What could be a finer record than 100% of the children in a community in the Safe Zone? For three years, Smith Creek has the honor of being a Gold Star community all year! When the children were weighed and examined in April only one child failed to get a gold star and she was just slightly underweight following a siege of the flu. If it had not been for this one unfortunate case the school might be 100% normal as it was last September.

There are several reasons why Smith Creek is such a healthy community. The children all carry milk to school, they all eat vegetables and fruit and they go to bed early. Also they do not have many physical defects.

We are asking Smith Creek to purchase a pair of bathroom scales which are inexpensive and quite satisfactory. With scales in the school, the Keep Growing leader or teacher may weigh the children regularly when the agent cannot come to the school during the winter months.

Recommendations for the coming year:

1. Plan to purchase scales.
2. Plan to have hot lunch during winter months.
3. Plan to enter county poster contest.
4. Plan to continue the splendid work.
5. Plan to hold a Keep Growing Achievement Day.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

South Fork, Elko County

\*\*An "All Year Gold Star" Community

Total number children examined in Fall..... 11  
Number completing demonstration..... 6 or 54%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	63.63%	100.00%	100.00%
Slightly underweight (1 - 6%)	27.27	0.00	
Seriously underweight (7 - 9%)	0.00	0.00	
Dangerously underweight (10% and up)	0.00	0.00	
Seriously overweight (20% and up)	0.00	0.00	
	100.00%	100.00%	

South Fork is another of the healthiest communities in Elko County. Its record this year is one of the best we have. The number of normal children was increased 37.37% which means that 100% of the children are normal in weight. This increase in normal children was seven times the annual state goal of 5% increase. Every child received a Gold Star at the last weighing. What could be a more splendid record! The school has been a Gold Star school all year!

Since it is difficult for South Fork to heat food for lunch at the school we urge the children to bring thermos bottles with hot soup or hot chocolate during the winter months. Although the children are up to weight, hot lunches will improve their health and do much to prevent over-fatigue.

The school should also purchase a pair of bathroom scales so that the children may be weighed regularly when the agent cannot come to the community.

South Fork did not enter the poster contest this year because there were no children eligible for the contest since it is held for underweight youngsters who are gaining. Next year, we hope to also have a contest for those children who cannot compete in this contest.

Recommendations for the coming year:

1. Plan to have hot lunches during the winter months.
2. Plan to purchase scales.
3. Plan to enter the poster contest.
4. Plan to hold a Keep Growing Achievement Day Program.
5. Plan to continue the good work.
6. Plan to again be an "All Year Gold Star" Community.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Spanish Ranch, Elko County  
Tuscarora Community

Total number children examined in fall..... 5  
Number completing demonstration..... 5 or 100%

Normal (N and up to 20% above)	20.00%	40.00%	40.00%
Slightly underweight (1 - 6%)	40.00	00.00	
Seriously underweight (7 - 9%)	40.00	20.00	
Dangerously underweight (10% and up)	00.00	40.00	
Seriously overweight (20% and up)	00.00	00.00	
	<u>100.00%</u>	<u>100.00%</u>	

Spanish Ranch has increased its number of normal children 20% which is four times the state goal but we are sorry to report that 40% of the children are dangerously underweight. Inspection of the children in April, by the State Health Nurse, revealed a number of physical defects which must be the cause of such underweight. Until these defects are corrected the children are not "Free to Gain". We urge that these children consult their family physicians as soon as possible.

Hot lunches during the winter months would aid very materially in helping the children to gain more rapidly.

We also suggest that the school purchase a small cot so that the most underweight children may lie down for a rest period during the day. Rest and relaxation are as important as food in securing good growth.

Bathroom scales should also be secured so that the children can be weighed regularly each month.

Recommendations for the coming year:

1. Plan to correct physical defects.
2. Plan to purchase a cot for rest periods for the underweight children.
3. Plan to secure bathroom scales.
4. Plan to enter the county poster contest.
5. Plan to hold a Keep Growing Achievement Day program.
6. Plan to become a Gold Star community.

NUTRITION PROJECT  
 KEEP GROWING DEMONSTRATION REPORT  
 September 1930 to April 1931

Spruce Mountain, Elko County.

Total number of children examined in Fall..... 8  
 Number of children completing demonstration..... .6 or 75%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	87.50%	33.33%	66.66%
Slightly underweight (1 - 6%)	0.00	33.33	
Seriously underweight (7 - 9%)	0.00	0.00	
Dangerously underweight (10% and up)	12.50	33.33	
Seriously overweight (20% and up)	0.00	0.00	
	100.00%	99.99%	

This is the first year that Keep Growing work has been carried on at Spruce Mountain and while the report is not very favorable, we feel that the community has not yet had a fair trial since due to the change in agents we were able to visit the school only twice during the school year.

The number of normal children has been reduced 20.84% and the number dangerously underweight has increased 20.83%. This very far from the state goal of 5% increase in normals and 5% decrease in those dangerously underweight.

Spruce Mountain is in a remote section of the county and it is very difficult for the agent to reach the school at all regularly. Next year we urge the school to purchase a pair of bathroom scales so that the Keep Growing leader may weigh the children every month and send the report to the agent. Regular weighing stimulates interest and is a direct and frequent check on the children's health.

We also advise a greater use of milk in the diet in this community, for the children are not getting the necessary amount, namely, a quart each day for each child. There can be no substitute for milk in providing body building materials for the growing child.

Recommendations for the coming year:

1. Plan to correct physical defects.
2. Plan to purchase scales.
3. Plan to increase the use of milk.
4. Plan to become a Gold Star school.

NUTRITION PROJECT  
KEEP GROWING DEMONSTRATION REPORT  
September 1930 to April 1931

Wells Community, Elko County

Total number children examined in Fall..... 147  
Number completing demonstration..... 153 or 104%

	Sept. 1930	Apr. 1931	Safe Zone
Normal (N and up to 20% above)	42.17%	37.25%	63.39%
Slightly underweight (1 - 6%)	33.33	26.14	
Seriously underweight (7 - 9%)	14.97	16.34	
Dangerously underweight (10% and up)	8.16	18.96	
Seriously overweight (20% and up)	1.35	1.30	
	<u>99.98%</u>	<u>99.99%</u>	

Wells did not have a very favorable report at the close of school. The number of normal children has been reduced 4.92% and the number dangerously underweight has increased 10.80%. This is quite the reverse of our state goals. Examination of the children in April by the State Health Nurse showed that Wells has a great many physical defects. As long as this condition exists, the children cannot be "Free to Gain". Since diseased tonsils and bad teeth lower resistance against disease it is no wonder that the flu was a real epidemic in the school. These defects should be corrected as soon as possible.

Mrs. Albert Goble retired in the middle of the year from the work of Keep Growing leader. In the nine years of her service in this capacity much has been done to improve community health in Wells. The School should feel deeply indebted to Mrs. Goble for her splendid spirit of cooperation and interest and for her sacrifice of time and effort. Mrs. W. R. Gilmer has very capably finished out the year as Keep Growing leader and deserves a great deal of credit for the work that has been done since January.

To help the children to learn to relax and rest and to provide a resting place for those underweight, nervous children who are so in need of rest, we urge Wells to purchase a cot for the school. A thin, high-strung child may not gain although his diet is sufficient and adequate in every respect, just because he does not get enough rest.

Some excellent posters were submitted from Wells in the Poster contest and had the children's weights been more favorable, a number might have won some of the prizes.

Recommendations for the coming year:

1. Plan to correct physical defects.

## NUTRITION PROJECT - CON'T.

2. Plan to emphasize a dental hygiene program.
3. Plan to secure a cot for the school.
4. Plan to enter the poster contest.
5. Plan to hold a Keep Growing Achievement Day program.
6. Plan to become a Gold Star community.

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

NAME	Orig.		N.W.	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Final		Lbs Gain	Orig. % Var.	Final % Var.	
	Age	Ht.											Ht.	N.W.				
<u>BOULDER (STARR)</u> Grant Beemey	12	56	79		80		88				92		59	89	12	/ 1	/ 3	
<u>CARLIN</u> Eleanore Brown	7	49½	55	53			64	65½	66½	67½			50½	58½	14½	- 3	/ 16	
<u>CONTACT</u> Vivan Halcrow	6	45	45		40½				42			44½	47	50	4½	- 8	N	
<u>ELBURZ</u> Louise Vignolo	14	65½	121	100			109½		110½	111½			66	124	11½	- 17	= 11	
<u>FORT HALLECK</u> Warren Scott	9	50	58		66		68	68	69½	69½	69½		51	61	3½	/ 10	/ 14	
<u>HALLECK (PEQUOT)</u> Ruby Rahas	7	46	47		49		53		53½	54½			46½	49	5½	/ 4	/ 11	
<u>INDEPENDENCE</u> Enid Fox	6	48½	52	51								59½	49½	54	8½	- 1	/ 8½	
<u>JACK CREEK</u> Louis Uriola	6	43½	42	43½								47½	44	44	4	/ 3	/ 14	
<u>JIGGS</u> Frank Orbe	12	57	81	86					94	97½	96½		59	96½	15½	N	N	
<u>LEE</u> Johnny Martin	11	57	81	80½						87	88		57½	82½	7½	- 6	/ 7	
<u>METROPOLIS</u> Norman Quist	7	51	61		58½		61		61	62½	64½		52	63	5½	- 3	/ 2	
<u>MIDAS</u> Leonard Berg	12	59½	90	96	97½		104½		105½		105		60½	95	9	/ 7	/ 10	
<u>NORTH STARR</u> Clarence Knighton	9	56	76		94		95		99	92½	93		58	83½	- 1	/ 24	/ 11	
<u>PANAMA</u> Ballard Whitaker	8	52	64		63		64½						66½	53	67	3½	- 1	N
<u>RABBIT CREEK</u> Georgia Trescartes	9	53	67		59½		64½						64	54	70	4½	± 19	- 9

ELKO COUNTY, NEVADA

Page 74



KEEP GROWING DEMONSTRATION REPORT 1930 - 1931  
 EXAMPLES OF INDIVIDUAL RECORDS  
 ELKO COUNTY - (Sheet 2)

NAME	Age		Orig.												Lbs Gain	Orig.		Final	
	Age	Ht.	N.W.	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr.	May	Ht.	N.W.		% Var.	% var.		
<u>RYNDON</u> Angelo Aquire	6	41½	39	42	43	44	46	45	47	48	47½	48	44	44	6	+ 8	+ 9		
<u>SMITH CREEK</u> Bobbie Haguy	6	45	46	52½					56½	56½	56½		46½	49	4½	+ 13	+ 15		
<u>SOUTH FORK</u> Isabelle Chase	15	6½	79		75½				83½		89½		58	86	13½	- 4	+ 4		
<u>SPANISH RANCH</u> Walter Hurley	6	45	46		44½								47	50	5½	- 3	N		
<u>SPRUCE MOUNTAIN</u> Leora Woodward	8	6½	49		52½								49	55	3½	+ 6	+ 1		
<u>WELLS</u> George Blackett	13	3	107		10½			115	117½	119½	121½		64	113	11½	- 3	+ 8½		

ELKO COUNTY, NEVADA

## MARY GETS A GOLD STAR.



Figure 32.

Mary McKenna was nervous; she was underweight and she was finicky about her food, about her bed time hour and about the world in general. Her sister Margaret and her brother Tommie never failed to bring home from school fine health records. And that didn't help the situation. Mary was tired of forever hearing about it. There wasn't much use she thought, of trying to gain when it couldn't be done. Her mother had about become of that opinion too. For three years now she poured cod liver oil down Mary and had insisted on vegetables until they were almost a forbidden subject.

## MARY GETS A GOLD STAR - CON'T.

In February Mrs. McKenna went to the school to have a conference with the Agent. The mother was tense, her interest was so great. A few minutes conversation and the problem was recognized as largely emotional. A plan was outlined for both Mary and her mother. The mother as well as the child was to lie down to rest at least twenty minutes during the day. Mary was not to study after school hours but Mrs. McKenna was to read a story to her while she rested. Her teacher at school was to excuse her from class for fifteen minutes during the afternoon and she was to lie down on the couch in the rest room and 'play molasses' a game in relaxation. At meal time Mary was to be asked to eat her quota of mush, vegetables, fruit and milk and if a scene was indicated the subject was to be dropped. Instead of cod liver oil irradiated yeast was suggested since it contains vitamin B the appetite stimulator as well as vitamin D. And Mary was to take a small lunch of sandwiches and fruit to school.

The plan was followed in every detail. The first achievement was to secure Mary's cooperation and then her weight curve rose steadily. Just one month after beginning the new plan Mary took home a gold star which meant that she was up to weight. At the beginning of the year Mary was eight per cent underweight and in April she was two per cent above. She had gained six and three fourths pounds and her mother reports a great improvement in her disposition.

## Wells Boys And Girls Gain Weight

The children of the Wells' grade school were weighed last week by the new extension agent of Elko county, Miss Margaret Brenner, and by the local Keep Growing leader, Mrs. Albert Goble. Of the 145 children weighed, 113 were found to be gaining and 12 showing some loss of weight. Eighteen children reached the normal figure for their height and age, during the months between October and January. This means that there are now 81 gold star children in Wells. It is considered most important that a child continues to gain in weight even though he may have reached the normal figure or above. It is hoped that the next few months will find an even greater number of children gaining. Those boys and girls who were awarded blue stars for the best gains in their respective grades are:

Kindergarten, Keith Supp gained six and one-half pounds; first grade, Angy Isole gained five and one-half pounds; third grade, Denyce Quilici gained six and one-half pounds; third grade, Allen Johnson gained six and one-half pounds; fourth grade, Gloria Gilmer gained three and three-fourths pounds; fifth grade, Alvin Toombs gained four and one-half pounds; sixth grade, Arthur Herrick gained nine pounds; seventh grade, Jean Blackett gained six and one-half pounds; eighth grade, Pearl Wood gained five and one-half pounds.

The healthiest group is the kindergarten and the class which made the best improvement during the four months was the sixth grade.

## KEEP GROWING RESULTS ANNOUNCED

### Results of Prevailing Sicknesses Shown in Latest Weight Tests of Children

Miss Margaret Brenner, Elko county extension worker, was in Wells a few days ago and gave a report to The Herald of the latest results in the "Keep Growing" contest, which is being conducted at the Wells public school.

Miss Brenner stated that the gains during the last period were less than heretofore shown by the children, due to the many sicknesses that have been prevalent for the past few weeks.

There were 133 children examined for the last period. Out of this number 86 were found to be gaining, 43 losing, 7 reached normal for the first time and 89 are now normal. Results in each class, were as follows: kindergarten -- 12 examined, eight gaining, three losing, none reached normal, nine are normal. First grade—21 examined, 16 gaining, five losing, none reached normal, 19 are normal. Second grade— 21 examined, five gaining, 11 losing, one reached normal and 14 are normal. Third grade—18 examined, 12 gaining, five losing, one reached normal and eight are normal. Fourth grade—14 examined, eight gaining, four losing, one reached normal and six are normal. Fifth grade—15 examined, 12 gaining, one losing, two

## STATE NURSE VISITS COUNTY

Miss Ebba Bishop, state health nurse, in company with Mrs. Mary Stilwell Buol, assistant director of the University of Nevada agricultural extension department and Miss Margaret Brenner, county agent, has been visiting various schools of this section in the interest of "keep growing" and health work.

Miss Bishop is employed jointly by the state board of health and the Nevada Public Health association. Part of the money which makes the work possible comes from the sale of Christmas seals.

During her visit in this section Miss Bishop visited Wells, Contact, Independence Valley, Spanish Ranch, Jack Creek, Midas and Tuscarora.

She works in cooperation with the extension division and makes inspections for any defects, the correction of which would be an aid to the school children. Upon finding a defect the child is advised to see a physician or dentist, as the case demands.

In speaking of the cooperation here, Miss Buol declared that it was excellent. She also said that she was confident that if the suggestions were followed out a great deal of good would result. The work of Mrs. Mildred Warner, former county nurse in this district, is showing up to her credit at this time, Mrs. Buol declares as the benefits among the older children are very noticeable.

## HEALTH NURSES FINISH TOUR OF INSPECTION

Boulder, Lee, Smith  
Creek and Jiggs are  
Four Best In Elko  
County

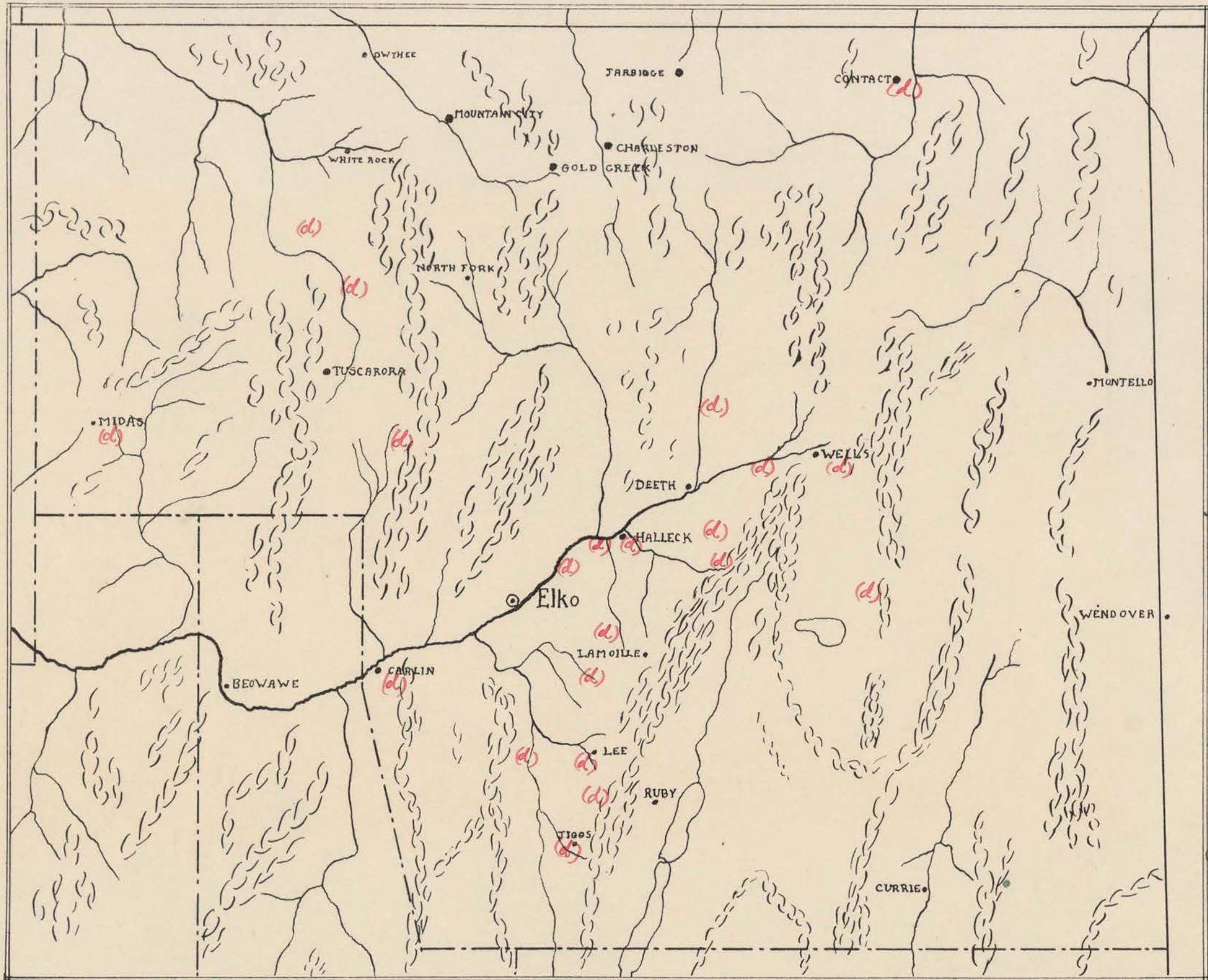
### FIND BAD EYES

Mrs. Ebba D. Bishop, state health nurse of Reno, and Miss Margaret Brenner, Elko county extension agent, have just completed an inspection tour of eleven communities of Elko county, visiting rural schools and examining 108 children for physical defects. In general, conditions were found to be about normal excepting that mouth infection was discovered in some communities. Recommendations were made for treatment by family physicians and corrective methods advised.

Tests were made of children's eyes, ears, teeth, and skin. Measurements were taken and the pupils were weighed. Deformities were noted and records made of individual cases, with the usual recommendations for treatment, in all cases where this was indicated as necessary, by family physicians.

#### Four Best Communities

Communities visited were: Boulder, Elburz, Ft. Halleck, Halleck, Jiggs, Lee, Metropolis, Panama, Rabbit Creek, Rvndon and Smith Creek.



(d) Keep Growing.

NUTRITION

KEEP GROWING - CON'T.

Summary of results:

Number of communities carrying on work--21.  
 Total number of children enrolled-----475  
 Number completing the demonstration----473  
 Children Normal in weight    Sept.    April Safe Zone  
   (N and up to 20% above) 47.57% 46.93% 69.34%  
 Children slightly under weight  
   (1 - 6%)-----28.42%    22.41%  
 Children seriously underweight  
   (7 - 9%)-----11.78%    12.05%  
 Children dangerously underweight  
   (10% and up)----- 9.26%    15.43%  
 Children seriously overweight  
   (More than 20%)---- 2.97%    3.17%  
                                   100.00%    99.99%  
 Increase in percantage of normals....-0.64%  
 Decrease in percent dangerously under-  
 weight.....75.96%  
 Number of days devoted to project by  
                                   agent-----54½  
 Number news articles published -----13  
 Number leaders assisting-----21  
 Number result demonstrations held----67  
 Number home visits made-----58

## (r) Child Training and Care

GOOD GROWTH AND DEVELOPMENT  
THE PRE-SCHOOL CHILD  
PREPARE FOR SCHOOL ROUND UP

This year Elko County has opened up a new project dealing with the child who will begin school for the first time next year. The purpose of this work is to put all children in good physical condition before they start to school, and to create parental interest in the importance of early training in the life of the child as the foundation for the right physical and mental development.

With the assistance of the field nurse of the Nevada Public Health Association, Mrs. Ebba D. Bishop, thirty-eight pre-school children were weighed and measured and inspected for physical defects last spring and fifty-three children just beginning school were weighed this fall.

The following table gives the results of the work:

Number communities participating-----	9
Number leaders assisting-----	9
Number days devoted to project	
by agent-----	2
Number new stories published-----	2
Number result demonstrations held-----	9



	COMMUNITIES											
	Carlin				County-wide				Wells			
	Spring		Fall		Spring		Fall		Spring		Fall	
	No:	%	No:	%	No:	%	No:	%	No:	%	No:	%
Children in demonstration:	10	100	22	100	15	100	12	100	13	100	19	100
Children normal weight (N and up to 20% above)	8	80	10	45.45	8	53.33	8	75.00	10	76.92	5	26.42
Children slightly under- weight ( 1 - 6% )	0	0.00	8	36.36	5	33.33	1	8.33	2	15.38	8	42.10
Children syeriously under- weight ( 7 - 9% )	1	10.00	0	0.00	1	6.66	3	25.00	1	7.69	4	21.05
Children dangeroulsy un- derweight (10% and up)	1	10.00	4	18.18	0	0.00	0	0.00	0	0.00	2	10.53
Children having defective vision	0	0.00	0	0.00	1	6.66	2	1.66	0	0.00	0	0.00
Children having other eye defects	8	80.00	0	0.00	5	33.33	0	0.00	1	7.67	0	0.00
Children having ear defects	0	0.00	0	0.00	0	0.00	1	.83	0	0.00	0	0.00
Children having defective teeth	0	0.00	0	0.00	0	0.00	6	50.00	0	0.00	0	0.00
Children having defective noses	5	50.00	0	0.00	7	46.67	2	1.66	4	30.76	0	0.00
Children having throat defects	0	0.00	0	0.00	0	0.00	3	25.00	0	0.00	0	0.00
Children having skin defects	2	20.00	0	0.00	9	60.00	0	0.00	5	38.46	0	0.00
Children having defective lymph nodes	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Children having nervous disorders	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Children having deformities	0	0.00	0	0.00	1	6.66	0	0.00	0	0.00	0	0.00
Children having correc- tion of defects prior to above inspection:												
Eyes	0	00.00	0	00.00	0	00.00	0	00.00	0	00.00	0	00.00
Ears	0	00.00	0	00.00	0	00.00	0	00.00	0	00.00	0	00.00
Teeth	0	00.00	0	00.00	0	00.00	0	00.00	0	00.00	0	00.00
Nose and throat	0	00.00	0	00.00	0	00.00	0	00.00	0	00.00	0	00.00

All of the examinations for physical defects are not yet completed.

## (r) Child Training and Care.

GOOD GROWTH AND DEVELOPMENT - THE PRE-SCHOOL CHILD  
(HOME DEMONSTRATIONS)

For the first time the Pre-school child is being reached in the homes in Elko County through extension projects. As an outgrowth of the White House Conference on child care and training, the Nevada Extension service this year, has initiated two projects with the pre-school child; one is the Prepare for School Round-Up and the other is the Pre-school Home Demonstration. There is an increasing interest in the problems of pre-school children as offering the best opportunity to establish positive good health, right living habits and development of correct personal attitudes.

Two babies, one at Panama, and one at Carlin were the first enrolled in this project. Little Norman Minola has always been a problem in taking his orange juice and although nearly a year old now still objects to it and puts on a scene regurgitating his food. Another successful means of attracting his mother's attention was to hold his breath. His mother responded by calling in the neighbors and by humoring him in every way possible. Finally persuaded that babies never die from holding their breath, Mrs. Minola ignored the child a few times when he chose this method of having a tantrum and found that he soon got over the habit. Norman is on a good diet of cereal, strained vegetables, soft cooked egg, cod liver oil and bread. Opal Jean Whittaker of Panama has made the fine gain of ten pounds in the eight months she has been studied. She is a year old now and takes a regular diet including orange juice and cod liver oil. She is never sick and has strong teeth and straight bones.

During the summer a meeting of mothers with pre-school children was held in Starr Valley and eleven babies were weighed, measured and checked on their dietary habits. Tiny Virginia Jane Davis has made the best progress in the group. She was a premature baby weighing only four pounds at birth. Since she had to be artificially fed, her mother gave her a formula of cow's milk and vegetable water and she has gained five pounds four ounces in ten weeks. She is also getting cereal gruel, orange juice and sun baths. At six weeks her toilet habits were so well established that almost never was there a soiled diaper. Three babies from this group although more than three months old were still on three hour feedings. The mothers were advised to increase the volume of the feedings and to change the schedules from three to four hours. Cod liver oil was advised for all of the babies.

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**GOOD GROWTH AND DEVELOPMENT - THE PRE-SCHOOL CHILD CON'T.**

The table on the following page is a report of the thirteen pre-school children being studied in this project.

**Summary of work:**

Number communities participating-----	4
Number leaders assisting -----	13
Number days devoted by agent to project -----	5 $\frac{3}{4}$
Number home visits made -----	10
Number method demonstrations held -----	1
Number result demonstrations being carried on -----	13

NAME	AGE	HT.	N. WT	WT.	NO. MOS	LBS GAIN	DIET	PROBLEM PRESENTED	SUCCESS IN SOLVING PROBLEM.
Vernon Woosley	13 Mos	31	23½	23½	2	0	1 qt. milk daily vig, fruit and cereals. No cod liver oil.	Needed more regular hours and cod liver oil. Atmosphere is emotional Diarrhoea.	Given starchy foods & strained veg, to correct diarrhoea.
William B. Wright	10 Mos.	28½	20	21½	2	*	Dried milk, fruit cereal & vegetables. Cod liver oil, beef juice, orange juice.	Very shy of strangers. Does not tolerate eggs well.	Mother promised to take him out in public more. Egg mixed with cereal and given.
Patsy Black	4 yrs	38½	33	33½	2	*	3-4 cups milk daily, veg, fruit and cereal. No cod liver oil.	Habits rather irregular needed cod liver oil and more milk.	Family finances prevent much change.
Morley Murphy	2½ yrs	36	29¾	30½	2	*	1 qt. milk daily veg, fruit and cereal. No cod liver oil.	No special problem presented.	Cod liver oil given.
Vance Smiley	5 yrs	41	37	36½	2	*	3-4 cups milk daily fruit, vegetables & cereal. No cod liver oil.	Slightly underwt. Needed more rest & cod liver oil.	Cod liver oil given.
Bill Smiley	5 yrs	41½	37¾	37	2	*	3-4 cups milk daily fruit, vegetables and cereal. No cod liver oil.	Needed cod liver oil.	Cod liver oil given
Bob Smiley	3 yrs.	36½	30½	34½	2	*	3-4 cups milk daily, fruit, vegetables & cereal. No cod liver oil.	Needed cod liver oil.	Cod liver oil given

\* Not weighed a second time.

NAME	AGE	HT.	N.WT.	WT.	NO. MOS	NO LBS STDG'D	DIET	PROBLEM PRESENTED	SUCCESS IN SOLVING PROBLEM.
Donna Mae Glaser	7 Mos.	26	16	18-6	1		Breast fed, orange juice cereal & strained vegetables	Needed cod liver oil. Needed greater variety of foods.	Cod liver oil given and more vegetables and fruits.
Opal Jean Whittaker	3 Mos.	24	13 $\frac{3}{4}$	13	8	10	Breast fed, orange juice.	Needed orange juice & cod liver oil and strained cereal later.	Took cod liver oil at 3 mos. cereal at 5 mos. strained veg at 6 mos. weaned at 7 months.
Norman Ashley Minola	3 Mos.	24	14	13 $\frac{1}{4}$	8	7 $\frac{1}{2}$	Breast fed.	Needed orange juice & cod liver oil, strained cereal and veg, later, Dysentery at 9 mos. Habit of holding breath.	Took cod liver oil at 3 mos. cereal at 5 mos. strained veg at 6 mos. egg at 7 mos.. Under doctors' care for dysentery. Has refused orange juice all along. Breath holding habit broken.
Charles Black	11 Mos.	29 $\frac{1}{2}$	21 $\frac{1}{4}$	18-4	2	*	Still breast fed, orange juice cereal.	Diarrhoea, under weight, diet not varied, irritable disposition, toilet training.	Put under doctors' care for diarrhoea. Given starchy cereals Put on regular diet after recovery.
Virginia Jane Davis.	2 $\frac{1}{2}$ Mos.	22		9-4	2	2 $\frac{1}{2}$	Formula cows milk & veg. water, orange juice, 3 hr. feedings.	Pre-mature at birth, needed 4 hour feedings.	Cereal gruel at 3 $\frac{1}{2}$ mos. 4 hr feeding at 3 mos. Toilet habit is established at 2 mos.

NAME	AGE	HT.	N.WT	WT.	NO. MOS STD	NO LBS G'D	DIET	PROBLEM PRESENTED	SUCCESS IN SOLVING PROBLEM.
Marilyn Murphy	5 Mos	26	16	14-6	2	*	3 hr. feedings Breast fed & 1 feeding lac- tic acid milk orange juice	Needed 4 hr feed- ings, cod liver oil & cereal. Underweight.	Put on 4 hr feedings. Given 2 feedings lactic acid milk. Given sun baths, given cereal.
Mark Scott	5 Mos.	26 $\frac{1}{2}$	17	17-4	2	*	3 Hr feedings Breast fed and 1 feeding lactic acid milk, orange juice.	Needed 4 hr feed- ing. Cod liver oil and cereal.	Put on 4 hr feedings Given 2 feedings lactic acid milk. Given sun baths, given cereal.

## (s) Clothing.

## SELECTION AND CARE OF HOSIERY.

This project was opened this year to arouse more interest in wiser selection and purchase of hosiery and to give suggestions for better care of hose.

Two demonstrations on this subject were given in the county last spring by the State Clothing Specialist. They were at Lamaille and Elko. Some hosiery demonstration records were kept by some of the women. The reports to be made to the State Specialist at the end of the year so that some estimate can be made on a hosiery allowance in the clothing budget of the average family.

The table attached to this report shows the results of the five records kept in this county.

## Summary of results:

Number communities where project was carried on-----	2
Number demonstrators-----	5
Number demonstration meetings-----	2
Number of women adopting improved practices-----	10

## Fashion Show.

The Business and Professional Women's Club gave a Fashion Tea, October 17. The fashion revue was given in a program of entertainment while tea was served at tables representing fifteen countries of the world. The merchants of Elko cooperated by showing their fall styles and different types of women's wearing apparel. About 225 people attended this tea.

TABLE OF RESULTS OF RECORDS ON HOSIERY

: Demonstrator :	: Number : : pairs :	: For Whom :	: Wt. <sup>1</sup> :	: Aver- :		: Average :	: Manner & Place of Wear :			
				: age :	: Total :		: length :	: Holes in :		
:	: Bought :	:	:	: cost :	: cost :	: service :	: feet :	: heel :	: runs :	: snags :
: Mrs. Jay :	: 64 :	: Self :	: 11: S :	: \$1.06 :	: \$11.69 :	: 8 wks. :	: * :	: 1 :	: * :	: * :
: Gartiez :	:	: Husband :	: 13: S :	: .74 :	: 9.65 :	: 3 " :	: * :	: * :	:	:
:	:	: Boy (8 yr) :	: 12: S :	: .50 :	: 6.05 :	: 4 " :	: * :	: * :	:	:
:	:	: Boy (6 yr) :	: 14: S :	: .50 :	: 7.05 :	: 4 " :	: * :	: * :	:	:
:	:	: Girl (3 yr) :	: 14: S :	: .68 :	: 9.60 :	: 4 " :	: * :	: * :	:	:
: Mrs. Ed :	: 24 :	: Self :	: 6: S :	: 1.42 :	: 8.52 :	: 12 " :	: * :	: * :	: * :	:
: Lytton :	:	:	: 4: C :	: 1.29 :	: 5.16 :	: 8 " :	: * :	: * :	:	: *
:	:	: Daughter :	: 8: C :	: 1.29 :	: 9.73 :	: 6 " :	: * :	:	: * :	:
:	:	:	: 8: S :	: 1.29 :	: 9.73 :	: 4 " :	: * :	:	: * :	: *
: Mrs. George :	: 16 :	: Self :	: 10: :	: 1.23 :	: 6.15 :	: 9 " :	: * :	: * :	: * :	: 0 :
: Vannoy :	:	: Husband :	: 6: :	: .33 :	: 2.00 :	:	:	:	:	:
: Mrs. Ben :	: 15 :	: Daughter :	: 7: S :	: .71 :	: 4.99 :	: 4½ " :	: 6 :	: 6 :	: 0 :	: 0 :
: Upwood :	:	: Self :	: 8: S :	: .92 :	: 7.37 :	: 13 " :	: 5 :	: 5 :	: 0 :	: 2 :
: Margaret :	:	:	:	:	:	:	:	:	:	:
: Brenner :	: 9 :	: Self :	: 6: S :	: .95 :	: 5.70 :	: 14 " :	: 6 :	: 6 :	: 0 :	: 0 :
:	:	:	: 3: C :	: 1.45 :	: 4.34 :	: 6 " :	: 0 :	: 0 :	: 0 :	: 3 :

1. S - Service weight. C - Chiffon weight.



## (s) Clothing

## CLOTHING

## 4-H CLOTHING CLUB.

Five clothing clubs were organized this year in the county. The following communities carried on the work:

Community	No. Members	Leader
Elko	6	Mrs. Eugene Drown
Deeth	8	Mrs. O. Crossman
North Fork	5	Mrs. G. E. Truett
Owyhee	12	Mrs. Ross Lyle
Metropolis	4	Mrs. Bertie Hyde.
County-wide	1	
	<u>36</u>	

Fourteen of the girls attended state club camp and one won first place in the state 4-H Club clothing exhibit while another won third. Five won prizes at the local county fair and three of the four who exhibited their sewing at the State Fair won the following places: first in first year clothing, second in darning, third in second year clothing and third in third year clothing.

## Summary of results of the years work:

Number members-----	36	
Number completions-----	24	or 67%
Number projects-----	39	
Number completions on projects-----	27	or 67%
Number demonstration teams-----	1	
Number garment judging teams-----	1	
Number communities participating-----	6	
Number leaders assisting-----	6	
Number days devoted to project by agent-----	26	
Number news stories published-----	4	
Number home visits made-----	52	
Number method demonstrations held-----	26	
Number result demonstrations held-----	10	

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A First Year Club Girl Tells Her Own Story.

MY CLUB STORY

By

Lola Sabala

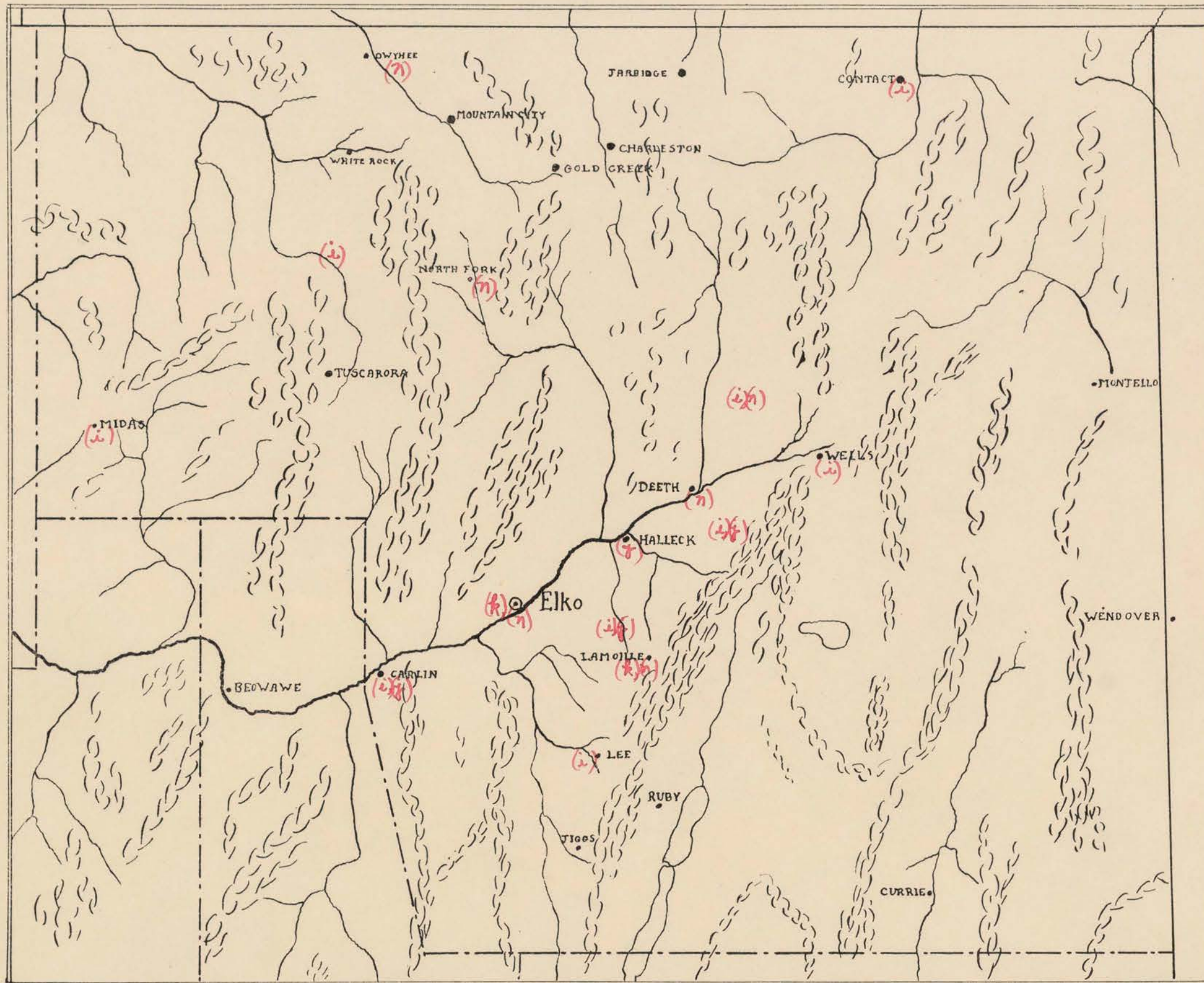
I have just completed one year of Club work. So many of my friends being in the Club, and thinking it would be very interesting, I became a member.

This year, I took sewing because it would help me in school and also helped to do little things at home. The things that I've learned this year that are most important are darning, patching and embroidering. Club work has helped at home by not depending upon my mother to darn my stockings, to sew little tears in my clothes and I have learned how to do many different kinds of stitches in embroidery.

There has been many new kinds of fun during my Club year. I went to the picnics, went wading in the creek and played baseball, roasted weenies. I went to dances at the Homemakers Hall and I had a very good time. Often they had parties and I certainly had fun.

I am now waiting to take the trip to Starr Valley and see what we have to do before we can go to Reno. I have been told they had very good times in Starr Valley and I only hope that I can be one that will take a trip to Reno.

I have found the first year of sewing so interesting I am planning to take up second year sewing which I think will improve my work in many ways.



- (i) Prepare for School Round Up.
- (j) Pre-school Home Demonstrations.
- (k) Adult Clothing.
- (n) 4-H Clothing Club.

(t) Home Management.

NUTRITION

BUY HEALTH WITH YOUR FOOD MONEY.

Since it has been found that food expenditures are relatively high among Nevada rural families, often to the detriment of other needs, a project on food budgeting was suggested this year. Although especially pertinent in the period of economic depression practically no work on this project was done in Elko County because of the crowded schedule of the agent and lack of time.

It is hoped that next year this will be an active project.

(u) Home Furnishings.

HOME IMPROVEMENT.

This year all phases of home improvement are being accounted for under the single project by that name.

The State Specialist in home improvement spent five days in Elko County in April and gave four demonstrations and illustrated lectures in four communities on proper storage space for bedrooms. She showed a furnished miniature clothes closet and discussed the proper care of clothing by means of using garment protectors. Draperies and curtains were also shown and discussed. Seventy-eight people attended these meetings. Four other persons were interviewed who had special problems. One conference was to plan draperies for a living room and a dining room and to plan the remodeling of some windows, another was on the care of linoleum, one on planning wall paper and floor finish and one on house plans for remodeling.

A new Homemaker's Club was organized at Jiggs this year and the members voted to take up the study of home improvement. Due to lack of funds not many have been able to carry out their plans, however some improvements have been made.

The table attached to this report shows the Home Improvements being made in the county this year.

Results of the years work:

Communities where Home Improvement work has been carried on-----	5
(Elko, Wells, Jiggs, Lamoille, Spruce Mountain)	
Number rooms rearranged-----	9
Number kitchens rearranged-----	4
Number leaders assisting in project-----	2

## HOME IMPROVEMENT - CON'T.

Number families obtaining labor saving equipment-----	5
Number clothes closet demonstrations---	4
Number news stories published-----	4
Number home visits made-----	40
Number home improvement 4-H Clubs-----	0
Number method demonstrations held-----	4
Number result demonstrations held-----	7
Number days devoted to project by agent-----	15½

Demonstrator	Improvement needed	Advised by	Advice given on	Improvement being made.
Mrs. Fred Voight	Remodeling of house, walls, woodwork and floor finishes. Selection of drapes. Refinishing furniture.	Home Improvement Specialist and agent.	Home plans wall paper, color schemes in drapes and wood trim & furniture. Floor finish	Partition removed in bedroom. Pantry built off kitchen. Stairway put in living room. Walls papered in all rooms. Woodwork painted ivory. Furniture painted blue and white in dining room. Kitchen refinished. Floors are yet to be treated.
Freida Voight	Bedroom refinished and furniture refinished.	Specialist and agent.	Color scheme. Furniture refinished. Selection of rug and drapes.	Color scheme of ivory, lavender and green is being carried out. Window is to be made twice as large permitting more light and air.
Mrs. Ed Lytton	Care of linoleum	Specialist and agent.	How to make linoleum lie flat on floor and how to clean and care for it.	Floor was waxed according to instructions.
Mrs. Karl Kepplar	Remodeling of bathroom and kitchen. Redecoration of bedroom.	Specialist and agent.	House plans color scheme and refinishing walls and woodwork.	Partition was removed in kitchen making it larger. Kitchen was refinished in green and tan. New gas refrigerator and stove were installed. Bath tub was cemented into floor and bath-

Demon-Strator	Improvement needed	Advised by	Advice given by	Improvement being made.
Mrs. Karl Kepplar				room was re-decorated in green and yellow. Bedroom was redecorated with lavender and grey stippled wall finish, lavender drapes and accessories.
Mrs. G. E. Arnhold	Remodeling of house. Refinishing kitchen and dining room woodwork, floors and walls.	Agent.	House plans color schemes woodwork, wall and floor finish.	New cupboards, were built in between kitchen and dining room. Wall paper was selected for dining room and paint for kitchen. Woodwork is being painted ivory and linoleum is to be put on the floors. Color schemes of tan and green are being worked out for the kitchen and ivory and rose for the dining room.
Mrs. Ras. Hankins.	Color scheme for kitchen. Kitchen was a bright yellow & the furniture also yellow trimmed with black.	Agent.	How to change color scheme to subdue in intensity of color. French grey woodwork advised. Furniture repainted grey and light yellow. Soft white curtains suggested.	Woodwork is being painted a french grey curtains of soft white material are to be made.



Demon-Strator	Improve-ment needed	Advised by	Advice given on	Improvement being made.
Mrs. Ralph Drown	Refinish of bedrooms and re-modeling of clothes closet.	Special ist and agent.	Color schemes to give warm cheerful effect. Building in drawers & shelves in closet.	Walls were painted tones of tan and brown and woodwork a rose buff. The effect was most attractive. Drawers and shelves are being built into the closet as suggested.
Mrs, Bert Lewis	Floor finish. House plans for re-modeling kitchen and bedroom.	Agent.	How to clean and finish living room Plans for remodeling.	Floor cleaned with gasoline, filled with wood filler and waxed.

## BETTER HOMES WEEK IN COUNTY APRIL 6 TO 11

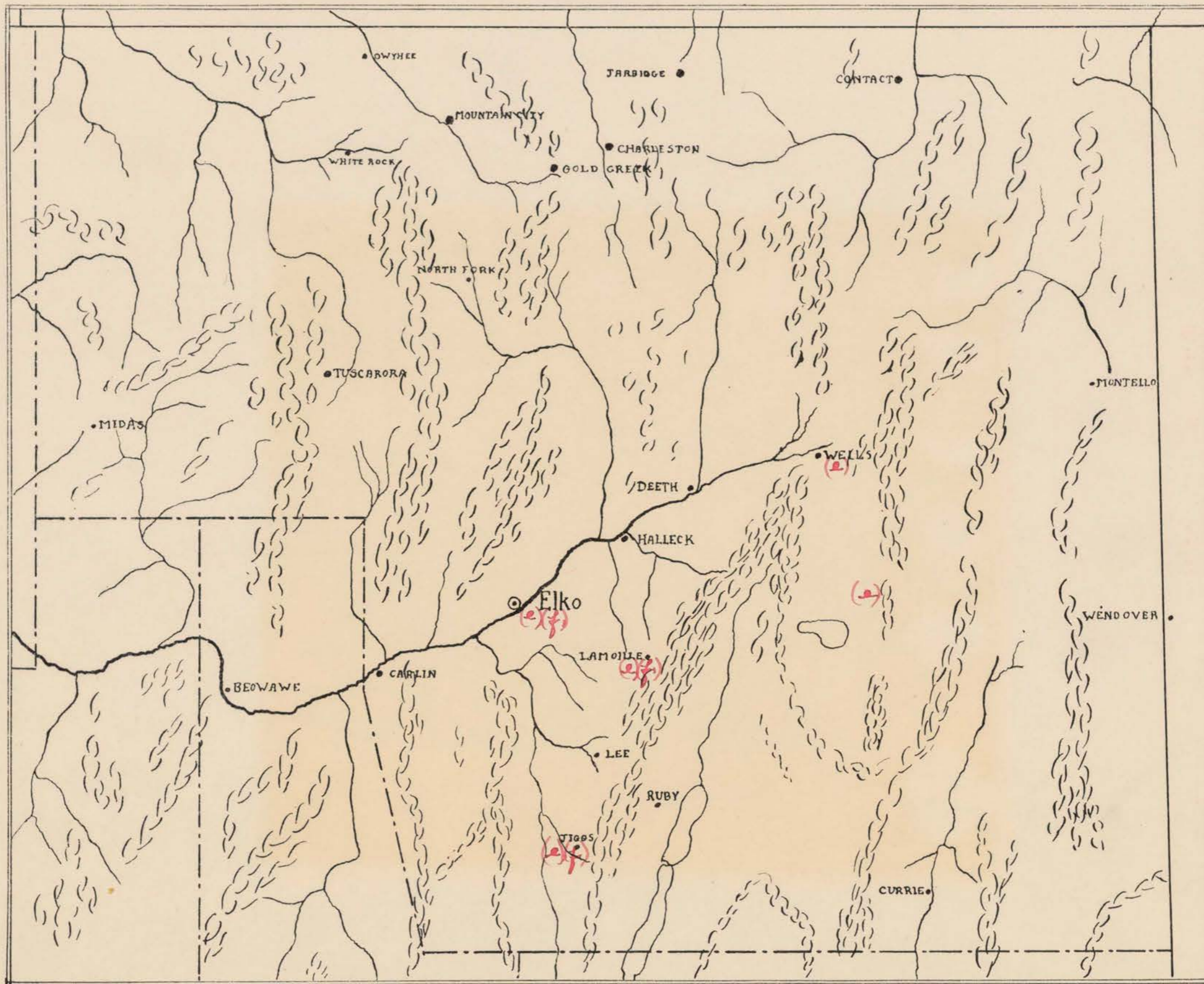
Better Homes Week will be observed in Elko county from April 6th to 11th. The state home improvement specialist of the extension service, Miss Orpha A. Miller of Las Vegas, is coming to this county April 8th to spend four days, during which time she will be available for consultation on any problems in home improvement, building or remodeling, and will give a demonstration and illustrated lecture in Wells on storage problems in home improvement, Friday afternoon, April 10th, in the home economics laboratory at the Wells high school. All homemakers of Wells and their friends are invited to attend this meeting.

On this afternoon of April 10th, a short Better Homes tour will be held and the group will visit several Wells' homes which display espec-

ially good features in home improvement, then will return to the high school building for Miss Miller's lecture and demonstration. The group is urged to meet at the high school promptly at two o'clock for the tour.

A similar tour and demonstration will be conducted Thursday afternoon, April 9th, in Elko, and will be open to the women of Wells and other communities as well as those in Elko. Miss Miller will also give her demonstration and lecture before the Homemakers' club at Lamaille, Wednesday afternoon, April 8th.

Anyone desiring a personal interview with Miss Miller regarding any phase of home improvement on the morning of April 10th, will please notify Mrs. J. H. Wardleigh, local chairman of the better homes movement, or Miss Margaret Brenne, county extension agent, in Elko, at the farm bureau office.



(e) Home Improvement.  
 (f) Home Management.

## (w) Community Activities.

## 4-H CLUB WORK, COUNTY-WIDE

Interest in girls 4-H Club work has been county-wide this year and members from seven communities have carried on one or more of the projects. In most cases the clubs have met twice a month. The meetings have included a business procedure, the demonstration and some recreation. Each club has had its president, vice-president, secretary-treasurer, song leader and yell leader.

In an effort to make it possible for more members to go to the state club camp, the clubs at Wells, Deeth and Elko raised seventy-five dollars toward expenses. Children's dances, food sales, public suppers and raffled quilts were sources of raising this money.

Social leadership has been emphasized in our club work along with skill and training in the demonstrations. In Elko the clubs meet once a month as a community group and this past year gave parties at Hallowe'en, Christmas and Valentine's Day; had a picnic in May and gave three children's dances during the summer. In Wells several picnics and two children's dances were enjoyed by the clubs. The Deeth Clubs also had some hikes and parties.

Local achievement days were held in Elko, Deeth and Wells, when the girls displayed their clothing and canning and gave their demonstrations. In Elko a demonstration on Graham Muffins by the second year foods team, one on a Buffet Afternoon Tea Service by the first year foods team and one on the Identification of Rayon and Silk were given. The last team winning the contest. At Deeth the foods team gave a demonstration on Salads, winning over the clothing team which gave a demonstration on the Removal of Stains. At Wells the two foods teams competed against each other with a demonstration on Salads and one on The 4-Square Breakfast, the latter winning.

## 4-H CLUB WORK, COUNTY-WIDE

The annual County Achievement Day was early in August in Starr Valley when these three winning teams met a team from Metropolis which gave a demonstration on Packing the School Lunch, and a team from Owyhee Indian Reservation which showed the development of Indian sewing before and after the Influence of White People. The girls who gave the breakfast demonstration were the county winners and represented Elko County at the State encampment.

A county wide 4-H Club dance was held late in July in Starr Valley, the benefits of which went toward sending members to club camp. Approximately one-hundred people attended.

Thirty 4-H Club girls and three adult leaders went to the State Junior Farm Bureau Camp at Reno in August. Our county boys and girls brought back their share of honors. The achievements of the girls were as follows:

Demonstration team-----3rd place  
Meat judging team-----2nd  
Canning judging-----2nd  
First year clothing exhibit-1st and 3rd  
Oratorical contest-----1st  
Best county stunt-----1st  
(Both boys and girls)

With the awards given the boys in their contests the Elko County group won more points than any other county and was accordingly given the state championship trophy.

At the local county fair fourteen club girls made entries and were awarded 82 places in the junior department. At the State Fair at Fallon four clothing club girls exhibited their sewing and won four prizes. Two of the members of the canning club are sending some of their products to the National 4-H Club canning contest at Chicago this fall. Last year one girl won seven prizes: one 1st, two 3rds, two 5ths, one 6th and one 7th in this contest.

## 4-H CLUB WORK, COUNTY-WIDE

## Results of the year's work:

Number of members-----	76
Number projects carried-----	90
Number project completed -----	67 or 74.44%
Number demonstration teams -----	9
Number judging teams -----	3
Number attending State club camp-----	29
Number communities participating -----	6
Number leaders assisting ---	12
Number days devoted to club work by agent-----	68½
Number news stories published -----	17
Number home visits made -----	131
Number method demonstrations held -----	56
Number result demonstrations held -----	20

## (w) Community Activities)

## FARM BUREAU COOPERATION

Since the county extension organization operates under the county Farm Bureau Board of Directors the cooperation between the extension agents and the Farm Bureau is very close. One purpose of this cooperation is to assist Elko County ranchers in re-organizing and establishing live community centers in closely settled ranching areas.

The agent has attended three meetings held by the Board of Directors. The annual Farm Bureau Picnic was held at Lamoille in June and was attended by three hundred people. November 14 the annual business meeting will be held in Elko and officers elected for the coming year. Reports by the agents on the various projects will then be made and plans drawn up for next years work. The annual dinner will be held as last year with a menu made up almost entirely of Elko County grown products.

Community meetings were held at Lee, Halleck and Metropolis with an aggregate attendance of 150 people. Moving pictures were shown at these meetings and talks made by the agents.

## Summary of work:

Number communities participating-----	7
Number leaders assisting-----	7
Number days devoted to project-----	2

(w) Community Activities

FAIRS AND EXHIBITS.

THE ELKO COUNTY FAIR

The tenth annual county fair was held in September with an approximate attendance of 2500 people. The extension agents cooperated with the fair board which was made up of eight members. The women's department was managed by an executive committee of two board members and the agent who acted as general superintendant. There were eight sub-divisions in the women's department headed by an assistant superintendant and in some cases by a deputy also. The sub-departments were as follows: Adult canned goods, adult baking, adult sewing and handwork, arts and crafts, junior department including both baking and sewing in 4-H Club work and in both grammar and high school work, school exhibits, antiques and indian work.

The judges of the women's exhibits were Miss M. Gertrude Hayes, Washoe County Extension Agent; Mrs. Grace Herr Schmidlein, District Extension Agent at Ely and Mrs. Mary Stilwell Buol, Assistant Director of Extension Service.

The following table shows the growth of the women's department of the fair;

YEAR	EXHIBITORS	ENTRIES	PRIZES
1928	96	347	79
1929	144	471	120
1930	192	838	472
1931	242	1090	548

Number of days devoted to Fair by agent--17 3/4  
 Number news stories published-----3  
 Number home visits made-----34



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1931



UNRA-PL749-548

UNRA-PL749/548

from

AC0089/L/40, p. 103

## THE ELKO COUNTY FAIR - CON'T.



Figure 33. View of most unusual float  
in parade.

The parade was sponsored by the 20-30 Club and the Business and Professional Women's Club. The prizes for the floats were paid by the Business and Professional Women's Club. The club gave a queen's dance, the benefits from which were used for the prize money.

THE FLOWER SHOW.

The most beautiful achievement of the year was the Flower Show held in the Home-maker's Hall in August. In spite of the unusually dry season there was a large and more gorgeous array of flowers shown than in previous years. Individual collections of flowers were exhibited, single bouquets, individual blooms and pot grown plants were shown. The hall was attractively arranged with the display along the walls and with Navajo rugs on the floor. A dining table was laid with covers for six showing the best dinner bouquet. The show was held two days and more than 600 people attended.

Below is a comparison of figures showing how the Flower Show has grown in four years:

YEAR	EXHIBITORS	ENTRIES	PRIZES
1928	14	87	13
1929	32	142	19
1930	41	168	68
1931	42	189	79

Number days devoted to Flower Show by agent--4  
 Number news stories published-----1



Figure 34. View of one section of flower show. Two prize winning individual collections are shown.

FLOWER SHOW - CON'T.



Figure 35. View of dining table with prize winning table bouquet. Bouquet winning second place is shown at right.

## (u) Community Activities.

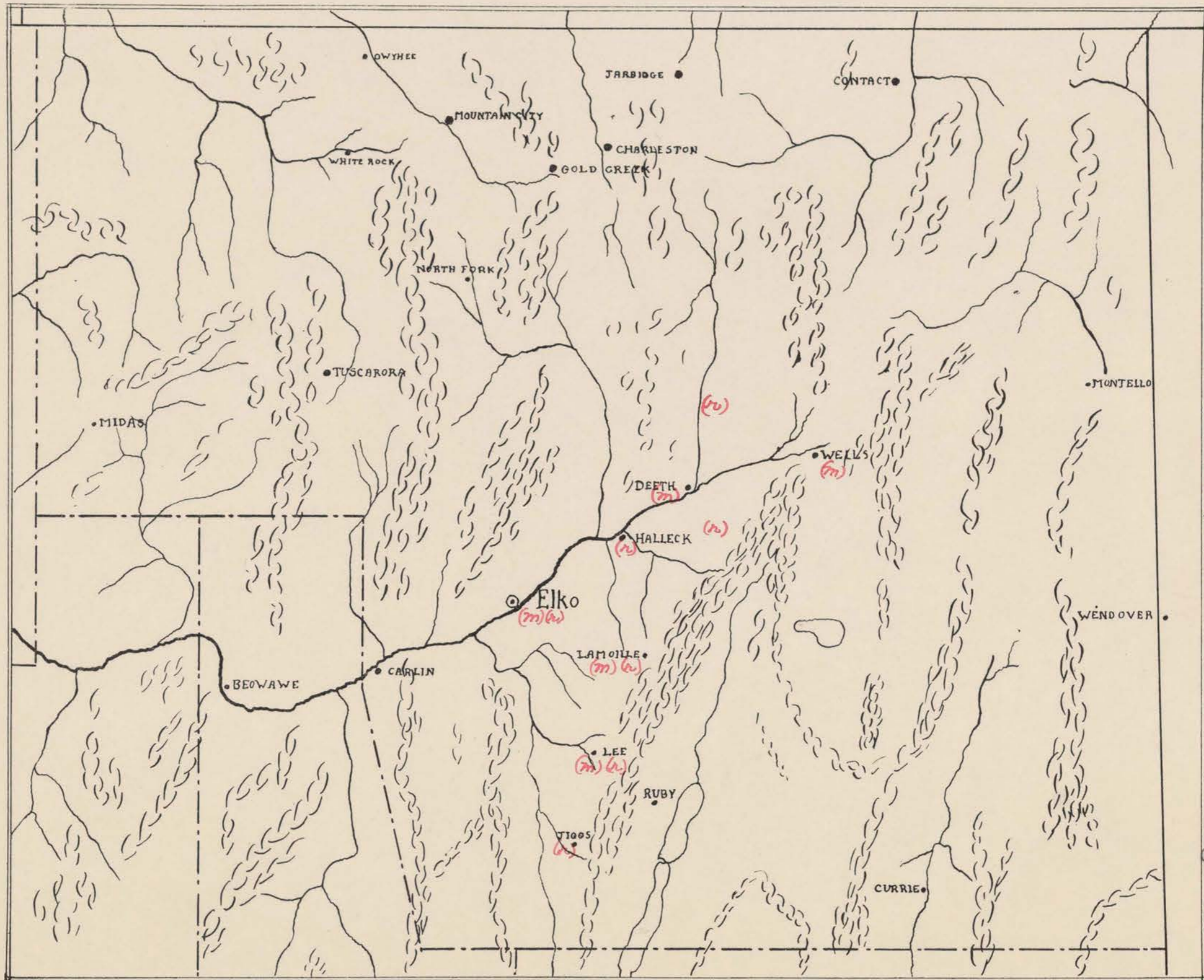
## RECREATION

No goals were set this year for a project on recreation in this county, however some very definite work is being done along this line.

At Lamaille the Homemakers' Club has outlined a recreation program along with its business and educational program. Once a month the club meets at the home of a member for a social time. The hostess plans definite games and contests usually in keeping with some occasion. This club sponsored most of the games which were played at the annual Farm Bureau picnic and has planned a community minstrel show to be given at Lamaille in November. It is hoped that a play can be given in the community some time this winter.

The Lee Homemakers are also asking for a program in recreation with their other work this next year.

All of our 4-H Club courses provide for recreation and place as much emphasis on it as on the business and demonstrations. A program committee is appointed in each club and parties, picnics and dances are a part of the club work.



- (m) Recreation.
- (h) Farm Bureau and Homemakers Clubs.

## V OUTLOOK AND RECOMMENDATIONS.

Outlook: The year 1932 bears promise. It is hoped in this section of the state that a hard winter will bring sufficient precipitation to warrant an increase in agricultural and livestock activities. This in turn has a direct affect on extension work among the women and children. In more communities are the women realizing the advantages of organized groups in an educational and recreational program. This interest combined with the interest of the children will no doubt, tend to increase the 4-H Club work in the county. A ten year period will close this next year in the nutrition work in the rural schools and more communities, awake to the value of this project to child health, are asking for the service. A beginning has been made in pre-school child care and training and next year will without doubt bring a greater recognition of the importance of giving the infant and pre-school child the best possible fitness with which society and education can endow him.

## Recommendations:

## (1) Home Gardens:

- (a) Stress adequate gardens again and try to secure at least 10 result demonstrations.
- (b) Work out some methods of irrigating gardens so that more may be successfully raised during periods of drouth.

## (2) Home Grounds Improvement:

- (a) Carry on a Yard Contest in Elko and in Wells and also a county-wide contest.
- (b) Stress the importance of good arrangement and good landscaping.

## (3) Foods and Nutrition:

- (a) Increase emphasis on the low cost but adequate dietary.

## V OUTLOOK AND RECOMMENDATIONS - CON'T.

- (b) Repeat the goals set for the Keep Growing project for each year in the past.
- (c) Increase the actual health education in the schools by means of training the leaders to teach health.
- (d) Have 100% of the children involved in the Keep Growing project inspected for physical defects by the State Health Nurse.
- (e) Correct at least 25% of the defects among the school children.
- (f) Have at least five 4-H Clubs in Food Selection and Preparation and at least one club in Food Preservation.

## (4) Child Care and Training:

- (a) Increase the number of home demonstrations at least 25%.
- (b) Add work related to the mental and emotional development of the child.

## (5) Clothing:

- (a) Increase the quantity and quality of the 4-H clothing work.
- (b) Have at least thirty members.
- (c) Devote more time to training leaders.

## (6) Home Management:

- (a) Increase interest in household expense records and in budgeting.
- (b) Secure at least 10 demonstrators.

## (7) Home Improvement:

- (a) Encourage the use of more labor-saving devices.
- (b) Secure more demonstrators in good home furnishings stressing color harmony and good arrangement.

## (8) Community Activities:

- (a) Assist in furthering the growth of the Farm Bureau.



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V OUTLOOK AND RECOMMENDATIONS - CON'T.

- (b) Assist in promoting interest in recreational activities in the various groups in the county.
- (c) Assist in making the County Fair and Flower Show efficient and educational institutions.

## VI SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS:

1. Four demonstrators were able to complete the project in adequate gardens in spite of the dry weather. Fifteen plots of green leaf vegetables were raised. Fifty families improved their gardens in at least one respect. One person used peat moss as a mulch on her lawn with success.
2. Three contests in Home Grounds Improvement, were carried on in the county this year with fifty-one yards being improved. A fall flower show with forty-two exhibitors was given in Elko. There were one hundred and eighty-nine entries, making it the largest flower show ever held in the county.
3. In Food Selection and Preparation much emphasis has been placed this year on cabbage and carrots, two vegetables which are always available in this locality. Two bulletins on these vegetables have been written during the year.
4. Five communities carried on the project of canning and three of evaporation of fruits and vegetables. The best display of canned products ever made in the county was shown at the County Fair.
5. Four-hundred and seventy-five children were weighed and measured regularly in the Keep Growing work. These children were inspected for physical defects by the State Health Nurse. Eight of the twenty-one communities had the record of having at least seventy-five per cent of their children in the safe zone and less than ten per cent in the dangerously underweight class. Ten of the seventeen communities in the State which have less than ten per cent of the children in this class are located in this county.

## VI SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS - CON'T.

6. A beginning of work in child care and training was made this year in this county. In nine communities the pre-school children who were to begin school this fall were weighed, measured and inspected for physical defects. Thirteen babies and children below school age are being studied in all phases of their development.
7. Adult clothing work this year has been confined to the care and selection of hosiery. Five women kept records of the hosiery purchased, cost and wearing qualities.
8. One Homemakers' Club is taking up the study of home improvement as a years project. In the county ten rooms have been remodeled or rearranged; four of these were kitchens. Five families have obtained labor saving devices and four demonstrations on a well planned clothes closet were given in four communities.
9. Twelve 4-H girls' clubs were organized in the county with a total enrollment of seventy-six members. Sixty of these members completed their projects. In the canning club four girls canned 1802 pints of fruits and vegetables and evaporated 17½ pounds. At the County Fair fourteen club girls exhibited their work and won a total of eighty-two prizes. Six of the clubs took up the project of food selection and preparation; one of them, food preservation and five studied clothing. Nine demonstration teams and three judging teams were trained by the agent.
10. The womens' department of the Elko County Fair was the largest ever shown. There were 242 exhibitors, 1090 entries and 548 prizes. The Flower Show held in conjunction with the fair had 42 exhibitors, 189 entries and 79 prizes.
11. During the year three Farm Bureau directors meetings and the annual Farm Bureau picnic were held. Three hundred people attended the picnic. The annual county meeting will be held in November.