

University of Nevada
Agricultural Extension Division

CECIL W. CREEL, Director



ANNUAL REPORT

FOR

ELKO COUNTY

MARGARET BRENNER, County Extension Agent

1932

AC 0089/1/43

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 November 1, 1931 to November 1, 1932

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/L/43

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

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

SUGGESTIVE OUTLINE OF ANNUAL NARRATIVE REPORT

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

<ol style="list-style-type: none"> (a) Cereals. (b) Legumes and forage crops. (c) Potatoes, Irish. (d) Cotton. (e) Tobacco and other special crops. (f) Home gardens and home beautification. (g) Market garden and truck crops. (h) Fruits. (i) Forestry. (j) Rodents and miscellaneous insects. (k) Agricultural engineering and home engineering. (l) Poultry. 	<ol style="list-style-type: none"> (m) Dairy. (n) Other livestock. (o) Farm management. (p) Marketing, farm and home. (q) Foods and nutrition. (r) Child training and care. (s) Clothing. (t) Home management. (u) Home furnishings. (v) Home health and sanitation. (w) Community activities. (x) Miscellaneous.
---	---
- 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 12
 (Name) (Title) (Months of service this year)

2. County extension organization or association.

(a) Name Farm Bureau and Homemakers Clubs

(b) Number of members 103
 (1) Men 33
 (2) Women 70

3. Number of communities in county where extension work should be conducted 32

4. Number of above communities in which the extension program has been cooperatively worked out by extension agents and local committees 30

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 83
 (1) Men 7
 (2) Women 76
 (b) 4-H Club work 8
 (1) Men 0
 (2) Women 8
 (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 32

7. Members in above clubs or groups 816

8. Number of 4-H Clubs 8

9. Number of different 4-H Club members enrolled
 (a) Boys 0
 (b) Girls 70

10. Number of different 4-H Club members completing
 (a) Boys 0
 (b) Girls 59

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	70	38	23	7	1	1

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	16	18	11	12	4	1	3	0	4	1	0

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

GENERAL ACTIVITIES—Continued

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

13. Number of 4-H Club members in school 70 Out of school 0

14. Number of 4-H Club teams trained
 (a) Judging 30
 (b) Demonstration 6

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 visits² made in conducting extension work 0

18. Number of different farms visited 0

19. Total number of home visits² made in conducting extension work 431

20. Number of different homes visited 132

21. Number of calls relating to extension work
 (a) Office 203
 (b) Telephone 225

22. Number of days agent spent in office 130 1/2

23. Number of days agent spent in field 167 1/2

24. Number of news articles or stories published³ 72

25. Number of individual letters written 472

26. Number of different circular letters prepared (not total copies mailed) 92

27. Number of bulletins distributed 3773

28. Number of radio talks made 0

29. Number of events at which extension exhibits were shown 3

30. Training meetings held for local leaders or committeemen
 (a) Adult work
 (1) Number 1
 (2) Total men leaders attending 0
 (3) Total women leaders attending 3
 (b) 4-H Club
 (1) Number 43
 (2) Total leaders attending 262

31. Method demonstration meetings held (do not include meetings reported under No. 30)
 (a) Number 105
 (b) Total attendance 3429

32. Meetings held at result demonstrations
 (a) Number 62
 (b) Total attendance 1914

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

34. Achievement days held
 (a) Adult work
 (1) Number 0
 (2) Total attendance 0
 (b) 4-H Club
 (1) Number 3
 (2) Total attendance 285

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

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

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

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
	(4) Total others attending	(4) Total others attending	0
36. Other meetings of an extension nature participated in and not previously reported	(a) Adult work & Keep Growing 4-H Club	(1) Number	107
	(2) Total attendance	(2) Total attendance	6182
	(3) Total attendance	(3) Total attendance	80
	(4) Total attendance	(4) Total attendance	757
37. Meetings held by local leaders or committeemen not participated in by agent and not reported elsewhere	(a) Adult work & Keep Growing 4-H Club	(1) Number	111
	(2) Total attendance	(2) Total attendance	2330
	(3) Total attendance	(3) Total attendance	111
	(4) Total attendance	(4) Total attendance	757

PROGRAM SUMMARY
(Nevada Substitute)

List below information on each subdivision of the program 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)	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	3 (16)	0	0	3 $\frac{3}{4}$	(1)	0	1	3	0	58	0	0	
	Home Grounds Improvement	(3)	7	10	7 $\frac{1}{2}$	0	3	4	67	11	34	0	0	
43	Sub-total Home Gardens	3	7	10	11 $\frac{1}{4}$	(1)	3	5	70	11	92	0	0	43
	Food Selection & Preparation	2 (14)	0	0	16	6	5	1	2	10	75	0	4	
	Food Selection & Preparation, 4-H	1 (2)	3	0	55 $\frac{3}{4}$	130	15	21	115	51	36	10	20	
	Food Preservation	2 (14)	1	0	11 $\frac{1}{2}$	10	4	1	20	15	85	1	8	
	Food Preservation 4-H Clubs	(3)	0	0	15 $\frac{3}{4}$	28	2	10	23	9	6	0	6	
	Keep Growing	21	21	28	72 $\frac{3}{4}$	126	15	13	63	21	624	33	25	
	Specialist Work	0	0	20	30 $\frac{1}{2}$	0	(5)	0	0	0	0	0	0	
54	Sub-total Nutrition	26	25	48	202 $\frac{1}{4}$	300	41	46	223	106	826	44	62	54
	Prepare for School Round Up	(8)	8	2 $\frac{1}{2}$	2 $\frac{1}{2}$	5	3	2	5	1	23	0	5	
	Pre-school Home Demonstration	(11)	11	(1)	5 $\frac{3}{4}$	8	2	2	11	0	55	0	8	
55	Sub-total Child Training & Care	0	19	2 $\frac{1}{2}$	8 $\frac{1}{4}$	13	5	4	16	1	78	0	13	55

(1) Under "building the extension program" include all work incident to the collection of economic and social data as a basis for determining programs, the conducting of program surveys, and the outlining of county, district, and community programs. Do not include work related to the execution of programs, as this should be reported under the projects above.
(2) Under "organization" include all work incident to maintaining extension associations, agricultural councils, home demonstration councils, advisory committees, project committees, community committees, and the like not reported under building the extension program.

PROGRAM SUMMARY
(Nevada Substitute)

List below information on each subdivision of the program 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)	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
	Clothing Selection & Construction	(2)	15	0	(2)	0	0	1	0	0	36	0	0	
	Clothing Sel. & Const., 4-H Club	(5)	4	0	27½	110	5	12	54	40	31	16	16	
56	Sub-total Clothing Sel. & Const.	0	19	0	27½	110	5	13	54	40	67	16	16	56
	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	57
	Home Improvement, Interior	(1)	1	0	2	2	0	0	2	0	7	0	2	
	Home Improvement, 4-H Club	(1)	0	0	4½	5	1	4	10	4	1	2	0	
58	Sub-total Home Furnishings	0	1	0	6½	7	1	4	12	4	8	2	2	58
	Recreation	7	7	(8)	(9½)	(9)	(4)	0	0	0	9	(9)	(9)	
	Farm Bureau Cooperation	1 (7)	8	8	16½	20	11	7	29	6	28	0	11	
	Homemakers Cooperation	(4)	4	0	7½	20	6	0	16	28	70	0	(10)	
	Fair Board Cooperation	0	0	0	2	0	0	0	3	0	0	0	0	
60	Sub-total Community Activities	1	19	8	26	40	17	7	48	34	107	(9)	11	60

(1) Under "building the extension program" include all work incident to the collection of economic and social data as a basis for determining programs, the conducting of program surveys, and the outlining of county, district, and community programs. Do not include work related to the execution of programs, as this should be reported under the projects above.
(2) Under "organization" include all work incident to maintaining extension associations, agricultural councils, home demonstration councils, advisory committees, project committees, community committees, and the like not reported under building the extension program.

7
PROGRAM SUMMARY
(Nevada Substitute)

List below information on each subdivision of the program 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)	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
	Miscellaneous organization and Extension	0	0	21	16 $\frac{3}{4}$	1	0	13	8	7	0	0	0	
61	Sub-total Miscellaneous	0	0	21	16 $\frac{3}{4}$	1	0	13	8	7	0	0	0	
	GRAND TOTAL	30	90	89 $\frac{1}{2}$	298	471	72	92	431	203	1178	62	105	

(1) Under "building the extension program" include all work incident to the collection of economic and social data as a basis for determining programs, the conducting of program surveys, and the outlining of county, district, and community programs. Do not include work related to the execution of programs, as this should be reported under the projects above.
(2) Under "organization" include all work incident to maintaining extension associations, agricultural councils, home demonstration councils, advisory committees, project committees, community committees, and the like not reported under building the extension program.

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).....									43
44. Market garden and truck crops (page 12).....									44
45. Fruits (page 12).....									45
46. Forestry (page 13).....									46
47. Rodents and miscellaneous insects (page 13).....									47
48. Agricultural engineering (page 14).....									48
49. Poultry (page 15).....									49
50. Dairy (page 15).....									50
51. Other livestock (page 15).....									51
52. Farm management (page 16).....									52
53. Marketing—farm and home (page 17).....									53
54. Foods and nutrition (page 18).....									54
55. Child training and care (page 19).....									55
56. Clothing (page 20).....									56
57. Home management (page 21).....									57
58. House furnishings (page 22).....									58
59. Home health and sanitation (page 23).....									59
60. Community activities (page 24).....									60
61. Miscellaneous (page 24).....									61
62. Building extension program of work ¹									62
63. Organization—extension association and committee ²									63

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

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

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

CEREALS¹

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

Item	(a) Corn	(b) Wheat	(c) Oats	(d) Rye	(e) Barley	(f) Other ²	
64. Number of method demonstration meetings held.....							64
65. Number of adult result demonstrations completed or carried into the next year.....							65
66. Total number of acres included in adult result demonstrations.....							66
67. Average increased yield per acre on adult result demonstrations due to recommended practices.....	bu.	bu.	bu.	bu.	bu.	bu.	67
68. Number of 4-H Club members enrolled.....							68
69. Number of 4-H Club members completing.....							69
70. Number of acres grown by club members completing.....							70
71. Total yields of cereals grown by club members completing.....	bu.	bu.	bu.	bu.	bu.	bu.	71

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

LEGUMES AND FORAGE CROPS

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

Item	(a) Alfalfa	(b) Sweet clover	(c) Clover (red, alsike, white)	(d) Vetch	(e) Lespedeza	(f) Pastures	
72. Number of method demonstration meetings held.....							72
73. Number of adult result demonstrations completed or carried into the next year.....							73
74. Total number of acres included in adult result demonstrations.....							74
75. Average increased yield per acre on adult result demonstrations due to recommended practices ¹	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ xxxxxx xxxxxx	75
76. Number of 4-H Club members enrolled.....							76
77. Number of 4-H Club members completing.....							77
78. Number of acres grown by club members completing.....							78
79. Total yield of crops grown by club members completing ¹	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. tons	{ xxxxxx xxxxxx	79

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)

¹ 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	0	0	0	0	88
89. Number of adult result demonstrations completed or carried into the next year.....	58	0	34	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..... (b) Girls..... } 97
98. Number of 4-H Club members completing.....	(a) Boys..... (b) Girls..... } 98
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.....	111
112. Number of adult result demonstrations completed or carried into the next year.....	112
113. Number of 4-H Club members enrolled.....	113
{ (a) Boys.....	
{ (b) Girls.....	
114. Number of 4-H Club members completing.....	114
{ (a) Boys.....	
{ (b) Girls.....	
115. Number of farms following recommendations in installing drainage systems.....	115
116. Acres drained by such systems.....	116
117. Number of farms following recommendations in installing irrigation systems.....	117
118. Acres irrigated by such systems.....	118
119. Number of farms building terraces and soil-saving dams to control erosion according to recommendations.....	119
120. Acres on which soil erosion was so prevented.....	120
121. Number of farms clearing land of stumps or boulders according to recommended methods.....	121
122. Number of families assisted with house-planning problems.....	122
123. Number of dwellings constructed according to plans furnished.....	123
124. Number of dwellings remodeled according to plans furnished.....	124
125. Number of sewage-disposal systems installed according to recommendations.....	125
126. Number of water systems installed according to recommendations.....	126
127. Number of heating systems installed according to recommendations.....	127
128. Number of lighting systems installed according to recommendations.....	128
129. Number of farms on which buildings other than dwellings were constructed or remodeled this year according to plans furnished.....	129
130. Number of buildings involved in preceding question.....	130
{ (a) Dairy barns.....	
{ (b) Hog houses.....	
{ (c) Poultry houses.....	
{ (d) Silos.....	
{ (e) Other.....	
130¼. Number of farms or homes following recommendations on maintenance and repair of machinery.....	130¼
130½. Number of machines involved in preceding question.....	130½
{ (a) Tractors.....	
{ (b) Tillage implements.....	
{ (c) Harvesters and threshers.....	
{ (d) Other.....	
130¾. Number of farms employing better types of machinery or equipment recommended by extension agent.....	130¾

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

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

Item	(a) Poultry	(b) Dairy cattle	(c) Beef cattle	(d) Sheep	(e) Swine	(f) 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..... 62 184
185. Number of adult result demonstrations completed or carried into the next year..... 784 185
- | | Food selection and preparation | Food preservation | |
|---|--------------------------------|-------------------|-----|
| | (a) | (b) | |
| 186. Number of 4-H Club members enrolled..... | (1) Girls..... 34 | 6 | 186 |
| | (2) Boys..... 0 | 0 | |
| 187. Number of 4-H Club members completing..... | (1) Girls..... 32 | 6 | 187 |
| | (2) Boys..... 0 | 0 | |
188. Number of homes assisted in planning family food budget for a year. (food preservation)..... 6 188
189. Number of homes budgeting food expenditures for a year..... 0 189
190. Number of homes balancing family meals for a year..... 350 190
191. Number of homes improving home-packed lunches according to recommendations..... 250 191
192. Number of schools following recommendations for a hot dish or school lunch..... 18 192
193. Number of children involved in preceding question..... 420 193
194. Number of homes using improved methods in child feeding..... 430 194
195. Number of individuals adopting recommendations for corrective feeding (such as weight control, anemia, pellagra, and constipation)..... 675 195
196. Number of jars of canned products preserved by 4-H Club members..... 838 196

(Use space below for State questions not listed above)

Keep Growing Statistics

- Number of communities..... 21
- Number of children..... 624
- Percent increase in normal children..... + 9.93
- Percent decrease in dangerously underweight..... - 6.71
- Percent in Safe Zone..... 71.64
- Percent of dangerously underweight..... 14.60
- Percent of schools having hot supplement..... 85.71
- Percent of schools having supervised school lunch..... 85.71

CHILD TRAINING AND CARE

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

197. Number of method demonstration meetings held..... 13 197
198. Number of adult result demonstrations completed or carried into the next year..... 78 198
199. Number of groups devoting major part of program to child training and care..... 2 199
200. Membership in these groups..... 30 200
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")..... 54 203
204. Number of homes substituting positive methods of discipline for negative ones..... 8 204
205. Number of homes providing recommended play equipment..... 10 205
206. Number of homes making recommended physical adjustments to better meet children's needs..... 30 206
207. Number of homes adopting better adult habits with respect to development of children..... 8 207

(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.....	16	208
209. Number of adult result demonstrations completed or carried into the next year.....	36	209
210. Number of 4-H Club members enrolled.....	{ (a) Girls..... 31 (b) Boys..... 0 }	210
211. Number of 4-H Club members completing.....	{ (a) Girls..... 25 (b) Boys..... 0 }	211
212. Number of individuals following recommendations in improving construction of clothing.....	{ (a) Women..... 0 (b) Girls..... 31 }	212
213. Number of individuals using a clothing budget.....	{ (a) Women..... 0 (b) Girls..... 31 (c) Boys..... 0 }	213
214. Number of individuals making garments for themselves.....	{ (a) Women..... 36 (b) Girls..... 31 }	214
215. Number of individuals improving children's clothing according to recommendations.....	{ (a) Women..... 4 (b) Girls..... 0 }	215
216. Number of individuals following recommendations in improving care, renovation, and remodeling of clothing.....	{ (a) Women..... 0 (b) Girls..... 6 }	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.....	2	225
226. Number of homes following recommendations in obtaining labor-saving equipment.....	0	226
227. Number of homes adopting recommended laundering methods.....	0	227
228. Number of homes adopting recommended methods in care of house.....	0	228
229. Number of homes assisted in an analysis of their home conditions with reference to a standard of living.....	0	229
230. Number of homes assisted in making adjustments in home making to gain a more satisfactory standard of living.....	0	230

(Use space below for State questions not listed above)

HOME FURNISHINGS

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

- 231. Number of method demonstration meetings held..... 2 231
- 232. Number of adult result demonstrations completed or carried into the next year..... 8 232
- 233. Number of 4-H Club members enrolled.....

{(a) Girls.....	1	} 233
{(b) Boys.....	0	
- 234. Number of 4-H Club members completing.....

{(a) Girls.....	1	} 234
{(b) Boys.....	0	
- 235. Number of individuals improving the selection of household furnishings.....

{(a) Women.....	8	} 235
{(b) Girls.....	1	
- 236. Number of individuals following recommendations in improving methods of repairing, remodeling, or refinishing of furniture.....

{(a) Women.....	0	} 236
{(b) Girls.....	1	
- 237. Number of individuals following recommendations in improving treatment of windows (shades, curtains, draperies).....

{(a) Women.....	2	} 237
{(b) Girls.....	1	
- 238. Number of individuals following recommendations in improving arrangement of rooms (other than kitchens).....

{(a) Women.....	1	} 238
{(b) Girls.....	1	
- 239. Number of individuals improving treatment of walls, woodwork, and floors.....

{(a) Women.....	1	} 239
{(b) Girls.....	1	

(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..... 29 240
- 241. Number of adult result demonstrations completed or carried into the next year..... 685 241
- 242. Number of 4-H Club members enrolled.....

{(a) Girls.....	0	} 242
{(b) Boys.....	0	
- 243. Number of 4-H Club members completing.....

{(a) Girls.....	0	} 243
{(b) Boys.....	0	
- 244. Number of 4-H Club members not in special health clubs who participated in definite health-improvement work.....

{(a) Girls.....	70	} 244
{(b) Boys.....	0	
- 245. Number of individuals following recommendations as to complete health examination..... 12 245
- 246. Number of individuals improving health habits according to recommendations..... 700 246
- 247. Number of individuals improving posture according to recommendations..... 520 247
- 248. Number of individuals adopting recommended positive preventive measures to improve health (immunization for typhoid, diphtheria, smallpox, etc.)..... 12 248
- 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..... (school) 1 251
- 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.....	9	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.....	4	256
257. Number of community or county-wide pageants or plays presented.....	4	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.....	21	259
260. Number of school or other community grounds improved in accordance with plans furnished.....	2	260
261. Number of 4-H Clubs engaging in community activities, such as improving school grounds, conducting local fairs, etc.....	2	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) ¹	
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	

¹ 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

November 1, 1931
to
November 1, 1932

TABLE OF CONTENTS

	<u>Page</u>
I. COVER AND TITLE PAGE	1
II. TABLE OF CONTENTS.....	2 - 5
County Project Map.....	6
III. STATUS OF COUNTY EXTENSION ORGANIZATION.....	7 - 8
(1) Function of organization.....	7
(2) Function of different bodies in the development of program of work.....	7
(3) General policies.....	7 - 8
IV. PROGRAM OF WORK.....	9
GOALS AND COMPLETIONS.....	10 - 15
Chart Showing Division of Agent's Time.....	16
(f) Home Gardens and Home Beautification....	17
1. Adequate Gardens.....	17 - 18
(including green vegetable variety tests)	
Achievement Story by Mrs. Westlund.....	19
1932 Home Garden, circular by agent....	20 - 25
2. Home Grounds Improvement.....	26 - 41
Elko and Wells contests.....	26 - 35
Figure 1. Mrs. Reynolds' yard after improving.....	29
Figure 2. Mrs. Cardin's yard before improving.....	30
Figure 3. Mrs. Cardin's yard after improving.....	31
Figure 4. Mrs. Edwards' yard before improving.....	32
Figure 5. Mrs. Edwards' yard after improving.....	33
Figure 6. Mrs. Deckrosh's yard after improving.....	34
News articles.....	35
County-wide Farm Yard Contest.....	36
Figure 7. An Elko County Flower Garden	36
Figure 8. Mrs. Case's yard before improving.....	37
Figure 9. Mrs. Case's yard after im- proving.....	38
Figure 10. Mrs. Case's flower garden..	39
Figure 11. Mrs. Westlund's yard before improving.....	40

TABLE OF CONTENTS (continued)

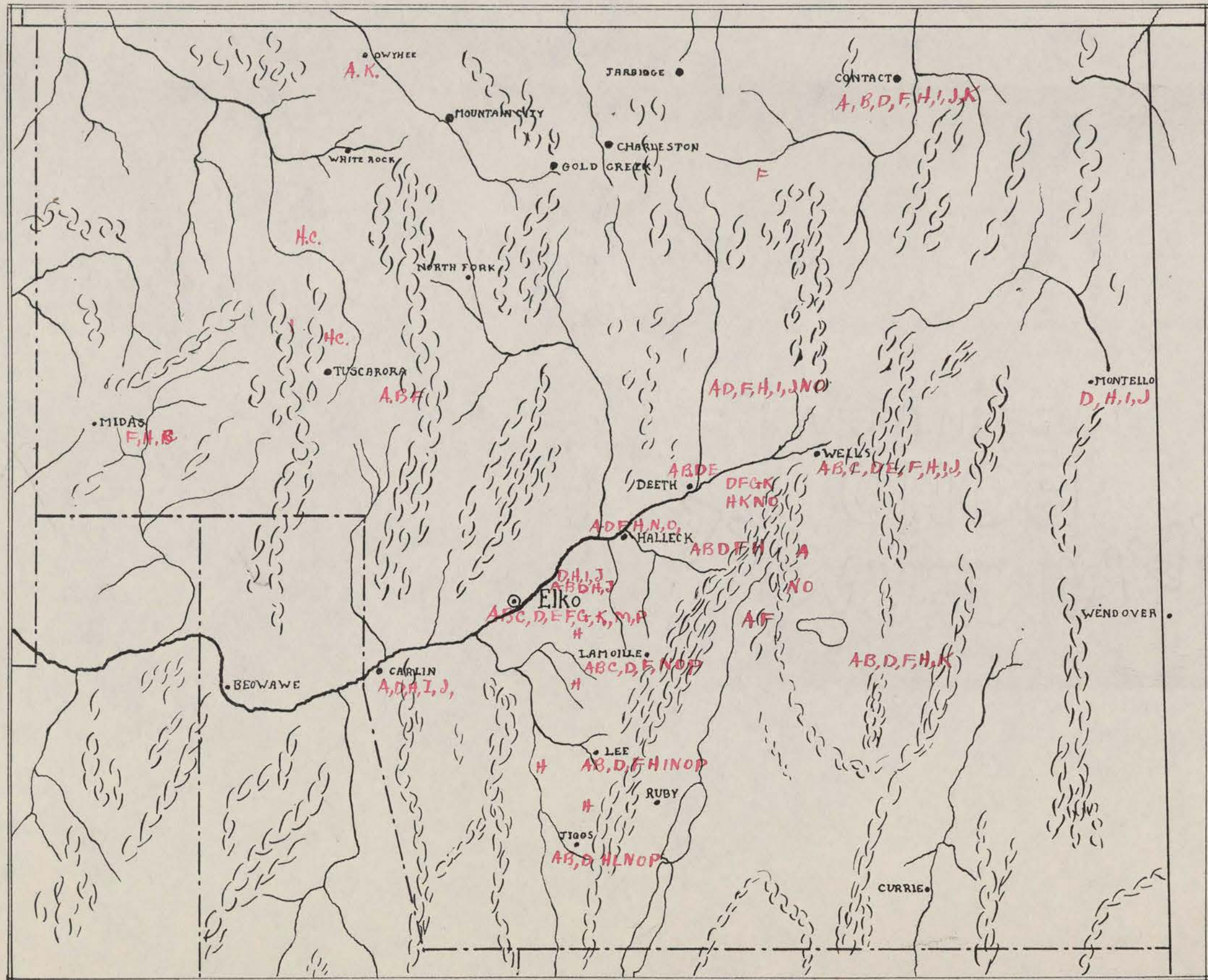
	<u>Page</u>
Figure 12. Mrs. Westlund's yard after improving.....	41
(q) Foods and Nutrition.....	42 - 72
1. Food Selection and Preparation.....	42
Bulletins written by agent.....	43 - 70
Sixty Ways of Using Carrots.....	43
Cabbage in New Dress.....	44
Covered Dish Meals.....	45 - 57
Buy Health with Your Food Money...	58 - 65
Dollar Dinners.....	66 - 70
News articles.....	71 - 72
2. 4-H Club Food Selection and Prepar- ation.....	73 - 76
Figure 13. Informal dinner party...	74
Figure 14. Winning demonstration team.....	75
Baking Problems at High Altitude, bulletin written by agent.....	76
3. Food Preservation.....	77 - 88
Achievement Story by Mrs. Black.....	78
Vegetables, Fruits the Year Around, circular written by agent.....	79 - 88
4. 4-H Food Preservation Club.....	89
Achievement Story, 4-H Club girl makes unusual record.....	90
Figure 15. Florence Walthers and some of her canning.....	90
News article.....	91
4-H Food Preservation, bulletin written by agent.....	92 - 107
5. Keep Growing.....	108
Ten Year Report of State.....	109
Achievement Story, Nutrition class at Carlin.....	110 - 111
Figure 16. Forty children in Nutrition class.....	110
Achievement Story, Letter from teacher.....	112
Figure 17. Jackson school.....	113
Figure 18. Boulder school.....	113
Achievement Story, Health reports from Boulder.....	114 - 117
Achievement Story, Faye Lewis makes best gain.....	118 - 119
Figure 19. Faye Lewis.....	118
Figure 20. Sprucemont school.....	120 - 121
Keep Growing Poster Contest.....	121
Figure 21. Best poster in Division A of contest.....	121

TABLE OF CONTENTS (continued)

	<u>Page</u>
Figure 22. Best post in Division B of the contest.....	121
Circulars written by agent.....	122 - 127
The School Lunch.....	122 - 126
Stand Up to Life.....	127
News articles.....	130 - 131
News letter.....	128 - 129
 (r) Child Training and Care.....	 132 - 134
1. Home Demonstrations.....	132 - 133
Figure 23. Pre-schoolers at Lee.....	133
Figure 24. Pre-school group at Wells.....	133
2. Prepare for School Round Up.....	134
 (s) Clothing.....	 135 - 136
1. Clothing Selection and Construction..	135
2. Children's Clothing.....	136
3. 4-H Clothing Selection and Construc- tion Club	137
 (t) Home Management.....	 138
1. Buy Health with Your Food Money.....	138
 (u) Home Furnishings.....	 139 - 144
1. Interior Home Improvement.....	139
2. 4-H Home Improvement Club.....	140 - 145
3. Achievement Story, club story.....	141 - 143
Figure 25, Room before improving....	144
Figure 26. Room after improving.....	144
 (w) Community Activities.....	 145
1. County-wide 4-H club work.....	145 - 150
Figure 27. Club members at Lake Tahoe.....	147
Figure 28. State club officers 1932	148
News articles.....	149 - 150
2. Farm Bureau Cooperation.....	151
3. Fairs and Exhibits.....	152
4. Recreation.....	154

TABLE OF CONTENTS (continued)

	<u>Page</u>
V. OUTLOOK AND RECOMMENDATIONS.....	154 - 156
VI. SUMMARY OF ACTIVITIES AND ACCOMPLISH- MENTS.....	157



- A Gardens
- B Gr. Veg variety tests
- C Yard Imp
- D Food Sel + Prep
- E Food Sel + Prep 4H

- F Food Pres
- G Food Pres 4H
- H Keep Growing
- I Prepare for School Round Up
- J Pre-School Home Demonstration
- K Clothing 4H

- L Home Imp
- M Home Imp 4H
- N Recreation
- O Farm Bureau
- P Homemakers' Clubs

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 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 women's work is also the State nutrition specialist. The women's 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 (continued)

Director C. W. Greel, 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. Professor 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 twenty-three 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.

GOALS AND COMPLETIONS

(f) Home Gardens and Home Beautification.

1. Adequate Gardens (Campaigning stage)
State office #37, County #2

<u>Goals</u>	<u>Completions</u>
5 communities.....	19
10 adequate garden demonstrations.....	58
50 families improving gardens in at least one respect.....	58
work with families taking out Government seed loans. Number of families.....	27

2. Green Leaf Vegetables, Variety
Tests, State office #117,
County #37

<u>Goals</u>	<u>Completions</u>
16 test plots (2 each) for the follow- ing:	
Corn salad.....	8
Collards.....	6
Endive.....	5
Broccoli.....	5
Brussel sprouts.....	5
Kale.....	6
Peppers.....	3
Swiss chard.....	6
Head lettuce.....	8
Spinach.....	<u>10</u>
Total.....	52

3. Home Grounds Improvement (Elko and
Wells), State office #55, County #20.

<u>Goals</u>	<u>Completions</u>
1 community contest in Elko.....	1
1 community contest in Wells.....	1
1 garden tour in Elko.....	0
1 garden tour in Wells.....	0
3 long time result demonstrations.....	10
2 new result demonstrations established	20
40 homes adopting improved practices in landscaping and planting.....	65

GOALS AND COMPLETIONS (continued)

4. County-wide Farm Grounds Improvement,
State office #121, County #41

<u>Goals</u>	<u>Completions</u>
4 communities.....	1
8 result demonstrations.....	7
1 flower show.....	0

(q) Foods and Nutrition.

1. Food Selection and Preparation
(Demonstration Stage) State
office #36, County #1

<u>Goals</u>	<u>Completions</u>
4 communities.....	16
8 result demonstrations.....	75
8 family food budget.....	0
4 food expense result demonstrations..	0
50 families adopting improved practices	120
Work with relief committees on low cost marketing list.	
Sent suggested low cost food market lists to local community chest com- mittee.	
Emphasis on use of cabbage, carrots and dried fruits, covered dish meals and low cost dietaries.....	*

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

<u>Goals</u>	<u>Completions</u>
3 communities.....	3
3 clubs.....	4
25 members.....	36
3 demonstration teams.....	4
1 judging team.....	16
85% completions.....	89%

* Shows that the work has been completed.

GOALS AND COMPLETIONS (continued)

3. Food Preservation (Demonstration stage), State office #38, County #3.

<u>Goals</u>	<u>Completions</u>
4 communities canning with pressure cooker.....	7
3 communities evaporating products...	4
8 result demonstrations in food preservation.....	85
12 result demonstrations in food preservation budgets.....	6
15 families adopting improved practices in food preservation.....	85

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

<u>Goals</u>	<u>Completions</u>
1 community.....	3
1 canning club (county-wide).....	1
5 members.....	6
85 % completions.....	100%

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

<u>Goals</u>	<u>Completions</u>
21 community demonstrations.....	21
450 children involved.....	624
5% increase in number normal children..	9.93%
5% decrease in number dangerously underweight.....	-6.71%
10 Gold Star communities.....	8
14 communities entering State Poster contest.....	8
14 communities entering County Poster contest.....	8
10 Achievement days.....	12

GOALS AND COMPLETIONS (continued)

6. Specialist work.

<u>Goals</u>	<u>Completions</u>
2 bulletins on vegetables.....	2
1 4-H Food Selection and Preparation handbook.....	1
circulars on low cost dietaries, covered dish meals and health.....	5
Health course of study for schools..	1
4-H Food Preservation handbook.....	1

(r) Child Training and Care.

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

<u>Goals</u>	<u>Completions</u>
8 communities.....	8
All children who are to attend school for the first time in the fall.....	23

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

<u>Goals</u>	<u>Completions</u>
4 communities.....	11
13 result demonstrations already established.....	12
6 new result demonstrations.....	43
4 communities studying play equipment.	1

(s) Clothing.

1. Clothing Selection and Construc-
 tion, State office #58, County
 #23.

<u>Goals</u>	<u>Completions</u>
2 communities.....	15
(this is in distribution of Red Cross clothing relief)	
6 result demonstrations.....	150 (families)
(number of families applying for relief)	

GOALS AND COMPLETIONS (continued)

2. 4-H clubs - Clothing Selection and Construction, State office #64, County #29.

<u>Goals</u>	<u>Completions</u>
4 communities.....	6
3 clubs.....	6
30 members.....	31
2 demonstration teams.....	2
1 judging team.....	14
85% completions.....	80.64%

3. Children's Clothing, State office #60, County #25.

<u>Goals</u>	<u>Completions</u>
2 communities.....	1
2 result demonstrations.....	2
5 families adopting improved practices in selection and construction of children's clothing.....	2

(t) Home Management.

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

<u>Goals</u>	<u>Completions</u>
8 result demonstrations..... (with family food budgets)	0
4 result demonstrations on food expense accounts.....	0

(u) Home Furnishing.

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

<u>Goals</u>	<u>Completions</u>
4 communities.....	1
1 kitchen remodeled or rearranged.....	4
8 families obtaining labor saving equipment.....	0

GOALS AND COMPLETIONS (continued)

(w) Community Activities.

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

<u>Goals</u>	<u>Completions</u>
6 communities.....	8
7 clubs.....	10
60 members.....	70
85% completions	
members.....	84.29%
projects.....	76.25%

2. Fairs and Exhibits (Demonstration
stage) State office #69,
County #34.

(The Elko County Fair and Flower Show were dispensed with this year by the Fair Board because of the economic condition of the county).

<u>Goals</u>	<u>Completions</u>
200 exhibitors in Women's Department....	0
40 exhibitors in Flower Show.....	0

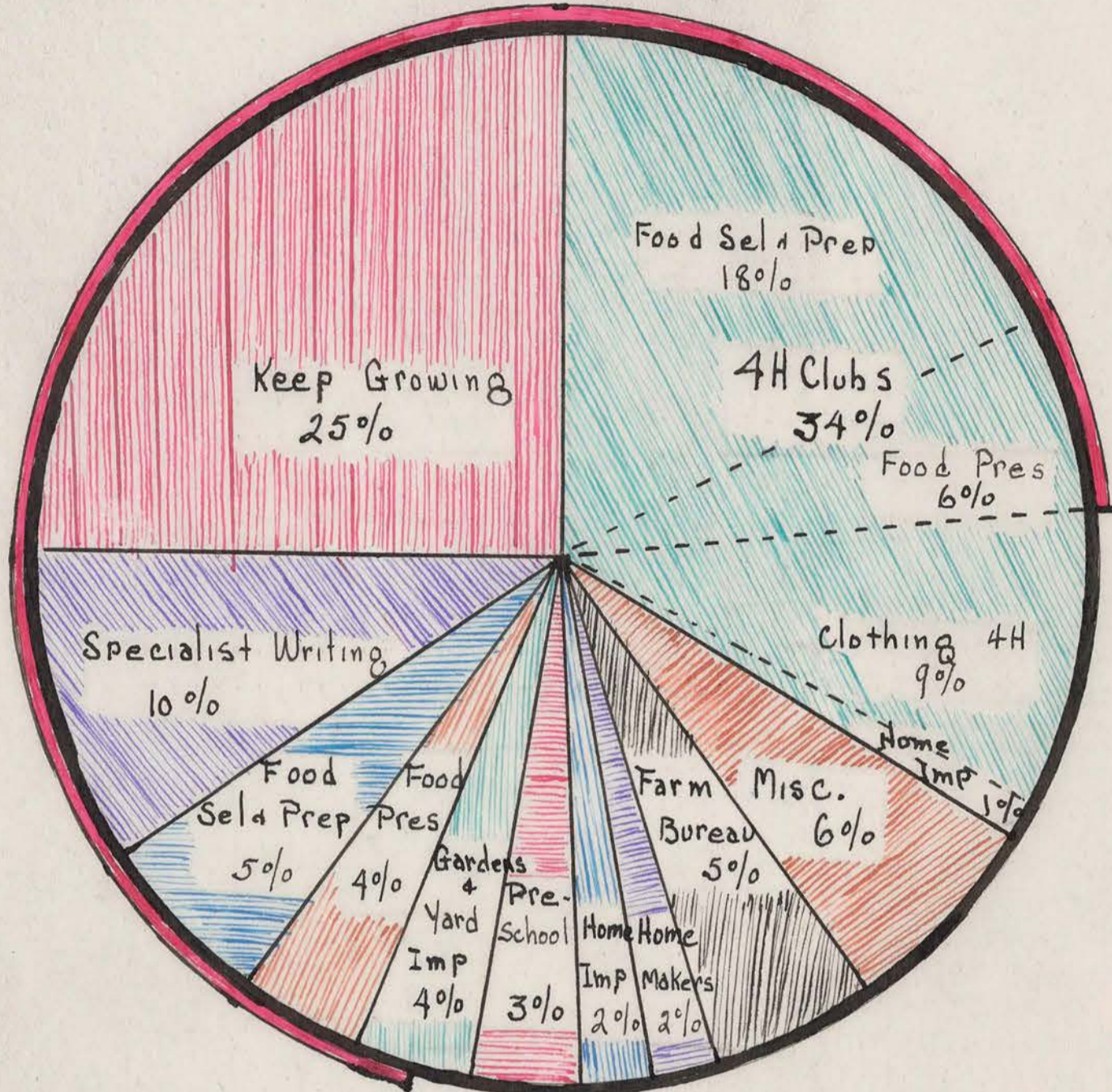
3. Farm Bureau Cooperation, State
office #122, County #42.

<u>Goals</u>	<u>Completions</u>
5 board meetings.....	7
7 community meetings..	11
1 annual picnic.....	1
1 annual county meeting.....	1

4. Recreation, State office #66,
County #31.

<u>Goals</u>	<u>Completions</u>
4 communities (adult work).....	8
4 communities (4-H club work).....	2

Distribution of time of agent on project.
Total - 298 days



Heavy red outer line indicates time which has been spent on projects related to nutrition.

Keep Growing.....	72 $\frac{3}{4}$ days	Yard Improvement ...	7 $\frac{1}{2}$ days
Specialist writing...	30 $\frac{1}{2}$ "	Pre-school.....	8 $\frac{1}{2}$ "
Food Selection and Preparation.....	16 "	Home Improvement....	2 "
Food Selection and Preparation, 4-H...	55 $\frac{3}{4}$ "	Clothing 4-H.....	27 $\frac{1}{4}$ "
Food Preservation....	11 $\frac{1}{2}$ "	Home Improvement 4-H	4 $\frac{1}{4}$ "
Food Preservation 4-H	15 $\frac{3}{4}$ "	Homemakers.....	7 $\frac{1}{2}$ "
Miscellaneous....	18 $\frac{1}{4}$ days	Farm Bureau.....	16 $\frac{1}{2}$ "
		Garden.....	3 $\frac{3}{4}$ "

(f) Home Gardens and Home Beautification.

NUTRITION

Adequate Gardens

The greatest snowfall in nearly forty years brought much moisture to the northeastern section of Nevada this year, and through the efforts of the Extension Service in teaching the value of an adequate garden nearly every ranch in Elko County had some kind of a garden this past summer. A very large percentage of these gardens were adequate since they produced four or more green vegetables, three or more root, two pods and at least three miscellaneous vegetables.

An early frost in September ruined a great many of the gardens and prevented the preservation of many vegetables for winter use; however, the ranchers in the county have supplied practically all of the vegetables for the family table during the later summer months from their gardens. This has been the greatest year for gardens in the history of Extension work in Elko County.

One family where the husband had work just part of the time, has solved the problem of feeding six active children by planting five acres of garden. Since this garden was located in a canyon and was protected it has produced a great variety of the best quality vegetables. In addition to feeding the family during the growing season this garden has produced the vegetables which when canned and stored will provide for the family during the entire winter.

The garden project has been carried on in nineteen communities this year with the cooperation of fifty-eight demonstrators. The following communities have been included: Elko, Ryndon, Halleck, Fort Halleck, Deeth, Starr Valley, Wells, Metropolis, O'Neill, Contact, Clover Valley, Arthur, Sprucemont, Lee, Jiggs, Lamoille, Independence Valley, Owyhee and Carlin.

Summary of results:

Communities carrying on project.....	19
Days devoted to work by agent.....	3 $\frac{3}{4}$
News stories published.....	0
Home visits.....	3
Method demonstrations held.....	0
Result demonstrations carried on.....	58

(f) Home Gardens and Home Beautification.

NUTRITION

Adequate Gardens

Variety Tests of Green Leafy Vegetables

An abundance of moisture this year has been very favorable for the growth of green leafy vegetables and every family with a garden has had some of the varieties of these vegetables. Spinach, head lettuce, Swiss chard, kale and corn salad have been the most popular and have been of the best quality.

The Farm Bureau office provided seeds for a number of the green leafy vegetables and fifty-two test plots have been raised this year. The work was carried on in the following communities: Elko, Ryndon, Halleck, Starr Valley, Wells, O'Neill, Lee, Contact, Sprucemont, Lamoille and Jiggs.

Distribution of varieties among the test plots:

Broccoli.....	5	Brussel sprouts...	5
Corn salad.....	8	Kale.....	6
Endive.....	5	Peppers.....	3
Head lettuce.....	8	Swiss chard.....	6
Collards.....	6	Spinach.....	10

Summary of results:

Communities in which work was carried on...	11
Leaders assisting.....	0
Days devoted to work by agent.....	3 ³ / ₄
News articles published.....	0
Home visits.....	3
Method demonstrations held.....	0
Result demonstrations carried on.....	31

Adequate Gardens (continued)

A GARDEN FEEDS A HAY CREW

by

Mrs. Charles Westlund

This summer I have had the best garden I have ever raised. We moved back to a place we owned after a period of four years. The place had not been well taken care of, and we had hard work to clean it up and get it in order.

Having little money, I planned to raise a garden and in that way to help to feed my family at little cost. Our garden was not large. I should think it was about one-fifteenth of an acre, but on that plot of ground I raised enough vegetables to supply our table for over two months, and during the haying season I fed ten men on the hay crew for twenty-five days at a cost of only twenty dollars. I estimate that during the haying season alone I must have saved more than a hundred dollars on food because I had a good garden.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
UNIVERSITY OF NEVADA, AGRICULTURAL EXTENSION DIVISION AND
UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING
STATE OF NEVADA



The 1932 Home Garden

Prepared By
Margaret Brenner
and
Mark W. Menke
County Extension Agents
Elko County

THE 1932 HOME GARDEN.

A vegetable garden for home use this year will help to bring the family income back to normal and can insure a healthful and varied diet in this time of stress.

To comply with the rules governing the government's seed loans to the farmer, a garden must be planted sufficient for home use. The Nevada standard for an adequate garden as set up by the Agricultural Extension Division of the University of Nevada is as follows:

<u>Four green leaf vegetables:</u>	lettuce, cabbage, spinach, Swiss chard, beet top greens, asparagus, cauliflower, peppers.
<u>Three root vegetables:</u>	carrots, rutabagas, turnips, beets, parsnips, potatoes.
<u>Two pod vegetables:</u>	peas, string beans, Lima beans.
<u>Three miscellaneous:</u>	tomatoes, onions, corn, squash, cucumbers and radishes.

Since the greatest item of cost in the home is for food, you can save money by growing instead of buying your vegetables. HAVE AS BIG A GARDEN AS YOU CAN. One-fourth of an acre of good ground will probably produce as much as your family will need.

Divide your garden plot as here suggested:

50% potatoes (one-fifth of these should be an early variety so that you will have potatoes as early as August and September).

25% for root vegetables.

15% for green leaf vegetables.

5% for tomatoes.

5% for other miscellaneous vegetables.

Tomatoes should always be included in a good garden since they have the dual purpose of fruit and vegetables. Providing the same health materials as fruits they are the most inexpensive means of securing vitamins when fruits are high.

HOW MUCH WILL YOUR FAMILY NEED.

To provide the average farm family and its usual hired help with sufficient vegetables, how much will you need to plan to raise? These amounts have been carefully worked out and can be raised on about one-fourth of an acre of good, well-irrigated land.

1000	lb.	(about 17 bu.)	potatoes.
700	"	(about 13 bu.)	other root vegetables.
300	"	(about 5 bu.)	tomatoes.
500 - 600	"		green leaf vegetables.
200	"		peas and string beans.
300	"		miscellaneous vegetables
<u>2800-2900</u>	<u>lb.</u>		<u>Total</u>

Such a garden will provide vegetables to be canned and stored sufficient to carry the family through the winter months.

A minimum winter store for the average farm family should include amounts somewhere near the following quantities,

- 200 - 300 qt. canned vegetables.
- 400 - 500 lb. root vegetables for storage.
- 100 - 200 lb. cabbage & cauliflower for storage.
- 50 - 100 lb. home dried vegetables; spinach, string beans, peas and corn.
- 600 - 800 lb. potatoes.

PLANTING TIME

Vegetables which are easily frosted should not be planted until settled, warm weather which is seldom before May 15 in Nevada (with the exception of the southern portion). From then until June 10 is the best time to plant such seeds. Planting later than June 10 is not so successful for many seeds as the weather is too warm and the growing season too short.

Seeds of tomatoes, cabbages, peppers, cauliflower, etc., can be successfully started in hotbeds early in April or in cold frames late in April, and transplanted to the garden when danger of frost is over. Or these plants can often be bought from nurseries at reasonable prices.

Among the plants that will stand frosts and that can be planted in April and May are practically all root crops (beets, carrots, etc.) smooth seeded peas, lettuce, mustard, asparagus roots, etc. Most seeds marked "hardy" by seed companies whose seeds are grown in northern or high altitude climates can be planted at this time (April and May).

Your local conditions as to altitude, type of soil and frost dates should govern your time of planting to a large extent.

SUGGESTED VARIETIES OF VEGETABLES

Note: All varieties of seeds should be high altitude or northern grown since they will probably be more suited to the high altitude and severe seasons of Nevada.

Asparagus	Washington (rust resistant)
Beans, green	Stringless green pod; Bountiful.
Wax	Brittle wax; Imported green wax; Davis kidney wax.
Pole	Lazy Wife; Kentucky Wonder.
Beets	Early Wonder; Detroit Dark Red.
Brussel Sprouts	Long Island Improved.
Cabbage, Early	Gold Acre; Copenhagen Market; Early Jersey Wakefield.
Late	Danish Ball Head; Flat Dutch.
Chinese Cabbage	Pe-Tsai; Wong Bok.
Carrots	Early Horn; Coreless; Danvers Half Long; Chantenay.
Cauliflower	Snowball; Dry Weather; Danish Giant.
Corn	Golden Bantam; Golden Gem; Early Sunshine.
Cucumbers	Snow's Pickling; Chicago Pickling; Boston Pickling; Davis Perfect; Slicing-white Spine; Long Green.
Endive	Green Curled.
Kohl Rabbi	White Vienna
Kale or Borecole	Green Curled or Scotch.
Lettuce	Head-iceberg; Big Boston, New York; Leaf-Grand Rapids; Black Seeded Simpson; Prizehead. Cos lettuce or Romaine (for cool, moist weather).

Mustard	Giant Southern Curled; Fordhook Fancy.
Onions	Australian Brown; Silverskin; Red Wethersfield; Southport Red; Southport Yellow; Southport White; White Queen, Bermuda Plants.
Peas, extra early	Alaska; Early Bird; Extra Early Pilot.
	<u>Dwarf:</u> American Wonder; Hundred- fold or Blue Bantam.
	<u>Tall:</u> Everbearing; Telephone.
Pumpkin	Fort Berthold; Omaha; Sugar or Pie.
Parsnip	Guernsey; Hollow Crown.
Radish	Saxa; Early Scarlet; White Icicle; French Breakfast.
Rutabaga	Bangholm Danish; Table; Purple- top Yellow.
Salsify or Oyster Plant	Sandwich Island Mammoth.
Spinach	New Zealand; Bloomsdale; Victoria.
Squash	<u>Summer:</u> Crockneck; White Bush; Golden Custard.
	<u>Winter:</u> Arikara; Gilmore; Delicious; Early Mandan; Hubbard; Kitchenette Table Queen; Banana.
Swiss Chard	Lucullus; Cut and Come Again.
Tomato	Chalks Early Jewel; Sunnybrook; Bonny Best; Earliana; John Baer; Yellow Pear.
Turnip	Purple-top White Glove; White Egg; White Milan; Orange Jelly or Golden Ball; Seven Top (for greens only).

(f) Home Gardens and Home Beautification.

HOME GROUND IMPROVEMENT

Elko and Wells

This year has been the fourth in which this project has been carried on in Elko County. Next year will close the five year demonstration in home grounds improvement and will probably mark the end of the contest manner of handling the work since most of the homes will have been quite well covered in the five years. However, we expect the home to continue making requests for assistance on landscaping, selection of trees and shrubs, information on planting, etc.

The past four years have brought great changes in the appearance of both Elko and Wells. A great deal of pride is shown in the yards of both towns and the people have put in unlimited time and labor on their grounds.

The organization of the project has included captains in different districts of the towns who secured the enrollments and encouraged the contestants. Two judgings were made of the yards: one early in June and the second in August. Two contests were held in each town: one for yards which had already had previous improvement, and one for those where the work was new this year.

Winners of the contests:

Elko improved yard contest:

1. Mrs. E. G. Reynolds
2. Mrs. Alex Cardin
3. Mrs. J. A. Edwards

Elko non-improved yard contest:

1. Mrs. James Deckrosh
2. Mrs. H. G. Beigler
3. Mrs. Earl Argyle

Wells improved yard contest:

1. Mrs. Karl Supp
2. Mrs. W. H. Supp

Wells non-improved yard contest:

1. Mrs. Ethel Gulley

HOME GROUND IMPROVEMENT - Elko and Wells (continued)

Enrollment in contests during the four years:

	<u>1929</u>	<u>1930</u>	<u>1931</u>	<u>1932</u>
Elko	49	56	40	21
Wells	17	15	11	5

The reason for the decrease in enrollments each year is no doubt, that most of the homes either have been or are being reached.

The judging this year was done by Mr. Royal D. Crook, District Extension Agent, Ely, Nevada.

List of cooperators:

Elko improved yards:

Mrs. O. D. Kendall
 Mrs. C. H. Burner
 Mrs. O. J. Crow
 Mrs. Lee Palmer
 Mrs. Ore Johns
 Mrs. Melvin Wignald
 Mrs. George Turcott
 Mrs. E. G. Reynolds
 Mrs. Gertrude Badt
 Mrs. Olvie Stewart
 Mrs. J. A. Edwards
 Mrs. E. E. Ennor
 Mrs. Alex Cardin
 Mrs. E. M. Steninger
 Mrs. George Sutherland St.
 Mrs. Frank Wiggins
 Mrs. Mabel Armstrong
 Mrs. C. A. Sewell

Elko non-improved yards:

Mrs. J. H. Deckrosh
 Mrs. H. G. Biegler
 Mrs. Earl Argyle

Wells improved yards:

Mrs. Fred Colton
 Mrs. J. L. Neilson
 Mrs. Karl Supp
 Mrs. W. H. Supp

Wells non-improved yards:

Mrs. Ethel Gulley

HOME GROUND IMPROVEMENT - Elko and Wells (continued)

Summary of results:

Communities which carried on work.....	2
Leaders assisting.....	5
Days devoted to project by agent.....	7 $\frac{1}{2}$
News articles published.....	3
Home visits.....	50
Method demonstrations held.....	0
Result demonstrations carried on.....	26

Mrs. Reynold's yard after improving. Mrs. Reynolds was winner of the first prize in the improved yard contest.



Figure No. I. View of side of grounds.

This part of the yard was formerly filled with sagebrush, and tumble weeds. The other side of the yard has had two years work on it. The stand of lawn grass has been unusually good this year.

HOME GROUND IMPROVEMENT - Elko and Wells (continued)

Mrs. Cardin's yard before improving. Mrs. Cardin was winner of the second prize in the improved yard contest.



Figure No. 2. View of house and grounds.

The Cardins built their home two years ago and have have taken a great deal of pride in making their grounds beautiful. The yard was landscaped by the Extension Service.

HOME GROUND IMPROVEMENT - Elko and Wells (continued)

Mrs. Cardin's yard after improving.



Figure No. 3. Same view two months later.

HOME GROUNDS IMPROVEMENT - Elko and Wells (continued)

Mrs. Edward's home before improving. Mrs. Edward was winner of the third prize in improved yard contest.



Figure No. 4. View of new lawn and children's play yard.

HOME GROUNDS IMPROVEMENT - Elko and Wells (continued)

Mrs. Edward's home after improving.



Figure No. 5. Same view late in the season.

Mrs. Edwards has proven that a yard can be enjoyed by all members of the family and still be beautiful.

HOME GROUNDS IMPROVEMENT - Elko and Wells (continued)

Mrs. Deckrosh's home after improving. Mrs. Deckrosh was winner of first prize in non-improved yard contest.



Figure No. 6. View of house and lawn.

The fence was put in this year and has made it possible for Mrs. Deckrosh to have a good lawn for the first time.

(f) Home Grounds and Home Beautification.

HOME GROUNDS IMPROVEMENT

County-wide Farm Yard Improvement

This was the third year for farm yard improvement contests in Elko County. Lamoille was the only community which carried on the work and since there has been an abundance of moisture the yards in that valley showed a great improvement during the summer. A captain was chosen who secured the enrollments for the contest. Two contests were held: one for improved yards and one for non-improved yards.

Winners in the contests:

Improved yard contest:

1. Mrs. H. L. Case
2. Mrs. Ed Lytton
3. Mrs. Bert Harmer

Non-improved yard contest:

1. Mrs. Charles Westlund
2. Mrs. Marian Blume

Other demonstrators:

1. Mrs. James Frazier
2. Mrs. John McKinney
3. Mrs. Fred Voight

Summary of results:

Communities carrying on project.....	1
Leaders assisting with work.....	1
Days devoted to work by agent.....	2
News articles published.....	1
Home visits.....	17
Method demonstrations held.....	0
Result demonstrations carried on.....	8



Figure No. 7. Elko County women take a great interest in flower gardens.

County-wide Farm Yard Improvement (continued)

Mrs. Case's home before improving. Mrs. Case was winner of the first prize in the improved yard contest.

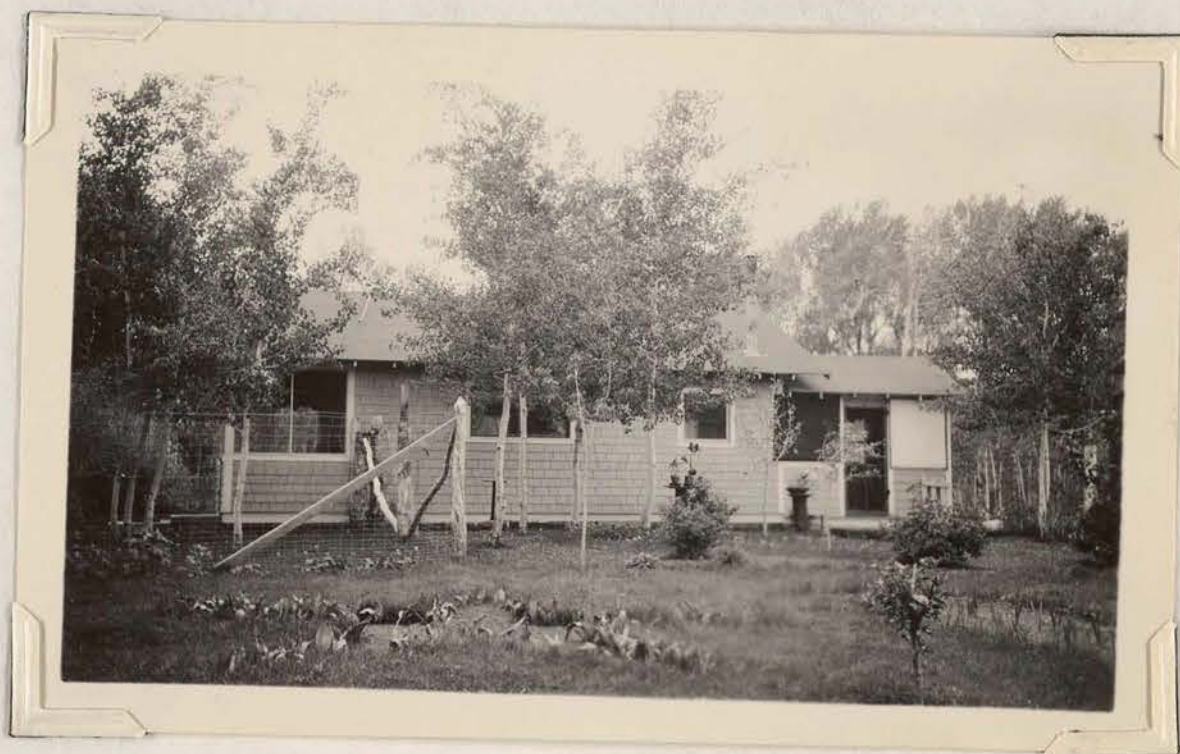


Figure No. 8. View of home and grounds.

This is the summer home of the Cases, and is located in the Lamaille Grove. The house is a two room cabin which has been attractively decorated and made beautiful by its surroundings.

County-wide Farm Yard Improvement (continued)

Mrs. Case's home after improving.



Figure No. 9. The same home two months later.
Mrs. Case grew sweet peas this summer which climbed
more than ten feet.

County-wide Farm Yard Improvement (continued)



Figure 10. View of flower garden adjoining the Case home.

This home and garden has been considered the most beautiful in the county this year.

County-wide Farm Yard Improvement (continued)

Mrs. Westlund's yard before improving. Mrs. Westlund was the winner of the first prize in the non-improved yard contest.



Figure No. 11. View of home and grounds.

The dandelions were so thick in this yard that it seemed a hopeless task to endeavor to kill them out.

County-wide Farm Yard Improvement (continued)



Figure No. 12. View of yard at close of season.

Most of the dandelions have been cleared out, and a good stand of grass has been put in. Several flower beds add much to the attractiveness of the Westlund place.

(q) Foods and Nutrition.

NUTRITION

Food Selection and Preparation

Another year of great economic need has increased interest in low cost dietaries. The agent has accordingly spent sixteen days on this project outside of specialist writing which has been also in the field of nutrition. Nearly one-third of the year's work has been on these projects among the women and 4-H club girls.

Work has been carried on at Lee, Jiggs, Elko, Lamoille, Starr Valley, Deeth, Wells, Contact, Whiterock, Midas, O'Neill, Metropolis, Sprucemont, Halleck, Elburz, Carlin and Montello.

Demonstrations have been given on covered dish meals, on the use of cabbage and carrots and on the school lunch at Elko, Lee and Lamoille. Circulars have been written and released from our office on low cost meals, dollar dinners and covered dish meals.

In order to make up for the deficiencies of so many of the diets of the school children there was a campaign last winter among the schools to encourage the use of cod liver oil with the result that nearly one-half of the children took cod liver oil at least part of the winter. Special dietary advice has been given to 784 individuals on weight control, nutritional anemia, thyroid and constipation.

Summary of results:

Communities carrying on work.....	16
Leaders assisting.....	0
Days devoted to work by agent.....	16
Days devoted to specialist writing.....	30 $\frac{1}{2}$
News articles published.....	5
Home visits.....	2
Method demonstrations held.....	4
Result demonstrations (other than Keep Growing)	75

SIXTY WAYS OF USING CARROTS

AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF NEVADA
BULLETIN NO. 68

THE
AGRICULTURAL EXTENSION SERVICE
OF THE
UNIVERSITY OF NEVADA

Is striving to meet the demands of the people of Nevada for the best scientific and practical information along agricultural and home making lines. This is placed before the public by means of such agencies as

COUNTY AND DISTRICT EXTENSION AGENTS
AGRICULTURAL AND HOME ECONOMICS
DEMONSTRATIONS
BOYS AND GIRLS 4-H CLUBS
PERSONAL INTERVIEWS
FARM BUREAU MEETINGS

Anyone Desiring Information Regarding
Any of These Should Address

AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF NEVADA
RENO, NEVADA

SIXTY WAYS OF USING
CARROTS

BULLETIN No. 68
September, 1931

By
MARGARET BRENNER
County Extension Agent

Published and distributed under Act of Congress, May 8, 1914, by the Agricultural Extension Service, University of Nevada, CECIL W. CREEL, Director, the United States Department of Agriculture Cooperating.

SIXTY WAYS OF USING CARROTS

Carrots are similar to fruits in that they are good health insurance. A raw carrot may keep the doctor away as efficiently as the proverbial apple. Rich in vitamins A, B and C, they help to protect the body from infection, increase resistance to disease and tend to promote growth. Whether cooked or raw they provide minerals for bones, teeth and blood, and may be served in such a wide variety of ways that they are universally popular and pleasing to the most particular appetite.

Vegetables are given to children at a much earlier age than was formerly practiced. It has been found that young children have need of the minerals and vitamins in vegetables for proper physical development. If the child learns to eat a variety of vegetables before he is a year old, he will be more likely to like them when he is older. Strained carrot pulp may be introduced into the baby's diet by the time he is six months old. After the first year the vegetables need not be strained, but should be finely minced until the child is about three years of age. Even raw carrots, if they are well chopped or ground, may be safely given to a child during his second year.

In cooking carrots, the smallest amount of water possible should be used in order to conserve the minerals and vitamins which dissolve in the liquid. They should be cooked only until tender, since overcooking causes loss of food material and destroys the vitamins and flavor.

ATTRACTIVE CARROT RECIPES

Just try some of these carrot soups on your luncheon or supper menus and see how delicious your family will find them. Cream of carrot soup packed in a glass jar in your school child's lunch and reheated at noon will give your little boy or girl a nourishing and appetizing dish which will help to keep your child growing. This is an excellent way of increasing the amount of milk in the child's diet.

Soups

CREAM OF CARROT SOUP NO. 1

2 C milk	1 T onion juice
2 T flour	1 to 2 C strained carrots
1 T fat	1 t salt
1 T minced parsley, celery or $\frac{1}{4}$ t celery salt	

Make a white sauce with the milk, flour, fat and salt. There are two methods of doing this. Both are good.

Method I—Mix the flour with a double amount of cold milk to form a smooth paste. Add gradually to the rest of the milk which has been heated, stirring and cooking until the sauce is thickened and the starch cooked. This will take approximately 3 to 5 minutes over direct heat or 15 to 20 minutes in a double boiler. Add the fat and seasoning just before serving.

Method II—Melt the fat, add the flour and cook while stirring until smooth. Add the milk and cook as in first method.

Cook the carrots until tender. Rub through a strainer and combine with the white sauce. Serves four.

CREAM OF CARROT SOUP NO. II

(Good for the farm family, where cream is not expensive)

2 C thin cream or very rich milk
1 to 2 C strained carrots 1 t salt

Scald cream in double boiler. Add carrots and seasoning. Onion juice, minced parsley or celery may be added if desired. Serves four.

CARROT AND CORN CHOWDER¹

2 to 3 slices bacon or salt pork 1½ C fresh corn
1 to 2 slices onion 3 C rich milk
1½ C sliced young carrots 6 to 8 crackers
Salt and pepper

Chop the bacon and heat in the bottom of a soup kettle with the onion; cook till onion is slightly yellow. Add the carrots and corn and cook until tender, stirring to prevent burning. Add the milk and seasonings. Let boil up once, and add the crackers broken in pieces. Serves six.

VEGETABLE CHOWDER

¼ C salt pork, cut in pieces and browned, or
4 T drippings
1 C potatoes, diced 1 med. onion
1 C carrots, diced 2 T flour
1 C turnips, diced 1 T fat
Few celery leaves, celery salt or parsley
2 C hot milk Salt

Add the onion to the hot browned pork, or drippings, and cook until slightly yellow. Add the carrots and turnips with enough water to cover and cook for 15 minutes. Then add potatoes and seasonings and cook uncovered until tender. Add milk and allow to come to boiling point. Thicken with flour which has been mixed with enough water to form a thin paste. Serves six persons.

VEGETABLE SOUP WITH MEAT STOCK

Make a beef stock by using a 1 to 2 pound shin of beef cooked in 1½ quarts of water.

1 qt. beef stock ½ C carrots ½ C potatoes
½ onion ½ C turnips 1 t salt

Cut all vegetables into small pieces of uniform size and shape. Cook in boiling salted stock until tender. Serves six.

CARROT BISCUIT SOUP²

6 carrots 2 cold biscuits
3 med. potatoes 4 slices crisp cooked bacon, diced
1 med. onion 2 T fat
¼ t paprika

Slice the carrots, potatoes and onions and put on to cook in 2 quarts of water. Add bacon, fat, salt and paprika. Cook until vegetables are tender. Five minutes before serving, break the biscuits into quarters and add to the soup. Six crackers may be used instead of the biscuits. Both the biscuits and the cracker crumbs act as a thickening and give a distinct flavor to the soup. Serves eight persons.

Carrots Served as a Vegetable

In a locality such as Nevada where such high quality carrots are grown it is recommended that they be served in the family dietary at least twice a week during the winter months, when other vegetables are scarce. A variety of ways of preparing and serving cooked carrots prevents their becoming a monotonous vegetable and provides the family with minerals and vitamins so necessary to good growth and health.

BUTTERED CARROTS

Boil or steam carrots. If boiled, use only enough salted water to cover and allow it to cook down so that none of the liquid is lost. Slice, dice, cut into shoe string size, or if small, serve whole. Add butter just before serving. Chopped parsley may be added. A little sugar may be added if desired. This frequently makes carrots more attractive to children.

CARAMEL CARROTS

8 to 10 small, new carrots 2 T sugar
2 T fat Salt

Wash and scrape the carrots and cut in eighths lengthwise. Cook until tender, drain and roll in sugar to which a few grains of salt have been added. Melt the fat in a frying pan; add carrots

and cook until slightly brown. Turn with a spatula so they will be glazed all over.

GLACED CARROTS NO. I¹

Boil or steam the desired number of carrots; cut in quarters. Place in a baking dish, dust rather thickly with granulated sugar and dot with butter. A few grains of mace may be added. Pour in a little water and bake until coated with the sugar syrup—about 30 minutes.

GLACED CARROTS NO. II²

6 med. carrots $\frac{1}{2}$ C water
 $\frac{2}{3}$ C brown sugar 2 T butter

Cook the whole carrots in salted water. Make a syrup of the brown sugar, water and butter. Place the cooked carrots in the syrup made in a heavy frying pan. Baste carrots until they have a rich glaze. Serve with roast meat.

CARROTS LYONNAISE³

2 C carrots cut into thin strips 2 T fat
 2 t chopped onion Salt and pepper
 1 T chopped parsley

Boil carrots 10 minutes and drain. Melt fat, add onion and cook 5 minutes. Then add carrots and seasonings. Stir gently until well blended. Pile in hot dish and sprinkle with parsley. Serves four to six.

FRIED CARROTS AND APPLES

6 med. carrots 6 tart apples 1 T sugar
 $\frac{1}{4}$ t salt 2 T fat

Cut carrots lengthwise into thin slices. Pare the apples or leave the peelings on, as preferred, core and cut into slices about one-fourth inch thick. Place a layer of the apples and then a layer of carrots in a skillet with the fat (two layers will be enough) cover tightly, and cook until well browned, turn and brown the other side. Just before the cooking is finished, sprinkle with salt and sugar. Serve on a hot platter, first a layer of carrots, then a layer of apples, so the two can be lifted together.

CARROTS AND GREENS⁴

2 C cooked carrots 1 egg, well beaten
 1 T butter Salt and pepper
 2 C cooked greens, finely chopped

Cut carrots very fine and mix with egg and butter. Season to taste. Half fill small greased molds with the carrot mixture and pack enough cooked greens on top to fill. Spinach, dandelion, beet greens or dock may be used. Place the molds in pan of hot water

and bake in a moderate oven for 20 minutes. Turn out and serve with a little cream.

STEWED CARROTS AND CABBAGE⁵

2 C carrots cut in strips 2 T butter
 1 small head of cabbage, shredded 1 C boiling water
 2 t salt Pepper

Mix vegetables and place in saucepan with water. Cover closely and bring to a boil, then simmer until almost tender. Add butter and seasoning and cook 5 minutes. Practically all of the liquid should be absorbed in the cooking and the vegetables may be served without draining.

CARROTS AND BACON⁶

4 C carrots, diced $1\frac{1}{2}$ C boiling water 1 T flour
 2 oz. bacon, minced and browned 1 t sugar

Boil together slowly until thoroughly done. Thicken remaining liquid with flour. Cook 5 minutes and serve hot. Serves eight to ten.

SAVORY CARROTS⁷

6 med. carrots $\frac{1}{4}$ t salt 2 T chopped parsley
 $\frac{1}{2}$ T sugar 2 T melted butter 1 T lemon juice
 Pepper

Boil or steam carrots until tender. Place in saucepan with melted butter and seasonings. Reheat and serve.

MASHED CARROTS⁸

1 lb. carrots 1 T butter
 1 C boiling water Salt and pepper

Cook carrots until tender. Put through a food chopper. Add butter and seasonings. Mix well and press mixture into small greased cups. Set in a hot place for 2 to 3 minutes, then turn out on a flat dish. Serve with or without sauce. The carrots may be chopped or ground before cooking to save time.

STUFFED CARROTS NO. I⁹

6 medium carrots $\frac{1}{2}$ t salt 3 T flour
 3 T butter 1 C milk $\frac{1}{2}$ C grated cheese

Cook carrots in salted water until just tender. With an apple corer carefully scoop out the center of the carrots and fill with a sauce made with other ingredients. Reheat in oven and serve with pork roast or other meat.

STUFFED CARROTS NO. II¹⁰

Select uniform sized carrots. Scrape, cut in halves lengthwise and cook until just tender. When tender, scrape a cone shaped

wedge from the middle of each, drop in a small piece of butter and salt. Fill cavities with finely chopped, cooked and seasoned spinach. Round tops smoothly, pour melted butter over, reheat and serve very hot. A small slice cut off of the side will help to keep the carrots right side up while they are being baked.

GRAPENUT STUFFED CARROTS²

8 med. carrots	$\frac{1}{4}$ t salt
$\frac{3}{4}$ C grated cheese	$1\frac{1}{2}$ C cooked rice
$\frac{1}{2}$ C grapenuts	2 T green pepper, chopped
1 T milk	Pepper

Cook carrots in boiling salted water until just tender. Hollow out one side of carrot. Remove thin slice from other side so it will rest firmly in pan. Add cheese, grapenuts, green pepper, milk and seasonings to rice. Stuff carrots with mixture. Place in greased baking dish and bake in hot oven for 20 minutes or until brown. Serve with parsley.

THREE IN ONE²

Boil 6 carrots and 6 onions separately until tender; boil 8 or 10 potatoes and dry thoroughly. Put the well drained carrots and onions with the potatoes and mash fine. Add salt, pepper, butter, and just enough milk to blend all together. Serve hot.

CARROTS AND BAKED POTATOES¹

Select medium sized, smooth potatoes. Wash and dry. Brush over with fat and put in hot oven to bake. When done, cut lengthwise and scoop out centers. Put center of potatoes through a potato ricer with equal portions of cooked diced carrots. Add cream, butter and seasoning and beat as for potato mash. Replace in potato shells, heat and serve at once.

CREAMED CARROTS

2 C milk	4 T flour	1 to 2 C cooked carrots
	1 t salt	4 T fat

Make a white sauce of the milk, flour and fat and add the carrots. Chopped parsley may be added.

CREAMED CARROTS WITH PEAS

Substitute peas for one-half of the carrots and make in the same way.

CARROTS AU GRATIN¹

To each cup of white sauce add $\frac{1}{2}$ cup grated cheese and stir until the cheese is melted. To $1\frac{1}{2}$ cups of cooked diced carrots add the cheese sauce. Cover with buttered crumbs and brown in the oven.

CREAMED CARROTS WITH PEANUT BUTTER²

6 carrots	1 T peanut butter	1 C white sauce, medium
-----------	-------------------	-------------------------

Dice carrots and cook until tender. Make white sauce, adding to it the peanut butter. Pour over the carrots and serve hot.

CREAMED CARROTS WITH ONIONS²

To 2 cups of cooked diced carrots add 1 cup of cooked onions, then mix with 1 cup hot white sauce.

SCALLOPED CARROTS³

3 C carrots, sliced thin.	$1\frac{1}{2}$ C white sauce
1 C onion, minced	$\frac{1}{2}$ C fine, dry bread crumbs
3 green peppers, minced	1 T butter

Boil carrots and onions separately until both are tender. Grease a baking dish and put in a layer of each vegetable. Continue in this way until the vegetables are all used. Then pour in the white sauce, cover with buttered crumbs and bake in a moderate oven until brown.

CARROT SOUFFLE¹

1 C med. white sauce	2 eggs
1 C carrots, boiled and mashed	Salt
1 T minced onion	Paprika

Add the carrot, onion and seasoning to the white sauce, then add the beaten egg yolks. Beat the whites of the eggs until they are stiff. Fold them lightly into the first mixture, and turn this into a buttered baking dish. Set the dish in a pan of hot water and bake the soufflé in a moderate oven 30 minutes. Serve at once in the dish in which it was baked.

CREAMED CARROT PULP²

Wash and scrape young carrots, and grate or run through the food chopper. Season this pulp with salt and paprika. Moisten with cream, and heat very hot in double boiler. Place in a large baking dish or individual baking dishes, cover with buttered crumbs and brown in the oven.

CARROTS A LA CREME²

1 qt. carrots	2 T butter	1 t salt
2 med. onions	3 T cream	1 T chopped parsley
1 C water	1 T flour	1 T sugar

Cut carrots lengthwise and chop onions fine. Cook together, very slowly, with water, sugar and butter until tender. Mix flour, salt and cream and add. Allow to come to a boil but do not stir. Shake the kettle a little to prevent scorching. Serve with parsley sprinkled over the top.

CARROT CUTLETS NO. I²

1 C carrots	1½ C milk
1 C potatoes	6 T flour
1 C turnips	1 t onion juice
1 can peas	1 egg
2 T butter	Salt and pepper

Dice the vegetables. Steam or boil until tender. Drain the peas. Make a white sauce of the butter, flour and milk. Season with salt, pepper and onion juice. Mix the vegetables with the sauce. Thickly butter a shallow pan and spread mixture in it to cool. When firm turn out on a crumbed board. Cut in cutlets, dip in beaten egg and roll in crumbs. Fry in deep fat until golden brown.

CARROT CUTLETS NO. II²

1 C carrots, boiled and mashed	1 T pimento
2 C cold boiled rice	1 T celery salt
1 egg beaten	Salt
1 T onion, chopped	Paprika

Mix the ingredients well. Form the mixture into balls and flatten them in the shape of cutlets. Roll them in crumbs, egg, and again in crumbs. Sauté them in drippings. Place a cube of jelly on each cutlet and garnish with parsley.

VEGETABLE PIE

Mix together cooked carrots, lima beans, peas, and canned corn. Season with butter, salt and pepper. Add a little milk and put in individual baking dishes. Cover with rounds of pastry. Bake in a hot oven. Serve as a main dish at dinner or supper.

Salads

Attractive and most palatable salads are obtained through the use of both raw and cooked carrots. Since we urge everyone to eat at least one raw vegetable a day we especially recommend the use of raw carrots in the diet. Uncooked carrots are high in that elusive vitamin C which is so easily killed by cooking and which is so necessary to health. Properly stored, carrots may be easily kept from early fall until late spring. Try the following carrot salad recipes and serve them often.

CARROT SALAD²

1 lb. carrots, or	12 stuffed olives
6 medium carrots	½ C pecan meats
1 C string beans	½ C salad dressing
	1 t salt

Clean and grate carrots, add string beans, chopped olives, nut

meats and salt. Mix lightly with salad dressing. Serve on crisp lettuce.

CARROT PINEAPPLE SALAD

1 lb. carrots	½ t salt
3 slices pineapple	¼ C mayonnaise

Clean and grate carrots, add finely cut pineapple and salt. Mix lightly with mayonnaise. Serve on crisp lettuce.

FOUR SALAD²

4 oranges	4 lettuce leaves
4 carrots	4 unbroken walnut halves
4 T walnuts, chopped	Salad dressing

Peel the oranges, separate into sections, remove membrane and cut into small pieces. Arrange on lettuce. Grate carrot over oranges, sprinkle with nuts and add salad dressing. Garnish with walnut halves.

MACEDOINE SALAD²

Cook separately a cup of sliced carrots, 2 beets, diced, 1 cup diced celery, 1 cup string beans and a small head of cauliflower, combine lightly with a fork. Serve with French dressing to which is added chili sauce and onion juice.

LIVER AND CARROT SALAD

½ C cooked liver, chopped	1 C shredded cabbage
½ t salt	1½ T lemon juice
Lettuce	1 med. carrot

Salad dressing

Boil liver until tender, cooking liquid down until none is left; add salt. Remove from fire and cool. Put through meat chopper and add carrot and cabbage. Mix thoroughly with lemon juice. Serve on lettuce with any preferred dressing.

SPRING SALAD

16 asparagus tips	Parsley, chopped
2 C green peas	Pimento, diced
3 C cooked carrots, diced	½ C salad dressing
	Lettuce

Arrange lettuce on salad plate, and radiate asparagus tips toward the edge. In spaces between tips arrange a mound each of peas and carrots. Sprinkle carrots with parsley, and peas and asparagus with pimento. Add salad dressing.

CARROT AND APPLE SALAD

2 C raw carrots	1 C diced apples
½ C chopped nuts	1 C diced celery

Grate carrots or grind through food chopper. Mix with other

Bake in a hot oven at first then reduce temperature. The pie ought to be thoroughly cooked in 30 minutes. Whipped cream may be served on top.

CARROT AND APPLE PIE¹

1½ C diced cooked carrots	1 T vinegar
1 C diced tart apple	½ C water
1 C sugar	1 T butter
½ C raisins	Nutmeg

Vanilla

Cook the mixture, with the exception of the butter and the seasoning, until it is thick and clear. Add butter, nutmeg and vanilla and turn into a crust that has been baked. Cover with meringue. Bake in a slow oven for 20 minutes.

STEAMED CARROT PUDDING NO. 1¹

1 C ground, raw carrots	½ C bread crumbs
1 C chopped tart apples	½ t nutmeg
1 C raisins	½ t cloves
½ C brown sugar	½ t cinnamon
½ C molasses	½ t soda
1 T baking powder	1 C ground suet

Mix ingredients as for fruit pudding. Fill well oiled pudding molds or baking powder cans two-thirds full and steam 2½ hours. Serve with a cream sauce.

CREAM SAUCE

2 T butter	1 C whole cream
6 T powdered sugar	1½ t vanilla

Cream the butter and sugar. Fold in whipped cream. Flavor and serve at once.

CARROT OR MOCK PLUM PUDDING²

1 C raw grated carrots	1 C sugar
1 C raw grated potatoes	½ C butter or suet
1 C chopped raisins	1 C flour
½ t allspice, cinnamon, cloves and salt	
1 t soda	

Cream fat and sugar, add carrots. Sift dry ingredients and mix with raisins. Combine mixtures. Add potatoes, then add soda. Fill well oiled cans two-thirds full. Steam 2½ to 3 hours. Unmold and serve with lemon or hard sauce.

CARROT SANDWICH

Butter thin slices of graham or whole wheat bread. Fill with grated carrots or carrots mixed with shredded cabbage or celery which has been salted. Salad dressing may be used to bind the vegetables together.

CARROT CANDY SLICES

Slice the carrots thin and cook in a small amount of water until barely tender. Add a few drops of lemon juice and roll in granulated sugar. Allow to dry for a few hours.

ACKNOWLEDGMENTS

Recipes indicated as follows are used through the courtesy of respective State Extension Services:

¹Vegetables for Health: Ex. Circ. No. 969, University of Nebraska.

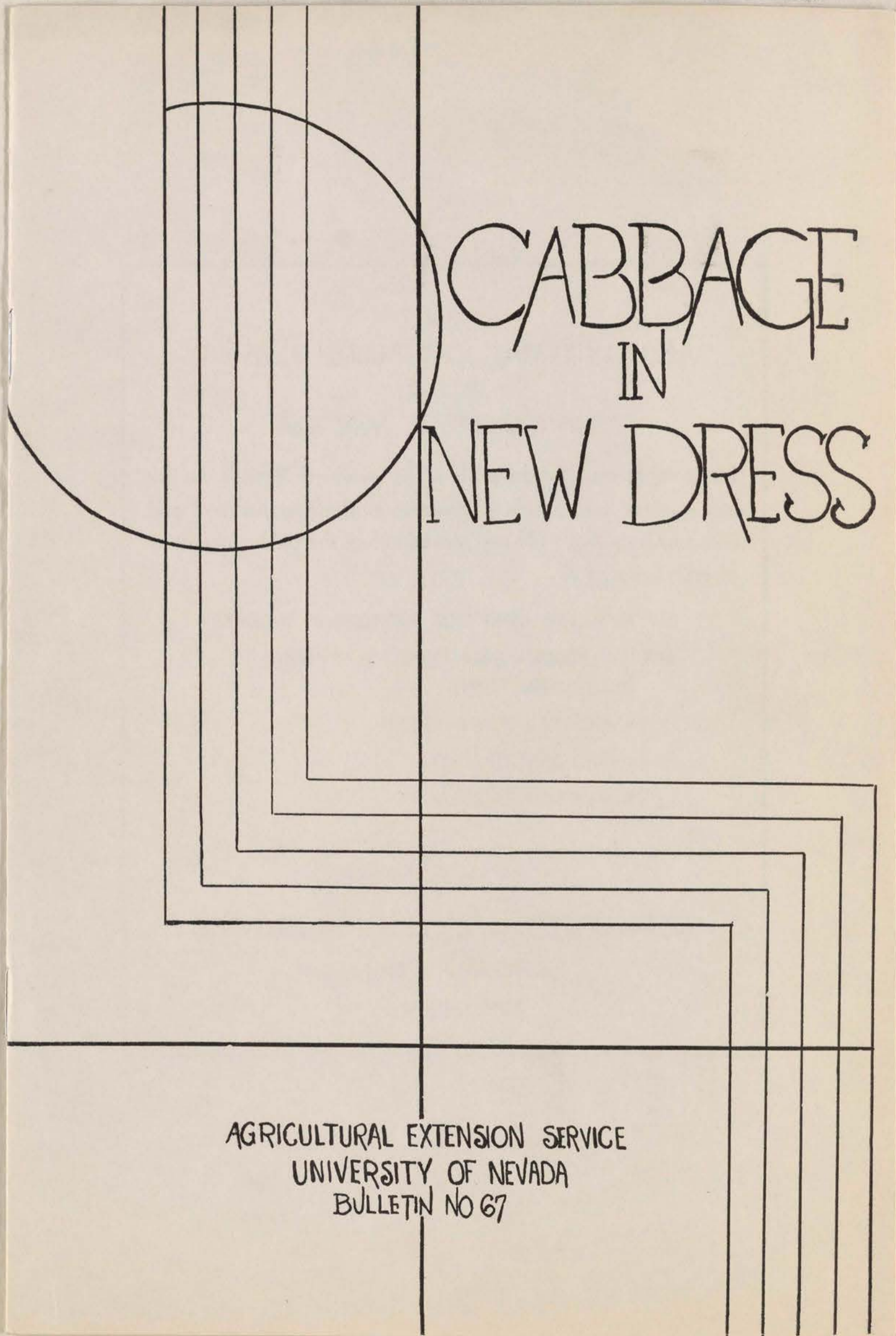
²Carrot Dishes: Ex. Circ. No. 16, Utah Agricultural College.

³Nevada's Prize Vegetable Recipes: Ex. Circ. No. 54, University of Nevada.

⁴Give the Carrot a Fair Chance: Ex. Circ., Cornell University.



STATE PRINTING OFFICE - - JOE FARNSWORTH, SUPERINTENDENT
CARSON CITY, NEVADA
1931



CABBAGE
IN
NEW DRESS

AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF NEVADA
BULLETIN NO 67

THE
AGRICULTURAL EXTENSION SERVICE
OF THE
UNIVERSITY OF NEVADA

Is striving to meet the demands of the people of Nevada for the best scientific and practical information along agricultural and home making lines. This is placed before the public by means of such agencies as

COUNTY AND DISTRICT EXTENSION AGENTS
AGRICULTURAL AND HOME ECONOMICS
DEMONSTRATIONS
BOYS AND GIRLS 4-H CLUBS
PERSONAL INTERVIEWS
FARM BUREAU MEETINGS

Anyone Desiring Information Regarding
Any of These Should Address

AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF NEVADA
RENO, NEVADA

CABBAGE IN NEW DRESS

BULLETIN No. 67
September, 1931

By
MARGARET BRENNER
County Extension Agent

Published and distributed under Act of Congress, May 8, 1914, by the Agricultural Extension Service, University of Nevada, CECIL W. CREEL, Director, the United States Department of Agriculture Cooperating.

CABBAGE IN NEW DRESS

Cabbage takes a place in the front rank as one of the most important foods in the family dietary. Always available, never expensive, rich in vitamins B and C and in minerals, cabbage should be used often, especially during the winter months when the diet may be low in fresh vegetables and fruits.

Without vitamin B, human beings and animals lose their appetites, fail to grow, and may have digestive and nervous disturbances. Both cooked and raw cabbage provide this vitamin in liberal amounts.

The lack of vitamin C causes poor growth, poor development of teeth and bones, and fleeting pains in the joints and limbs, called "growing pains" in childhood. With 96 per cent of the children in America suffering from defective teeth, we can well heed the slogan "Eat More Cabbage for Better Teeth." A strange thing about vitamin C is that it is killed by heat; remembering this, we should serve much of our cabbage raw.

There are so many ways of preparing cabbage that it should not become a food easily tired of. Any food becomes monotonous if served in the same way again and again. Careful planning will provide a variety of cabbage dishes which, in their attractiveness, palatability and nutritive value, are well worth the effort.

Cooking cabbage in a small amount of water prevents the loss of minerals. It should be removed from the fire as soon as tender, for overcooking destroys the vitamins, toughens the texture, discolors, it, alters the flavor, and often renders it indigestible. Cabbage will cook in from 10 to 15 minutes and should retain its white color and never be red or brown. Since it is a strong-flavored vegetable, it should be cooked in an uncovered vessel so that some of the odors will volatilize and the vegetable will be more mild in flavor.

The following recipes suggest a variety of ways in which cabbage may be attractively served. Try them and notice the new interest your family will take in cabbage and the improvement in health which will result.

WAYS OF SERVING CABBAGE UNCOOKED

Because raw cabbage is one of our best sources of vitamin C it is well that we include it in the family menus at least twice a week during those winter months when it is difficult to obtain fresh vegetables.

4

*Cabbage In New Dress***COLD SLAW**

1 small head cabbage finely shredded

CREAM DRESSING

4 T sugar	$\frac{3}{4}$ C cream, sweet or sour
1 t salt	$\frac{1}{2}$ chopped onion
$\frac{1}{2}$ t pepper	2 t chopped green pepper
1 t paprika	$\frac{1}{4}$ C mild vinegar

Mix the dry ingredients, onion and green pepper. Add the cream and vinegar gradually. Beat until thickened. Pour over shredded cabbage and serve. Serves about six persons.

HOT SLAW

1 small head cabbage, finely shredded

HOT DRESSING

$1\frac{1}{2}$ T sugar	1 T butter	$\frac{1}{3}$ C cold water
$\frac{1}{2}$ t salt	2 egg yolks	$\frac{1}{3}$ C mild vinegar

Mix the dry ingredients, add the butter, add egg yolks (slightly beaten) and stir thoroughly. Add the water and vinegar and cook until thickened over a slow fire. Pour hot dressing over cabbage about 15 minutes before serving.

TOMATO CABBAGE SLAW

$\frac{1}{2}$ small head cabbage	$1\frac{1}{2}$ T chili sauce
2 T chopped green pepper	1 C salad dressing

Shred the cabbage and chill. Mix the pepper and chili sauce with the salad dressing and add to the cabbage just before serving. Serves eight.

CABBAGE SALAD WITH WHIPPED CREAM DRESSING

3 C shredded cabbage	Scraped onion
1 C cream, whipped	$1\frac{1}{2}$ t salt
4 T lemon juice	$1\frac{1}{2}$ t sugar
3 T ground horse-radish	

Whip the cream, add the seasoning to it, and combine with the cabbage just before serving. Serve very cold. Either red or green cabbage may be used.

CABBAGE, CARROT, PEANUT SALAD

1 C shredded cabbage	1 C salad dressing
1 carrot grated	4 T peanut butter, or
Lettuce	4 T chopped peanuts

Mix the cabbage, carrot and peanuts with the mayonnaise. Serve on crisp lettuce leaves. If peanut butter is used, mix with the salad dressing.

Cabbage In New Dress

5

CRISP CABBAGE AND CARROT SALAD

2 C shredded cabbage	$\frac{1}{3}$ C salad dressing
2 C carrots, cut in fine, long strips	$\frac{1}{3}$ C cream, whipped
$\frac{1}{3}$ C vinegar	$\frac{1}{2}$ T sugar
1 t salt	

Crisp cabbage and carrots by allowing them to stand in ice water. Drain and dry vegetables thoroughly. Add vinegar to cabbage and chill 15 minutes. Combine cabbage and carrots and toss lightly together with dressing made by folding salad dressing, sugar, salt and whipped cream together. Serves six.

CABBAGE AND ONION SALAD

Shred the cabbage and cut the onions into very thin rings. Season with salt, celery salt and paprika. Mix with mayonnaise or French dressing and serve on a cabbage leaf.

CABBAGE AND PINEAPPLE SALAD

1 C shredded cabbage	$\frac{1}{2}$ C white grapes, halved and seeded
$\frac{1}{2}$ C orange, cut fine	Maraschino cherries
$\frac{1}{2}$ C pineapple, shredded	Lettuce

Crisp the cabbage in ice water. Drain, dry and mix with orange, pineapple and grapes. Add salad dressing just before serving. Serve on lettuce and garnish with cherries. Serves four.

CABBAGE AND PINEAPPLE SALAD WITH LEMON DRESSING

1 small head cabbage	1 C canned pineapple
$\frac{1}{4}$ C nut meats	2 T lemon juice
$\frac{1}{2}$ C salad dressing	$\frac{1}{2}$ C cream, whipped
Salt	

Shred and crisp the cabbage in cold water, then drain and dry thoroughly. Cut up the pineapple and add nut meats. Add to cabbage. Add lemon juice and salt to salad dressing, and fold cream into mixture. Add to the cabbage and fruit and serve at once. Serves six to eight.

CABBAGE, APPLE AND RAISIN SALAD

1 small head cabbage, chopped	$\frac{1}{2}$ C orange juice, or
2 medium apples	$\frac{1}{2}$ C salad dressing
2 bananas mashed	3 T raisins

Mix the bananas and the orange juice or salad dressing and then mix with other ingredients. Serve on lettuce. Serves six persons.

6

*Cabbage In New Dress***CABBAGE, BANANA AND PEANUT SALAD**

1 small head cabbage	$\frac{1}{2}$ C whipped cream
1 large banana	1 T chili sauce
$\frac{1}{2}$ C peanuts	1 T sugar
$\frac{1}{2}$ C salad dressing	2 T vinegar or lemon juice
	Salt

Shred cabbage finely and crisp for several hours in cold water. Drain and dry; add diced banana and peanuts. Combine chili sauce, salt and salad dressing, vinegar, or lemon juice, then fold in whipped cream. Add this to the cabbage and serve at once. Serves six to eight persons.

CABBAGE AND APRICOT SALAD

2 C shredded cabbage	12 apricots, stewed or canned
8 prunes, uncooked, but soaked soft and seeded	
1 T preserved ginger, chopped	6 sprigs fresh mint
2 T honey	1 C salad dressing

On each plate arrange a bed of shredded and chilled cabbage. Place on it apricots and prunes. Serve with mixture of ginger, honey and salad dressing. Garnish with sprig of mint. Serves six persons.

PERFECTION SALAD

2 T gelatin soaked in $\frac{1}{3}$ C cold water	
$\frac{1}{2}$ C milk vinegar	2 C celery cut in $\frac{1}{8}$ inch pieces
1 lemon (the juice)	2 C shredded cabbage
2 C boiling water	1 pimento, cut fine
$\frac{1}{2}$ C sugar	1 t salt

Add the vinegar, lemon juice, boiling water, salt and sugar to the soaked gelatin. Strain and chill. When the mixture begins to set, add the remaining ingredients. Turn into a mold. When firm, cut into squares or other shapes and serve on lettuce with salad dressing.

CABBAGE AND CARROT GELATIN SALAD

1 pkg. lemon gelatin	1 t salt
1 pt. boiling water	1 C shredded cabbage
2 T vinegar	1 C grated carrots

Dissolve the prepared sweetened lemon gelatin in the boiling water; add vinegar and salt. Chill until mixture falls from spoon in sheet. Fold in carrots and cabbage lightly. Blend. Turn into individual molds. Chill until firm. Unmold on lettuce. Garnish with salad dressing. Serves six to eight persons.

Cabbage In New Dress

7

JELLIED VEGETABLE SALAD

2 T gelatin soaked in $\frac{1}{2}$ C cold water	
$\frac{1}{2}$ C vinegar	1 t salt
$\frac{1}{2}$ C sugar	2 C boiling water

A mixture of chopped cabbage, celery, cucumber, pepper, cooked beans, peas, or beets amounting to about 4 C.

Add the vinegar, salt, sugar and boiling water to the soaked gelatin. Chill. When mixture begins to set add the vegetables. Turn into a wet mold and allow to chill. Unmold and serve on lettuce with or without salad dressing. Serves twelve persons.

JELLIED CABBAGE AND BEET SALAD

1 T gelatin soaked in $\frac{1}{2}$ C cold water	
1 C boiling water	$\frac{1}{4}$ C mild vinegar, or
$\frac{1}{2}$ t salt	$\frac{1}{4}$ C lemon juice
	2 T sugar

Add the salt, sugar, vinegar, and boiling water to the soaked gelatin and allow it to chill. When nearly set, add 2 cooked beets chopped fine, 1 C cabbage shredded and 1 red or green pepper chopped. One T horse-radish may be added. Turn into wet molds and chill. Unmold and serve on lettuce garnishing with cheese balls and mayonnaise or cooked dressing. Serves six persons.

SALAD SUPREME

1 pkg. lemon gelatin	1 C tart apple, chopped
1 pt. minus 2 T boiling water	8 stuffed olives, chopped
2 T vinegar	$\frac{1}{2}$ t salt
2 C cabbage, shredded	Dash of cayenne

Dissolve the prepared, sweetened gelatin in the boiling water. Add vinegar, salt and cayenne. Chill. When slightly thickened, fold in cabbage, apple and olives. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with salad dressing. Serves six persons.

HAM AND CABBAGE SALAD

1 C cabbage, chopped	1 green pepper, chopped
1 C ham, diced	1 C mayonnaise or French dressing
	Lettuce

Toss the ham, cabbage and pepper lightly together, and serve on lettuce with mayonnaise or French dressing. Serves six persons.

*Cabbage In New Dress***FISH AND CABBAGE SALAD**

1 C cold flaked fish	$\frac{1}{2}$ C mayonnaise, or
1 C shredded cabbage	$\frac{1}{2}$ C French dressing
1 pimento, cut fine	$\frac{1}{2}$ t chopped onion
$\frac{1}{2}$ t chopped parsley	Salt

Chill shredded cabbage in cold water. Drain and dry with towel. Combine with cold flaked cooked fish and other ingredients. Mix with salad dressing and serve on lettuce. Serves six persons.

CABBAGE SHRIMP SALAD

1 C shredded cabbage	$\frac{1}{2}$ green pepper, chopped
1 C shrimp	Lettuce
1 pimento, chopped	Mayonnaise or French dressing

Crisp the cabbage in ice water. Drain and dry. Combine ingredients and serve on lettuce with salad dressing. Serves six persons.

OTHER CABBAGE SALAD COMBINATIONS

- 1 part cabbage to 1 part mixture of beets, onions and celery.
- 2 parts cabbage to 1 part mixture of peanuts, celery or celery salt and onion.
- Equal parts cabbage, grated carrots, peas and celery.
- 1 part cabbage to 1 part rutabaga and celery.
- Equal parts cabbage and kidney beans.
- 2 parts cabbage to 1 part mixture of raisins, marshmallows and celery.
- 3 parts cabbage to 1 part mixture bananas and marshmallows.
- 2 parts cabbage to 1 part mixture of orange and cocoanut.
- 2 parts cabbage to 1 part mixture of pineapple, blanched almonds and marshmallows.
- 1 part cabbage to 1 part mixture of canned peaches and a few pecans.

CABBAGE SANDWICHES

Some most delicious sandwiches may be made from several combinations with cabbage. These sandwiches will be popular with your family since they are so tasty and healthful. Try them in your children's school lunch and at your next community picnic. Always chill the cabbage first so that it will be crisp. The following combinations are unusual and delicious:

Shredded cabbage mixed with butter or mayonnaise combined with graham or whole wheat bread.

Cabbage In New Dress

Shredded cabbage and grated carrots or chopped celery mixed with salad dressing.

Chopped cabbage, green pepper and celery with salad dressing.

Chopped cabbage, nuts, and sliced sour pickles, mixed with salad dressing.

Chopped cabbage, cucumber and green pepper.

CABBAGE AS A COOKED VEGETABLE

The secret of cooking cabbage so as to retain its palatability and food value is cooking it quickly and in a small amount of water. It is no wonder that few people really like cabbage cooked by the old method where it was boiled from early morning until noon. Fresh young cabbage may be cooked in as short a time as five minutes. Even the older heads should not be cooked over 15 minutes. Only enough water to cover the vegetable should be used. If it evaporates, add more. Since cabbage is a strong-flavored vegetable, the lid should be left off while cooking. Properly cooked cabbage is almost as white as the raw product; it should never be red or brown; and it is rich in vitamins and minerals.

BUTTERED CABBAGE

Remove the coarse outside leaves; cut into quarters and remove the rough stalk or core. Cook in just enough boiling salted water to cover, allowing only 15 to 30 minutes. The flavor and color should be delicate. Drain and add butter. Reheat and serve at once.

SAVORY CABBAGE

1 medium head cabbage	$\frac{1}{2}$ C bacon fat
	$\frac{1}{2}$ lb. salt pork, sliced thin

Chop cabbage in large pieces and cook in salted water 10 to 15 minutes (until partially tender, but still green and white). Drain and place in greased casserole, first a layer of cabbage then a layer of salt pork, until the dish is filled. Pour bacon fat over all. Bake in a moderate oven about 45 minutes. When ready to serve, cover with home-made tomato sauce.

STEWED CABBAGE AND CARROTS

1 small head cabbage, shredded	2 T butter
2 C carrots, grated	1 C boiling water
2 t salt	Pepper

Mix the vegetables and place in saucepan with water. Cover closely and bring to a boil, then simmer until tender. Add butter

and seasoning and cook a few minutes longer. Most of the liquid should be absorbed in the cooking and the vegetable mixture may be served without draining.

BAKED CABBAGE AND APPLES

1 qt. shredded cabbage	1 t sugar
2 C sliced apples	1 t salt
2 T butter	1 C buttered bread crumbs

Oil a baking dish. Place in it a layer of cabbage, then a layer of apple. Sprinkle with sugar, salt and dot with butter. Repeat until all ingredients are used. Cover with buttered crumbs. Cover with a lid and bake until cabbage and apples are tender. Remove the cover and allow crumbs to brown. Serve from the dish.

CABBAGE, SPAGHETTI AND CHEESE

4 C shredded cabbage	
1½ C spaghetti, broken in small pieces	
2 C milk	
4 T flour	½ lb. American cheese
4 T butter	1 T salt

Cook the spaghetti in boiling salted water until tender; drain. Make a sauce of the flour, butter, milk and salt. Cut cheese in fine pieces and add to hot sauce. Put cabbage, spaghetti and sauce in a buttered baking dish in layers and cover with buttered bread crumbs. Bake for 20 to 30 minutes in a moderate oven.

CABBAGE—DUTCH STYLE

½ med. head cabbage	¼ C cream (sweet or sour)
1 T butter	1 t salt
1 egg	¼ C vinegar
	Pepper

Cut the cabbage fine and cook quickly in a small quantity of boiling salted water. When tender, remove from fire, add the butter, salt, pepper, cream and slightly beaten egg. Cook until egg thickens. Remove from fire, add vinegar slowly and serve hot. Serves six.

CABBAGE IN VINEGAR SAUCE

1 small head cabbage	2 T butter	1 or 2 eggs
5 T water	1 t salt	¼ t mustard
5 T vinegar	2 t sugar	Paprika

Cook cabbage in boiling salt water. Make a sauce of the other ingredients by heating water and vinegar in double boiler; then add dry ingredients and beaten egg. Cook until thick, stirring constantly. Pour over cabbage and serve hot or cold.

CABBAGE IN SOUR CREAM DRESSING

1 small head cabbage	Salt and pepper
1 egg	½ C sour cream
½ C vinegar	1 T melted butter
1 t sugar	1 T finely chopped green pepper
	Paprika

Chop the cabbage fine and cook in boiling water 15 minutes. Drain and season with salt and pepper. Mix the egg, cream, butter and sugar; bring to a boiling point and pour over cabbage. Sprinkle with paprika.

CREAMED CABBAGE

1 small head cabbage, cut up and cooked	
2 C milk	4 T fat
4 T flour	1 t salt

Make a white sauce of the milk, flour, fat and salt and pour over the cooked cabbage. There are two methods of making such a white sauce: Method I—Mix the flour with a little of the cold milk. Heat the rest of the milk and add the milk and flour mixture. Add the salt and cook until the starch is done. Add the fat just before removing from the fire. Method II—Melt the fat, add the flour and cook until smooth, stirring. Add the cold milk and finish as in Method I. Serves six.

CABBAGE WITH MOCK HOLLANDAISE SAUCE

Cook shredded cabbage until tender; salt and drain. Pile in a hot serving dish and serve with the following sauce: Make a rich white sauce (add double the amount of fat) and pour it slowly over a beaten egg yolk, stirring rapidly, and add lemon juice to taste.

SCALLOPED CABBAGE

Put a layer of cooked cabbage in an oiled baking dish then a layer of medium white sauce and a layer of cabbage until dish is filled. Cover with buttered crumbs and bake in a moderate oven until crumbs are brown.

CABBAGE AU GRATIN

Prepare as for scalloped cabbage, adding grated cheese to the white sauce.

STUFFED CABBAGE

1 C ground, cooked meat	Cabbage leaves
1 C cooked rice	1 green pepper, chopped
Salt and pepper	Broth

Mix the ground meat, rice and enough broth together to handle

Cabbage In New Dress

nicely. Select firm leaves of cabbage and fill with mixture, shaping in long cigar like shapes and fastening with tooth picks. Bake in moderate oven until cabbage is tender, basting frequently. Cheese may be used instead of meat. Serves six.

LUNCHEON SALAD

$\frac{1}{2}$ med. head cabbage	3 hard cooked eggs
3 cold potatoes	$\frac{3}{4}$ C cooked salad dressing
1 cooked beet	1 t salt
1 onion, chopped	$\frac{1}{2}$ t pepper
1 med. orange	Cold meat

Boil cabbage until tender. Drain and chill. Slice and mix with potatoes and diced beet, chopped onion, orange cut in small pieces and eggs cut in quarters. Mix with salad dressing and seasoning and serve with cold meat. Serves six persons.

PICKLED CABBAGE RECIPES**SAUERKRAUT**

Shred cabbage very fine and pack in fruit jars or crocks, a layer of cabbage and a layer of salt and a layer of cabbage until jar is filled. Pack very tightly. Put on lid, allow to stand in warm room for a week or until the kraut is well fermented; then keep in a cool place such as basement or cellar. After about three weeks it should be ready for use. Use $2\frac{1}{2}$ pounds salt to 100 pounds cabbage.

DIXIE RELISH

4 C chopped cabbage	2 T crushed celery seed
2 C chopped white onion	$\frac{3}{4}$ C sugar
2 C chopped sweet red peppers	4 C vinegar
4 T mustard seed	4 t salt

Soak the whole peppers in brine ($\frac{1}{4}$ C salt to 1 qt. water) for 24 hours. Drain. Freshen in cold water for 2 hours. Drain, remove seed and coarse white inner sections, then chop. Mix cabbage, peppers and all the other ingredients together. Let stand overnight. Drain off the vinegar, pack the relish into sterilized jars, taking care to work out all the air. Add the vinegar, making sure that it fills all the spaces. Adjust the rubbers and covers and process in a pressure cooker 10 minutes at 15 pounds pressure. This makes a good relish to serve with vegetables and meats.

*Cabbage In New Dress***FRENCH PICKLE**

$\frac{1}{2}$ peck green tomatoes	3 qts. vinegar
1 medium head cabbage, chopped	3 lbs. brown sugar, or ($7\frac{1}{2}$ C)
10 large green cucumbers, chopped	$\frac{1}{4}$ C tumeric
15 small white onions, chopped	$\frac{1}{2}$ C mustard seed
2 T pepper corns	3 red peppers, chopped
$\frac{1}{2}$ C salt	1 oz. celery seed

Mix the tomatoes, cabbage, cucumbers, and onions together. Pack in alternate layers with the salt. Let stand overnight. Drain. Heat the remaining ingredients to the boiling point. Pour over the vegetables. Let stand again overnight. Drain off the liquid and reheat to the boiling point. Put it over the vegetables again. Reheat several times, until the desired flavor is secured. Can (preferably in a pressure cooker).

ACKNOWLEDGMENTS

Recipes indicated as follows are used through the courtesy of respective State Extension Services:

¹The Use and Preparation of Vegetables. Ex. Circ. No. 254, University of Missouri.

²Nevada's Prize Vegetable Recipes. Ex. Circ. No. 64, University of Nevada.

³Carrot Dishes. Ex. Circ. No. 16, Utah Agricultural College.

⁴Vegetables for Health. Ex. Circ. No. 969, University of Nebraska.



STATE PRINTING OFFICE - - JOE FARNSWORTH, SUPERINTENDENT
CARSON CITY, NEVADA
1931

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
UNIVERSITY OF NEVADA, AGRICULTURAL EXTENSION DIVISION
AND UNITED STATES DEPARTMENT OF AGRICULTURE
COOPERATING

COVERED DISH MEALS



COVERED DISH MEALS

BY

MARGARET BRENNER

COUNTY EXTENSION AGENT

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
UNIVERSITY OF NEVADA, AGRICULTURAL EXTENSION DIVISION
AND UNITED STATES DEPARTMENT OF AGRICULTURE
COOPERATING.

COVERED DISH MEALS

WITH THE SPREADING POPULARITY OF "POT LUCK" LUNCHEONS OR SUPPERS, HOMEMAKERS AND WOMEN'S CLUB MEMBERS WILL WELCOME SOME NEW IDEAS FOR ONE-DISH MEALS. THE TERM ONE-DISH MEAL IMPLIES A COMBINATION OF THE SUBSTANTIAL FOODS OF THE MEAL INTO ONE DISH. VERY OFTEN THIS IS A CASSEROLE OR COVERED DISH.

ONE OF THE REASONS THAT HOMEMAKERS ARE INTERESTED IN THIS TYPE OF MEAL IS THAT IT MAY BE COOKED AHEAD OF TIME AND RE-HEATED AT MEAL TIME. SUCH A DISH RETAINS ITS HEAT WELL AND MAY BE A SOLUTION OF WHAT TO TAKE TO A CLUB LUNCHEON OR CHURCH SUPPER. IT IS ALSO A GOOD HOME MEAL TO PLAN FOR WASH DAY OR AT OTHER TIMES WHEN THE HOMEMAKER IS GOING TO BE VERY BUSY.

THE ONE-DISH MEAL IS A GOOD WAY TO USE LEFT-OVERS. WHILE THE MOST IMPORTANT THING TO KNOW ABOUT THE USE OF LEFT-OVERS IN COOKING IS TO AVOID HAVING ANY, WE DO HAVE THEM. IT IS NOT ALWAYS POSSIBLE TO "LICK THE PLATTER CLEAN", AS DID THE SPRATT FAMILY AND WHEN WE MUST FIT OUR MEALS TO OUR POCKET BOOKS, WE ARE EAGER TO KNOW OF ATTRACTIVE AND PALATABLE WAYS OF USING WHAT WAS LEFT OVER FROM A PREVIOUS MEAL.

SOME OF THE RECIPES HERE GIVEN ARE PARTICULARLY SUITED FOR CHILDRENS' SCHOOL LUNCHESES. THEY MAY BE PREPARED EARLY IN THE MORNING OR THE DAY BEFORE AND PACKED IN JARS OR BOTTLES, THEN REHEATED AT SCHOOL.

IN THE COVERED DISH MEAL THE FOLLOWING FOOD MATERIALS MAY BE USED AS FOUNDATION; MEAT, FISH, EGGS, CHEESE, VEGETABLES OF ALL KINDS, MACARONI, SPAGHETTI, AND RICE. VARIETY IN SUCH A MEAL IS LIMITED ONLY BY THE AVAILABLE FOOD MATERIALS, BY COOKING PROCESSES, AND BY THE CLEVERNESS OF THE COOK.

SOME SUGGESTIONS FOR COMBINING FOODS FOR COVERED DISH MEALS

TOO MANY STARCHY FOODS SUCH AS POTATOES, RICE AND MACARONI SHOULD NOT BE USED IN ONE DISH.

WHITE SAUCE OR MEAT STOCK MAKES A GOOD BASE FOR THESE BAKED DISHES.

ONE STRONG FLAVOR SHOULD PREDOMINATE, SUCH AS CARROT, TURNIP OR CHEESE, WITH SEVERAL OTHER FLAVORS IN SMALLER QUANTITY OR Milder FORM.

THE ACIDITY OF TOMATOES ADDS MUCH TO MOST OF THESE DISHES, EITHER AS PART OF THEM OR AS A SAUCE.

ATTRACTIVE COLORS MAY BE OBTAINED FROM FOODS USED, AS PEAS, CARROTS, TOMATOES, ETC.; OR BY THE ADDITION OF A SMALL AMOUNT OF GREEN PEPPER OR PIMENTO.

CHARACTER MAY BE GIVEN TO A DISH BY THE ADDITION OF CRISP

BACON, ONION JUICE, CHOPPED PARSLEY, BAY LEAF, ETC.

SALADS PREPARED FROM CRISP RAW VEGETABLES OR RAW FRUIT OFFER AN EXCELLENT SUPPLEMENT TO THE ONE DISH MEAL.

POINTS OF COOKERY TO REMEMBER

MILK, CHEESE AND EGGS SHOULD BE COOKED AT A LOW TEMPERATURE.

MEAT IS MORE TENDER AND THE FLAVOR IS BETTER (ESPECIALLY IN TOUGH CUTS) WHEN COOKED AT A MEDIUM TEMPERATURE.

BAKED DISHES MADE WITH WHITE SAUCE BASE MAY BE PREVENTED FROM CURDLING IF THEY ARE PLACED IN A PAN OF HOT WATER WHILE BAKING.

VEGETABLES RETAIN THEIR COLOR AND CRISPNESS BEST WHEN COOKED ONLY A SHORT TIME.

A COVERING OF BROWNED, BUTTERED CRUMBS GIVES AN ATTRACTIVE APPEARANCE TO A BAKED DISH.

THERE ARE MANY RECIPES FOR COVERED DISH MEALS, AND THE INGENIOUS HOMEMAKER IN USING HER KNOWLEDGE OF COOKERY, FOOD VALUES AND FLAVORS MAY INVENT NEW ONE-DISH LUNCHEONS AND SUPPERS.

MEAT AND VEGETABLE COMBINATIONS

USE THE LESS TENDER, MORE INEXPENSIVE CUTS OF MEATS, OR YOUR LEFT-OVERS IN THESE PALATABLE DISHES AND NOTE HOW MUCH FARTHER YOUR FOOD MONEY GOES.

OLD FASHIONED BOILED DINNER

4 LBS. CORNED-BEEF BRISKET	4 CARROTS (MEDIUM)
1 CABBAGE (MEDIUM)	6 POTATOES
3 WHITE TURNIPS	6 PARSNIPS

PUT THE MEAT INTO THE POT OVER A BRISK FIRE WITH ENOUGH COLD WATER TO COVER IT. BRING IT QUICKLY JUST TO THE BOILING POINT, THEN SET THE POT BACK ON THE FIRE AND SIMMER UNTIL TENDER (ABOUT THREE HOURS). ABOUT THREE-FOURTHS OF AN HOUR BEFORE SERVING, SKIM THE LIQUID FREE FROM FAT. PUT A PORTION OF THIS LIQUOR INTO ANOTHER KETTLE WITH THE TURNIPS, CARROTS, POTATOES AND PARSNIPS PREPARED AND CUT INTO UNIFORM PIECES, AND BOIL UNTIL NEARLY TENDER. THEN ADD THE CABBAGE WHICH HAS BEEN CLEANED AND CUT INTO SECTIONS. THEN COOK ONLY FIVE TO TEN MINUTES. JUST BEFORE SERVING, COMBINE INGREDIENTS (VEGETABLES AND MEAT), THICKEN GRAVY SLIGHTLY, TURN INTO A HOT COVERED SERVING DISH AND SERVE STEAMING HOT.

VARIATIONS OF THE BOILED DINNER:

HAM HOCKS WITH CABBAGE, TURNIPS, CARROTS AND POTATOES.

PORK WITH SAUERKRAUT, POTATOES AND CARROTS.

LAMB WITH POTATOES, CARROTS, TURNIPS AND CABBAGE.

A FRUIT SALAD FOR DESSERT AND A MILK BEVERAGE ARE SUGGESTED TO MAKE THIS A COMPLETE, WELL BALANCED MEAL.

MEAT AND VEGETABLE STEWS

IRISH STEW WITH DUMPLINGS

2 LBS. NECK OR BREAST
OF LAMB.
2 TURNIPS, SLICED
WATER OR STOCK

2 MEDIUM ONIONS, SLICED
4 MEDIUM CARROTS, SLICED
2 OR 3 MEDIUM POTATOES
FLOUR, SALT, PEPPER

CUT MEAT INTO SMALL PIECES, PLACE IT IN A DEEP FRYING PAN OR KETTLE, COVER WITH WATER OR STOCK, AND BRING TO A BOIL. ADD SLICED ONION, LOWER HEAT AND ALLOW TO SIMMER FOR ABOUT 2 HOURS. THEN ADD POTATOES, TURNIPS AND CARROTS AND COOK MORE RAPIDLY UNTIL VEGETABLES ARE DONE. THICKEN LIQUID WITH FLOUR AND SEASON. SERVE VERY HOT IN A DEEP DISH WITH DUMPLINGS.

DUMPLINGS

1 C. FLOUR
2 T BAKING POWDER

$\frac{1}{2}$ T SALT
 $\frac{1}{2}$ C MILK

1 T FAT DRIPPINGS

SIFT DRY INGREDIENTS, CUT IN FAT AND ADD THE MILK TO GIVE A SOFT SMOOTH DOUGH. DROP DOUGH BY SPOONFULS OVER TOP OF STEW. COVER AND ALLOW DUMPLINGS TO STEAM ABOUT 12 MINUTES. THE STEW SHOULD BE KEPT BOILING HOT DURING THE COOKING IN ORDER TO HAVE DUMPLINGS LIGHT. ALSO KEEP THE COVER ON THE STEW DURING THE COOKING OF DUMPLINGS. LIFT DUMPLINGS OUT ONTO A HOT PLATE. POUR STEW INTO A DEEP DISH, PLACE DUMPLINGS ON TOP AND SERVE AT ONCE.

VARIATIONS OF IRISH STEW:

BEEF: LOWER RIBS OR LOWER ROUND, NECK OR SHANK WITH VEGETABLES.

LETTUCE SALAD AND BAKED APPLE TO SUPPLEMENT SUCH A STEW COMPLETE THE MENU, GIVING A MEAL ANYONE WOULD ENJOY.

RABBIT STEW (AMERICAN STYLE)

1 RABBIT (3 LBS)
6 SMALL ONIONS
1 BAY LEAF
 $\frac{1}{2}$ C CHOPPED CELERY
4 C. COLD WATER

2 T SALT
2 C DICED CARROTS
3 POTATOES
3 T FLOUR
1 T CHOPPED PARSLEY

DRESS AND CLEAN RABBIT. DISJOINT IT IN PIECES FOR SERVING. PLACE IN A KETTLE WITH THE CHOPPED ONIONS, BAY LEAF, CHOPPED CELERY AND SALT. COVER WITH COLD WATER AND ALLOW TO COOK SLOWLY UNTIL ALMOST TENDER, ABOUT TWO HOURS. THEN ADD DICED CARROTS AND CUT UP POTATOES. CONTINUE COOKING UNTIL VEGETABLES ARE TENDER. MOISTEN FLOUR WITH A LITTLE COLD WATER AND ADD TO STEW. WHEN SLIGHTLY THICKENED, ADD FINELY CHOPPED PARSLEY AND SERVE AT ONCE. SERVES SIX TO EIGHT.

COLE SLAW FOR SALAD AND CHOCOLATE CUSTARD FOR DESSERT ARE SUGGESTED TO COMPLETE THIS INEXPENSIVE, YET PALATABLE MENU.

SAVORY CHICKEN

$\frac{1}{2}$ C BUTTER	1 C WATER
1 T CHOPPED ONION	$1\frac{1}{2}$ C STRAINED TOMATOES
1 C CARROT	SALT, PEPPER, PAPRIKA
1 SLICED TURNIP	1 CHICKEN
$\frac{1}{2}$ C FLOUR	4 T SALT-PORK FAT
1 C BUTTON MUSHROOMS	2 T CHOPPED OLIVES

MAKE A SAVORY SAUCE BY MELTING BUTTER AND COOKING IN IT CHOPPED ONION, CARROT AND TURNIP CUT IN SMALL PIECES. STIR IN FLOUR AND ADD GRADUALLY BOILING WATER AND TOMATO, PREVIOUSLY STEWED AND STRAINED. SEASON WITH SALT, PEPPER AND PAPRIKA. CUT UP A CHICKEN, DREDGE WITH FLOUR, AND SAUTE IN PORK FAT. REMOVE FROM THE PAN, PLACE IN A SAUCE PAN AND COVER WITH THE SAVORY SAUCE. COOK UNTIL THE CHICKEN IS TENDER. AT THE LAST MOMENT, ADD THE MUSHROOMS AND CHOPPED OLIVES. ARRANGE THE PIECES OF CHICKEN IN THE CENTER OF THE PLATTER AND POUR THE SAUCE AROUND THEM, GARNISHING WITH TRIANGLES OF TOAST AND STUFFED OLIVES.

RAW CARROT AND PINEAPPLE SALAD AND CAKE FOR DESSERT ARE SUITABLE ADDITIONS TO THIS MEAL.

RAGOUT OF MEAT

A RAGOUT IS MUCH LIKE A STEW WITH GREATER ELABORATION OF INGREDIENTS AND SEASONINGS. THE MEAT IS CUBED, BROWNED IN A LITTLE FAT, THEN IT IS COMBINED WITH THE VEGETABLES, COVERED WITH MEAT STOCK OR LEFT OVER GRAVY WHICH HAS BEEN THINNED WITH WATER OR STOCK, COVERED AND ALLOWED TO SIMMER UNTIL VEGETABLES ARE TENDER. USE EQUAL WEIGHTS OF MEAT AND VEGETABLES. POTATOES, CARROTS, TURNIPS, PARSNIPS, PEAS AND STRING BEANS ARE GOOD VEGETABLES TO USE.

TO MAKE A SUCCESSFUL RAGOUT SPECIAL ATTENTION SHOULD BE GIVEN TO SEASONINGS. THESE MAY BE VARIED TO SUIT THE TASTE, BUT THE MOST ESSENTIAL ARE LEMON JUICE, PARSLEY, BAYLEAF, WORCESTERSHIRE, OR SIMILAR SAUCE, ONION AND A BIT OF MINT OR DILL IF LIKED. BARLEY IS OFTEN USED AS A THICKENING AGENT.

BRAISED SHOULDER OF MUTTON

4 LBS. MUTTON FROM THE SHOULDER	4 CLOVES
1 ONION	$\frac{1}{2}$ BAY LEAF
1 STALK CELERY	1 QT. WATER
4 CARROTS	6 SMALL TURNIPS
2 T SALT	

CUT THE ONION, CARROT AND CELERY INTO SMALL PIECES AND PUT THEM WITH THE SHOULDER OF MUTTON INTO A DEEP BAKING DISH. COVER AND PUT INTO THE OVEN. WHEN THE MUTTON AND VEGETABLES ARE BROWNED SLIGHTLY, ADD THE CLOVES, BAY LEAF AND WATER. COOK IN A MODERATE OVEN UNTIL THE MEAT IS TENDER, WHICH WILL BE ABOUT TWENTY MINUTES FOR EACH POUND. PEEL AND PARBOIL THE TURNIPS AND COOK THEM WITH THE MEAT FOR ONE HOUR BEFORE SERVING. SEASON TO TASTE WITH SALT.

FRUIT SALAD AND A MILK BEVERAGE OR A MILK DESSERT MAY BE USED AS DESIRABLE SUPPLEMENTS FOR ANY BRAISED MEAT DISH SINCE THEY COMPLETE THE MEAL FROM THE STANDPOINT OF NUTRITION, AND OFFER GOOD VARIETY IN FLAVOR AND TEXTURE.

VARIATION OF BRAISED MEAT:

BEEF (3 LBS) WITH 1 C EACH OF COOKED PEAS AND DICED CARROTS, POTATOES AND MUSHROOMS. SERVE WITH BROWN MUSHROOM SAUCE.

BROWN MUSHROOM SAUCE

POUR OFF $\frac{1}{4}$ C FAT FROM FRYING PAN, ADD 5 T FLOUR, AND STIR UNTIL BROWNED; THEN ADD 1 C BROWN SOUP STOCK, $\frac{1}{3}$ C MUSHROOM LIQUOR AND THE CAPS FROM $\frac{1}{2}$ LB. MUSHROOMS CUT IN SLICES AND SAUTÉED IN BUTTER 3 MINUTES. SEASON WITH SALT AND PEPPER, AND JUST BEFORE SERVING ADD GRADUALLY, WHILE STIRRING CONSTANTLY, THE BUTTER REMAINING IN THE FRYING PAN.

TO OBTAIN MUSHROOM LIQUOR, SCRAPE STEMS OF MUSHROOMS, BREAK IN PIECES, COVER WITH COLD WATER, AND COOK SLOWLY UNTIL LIQUID IS REDUCED TO $\frac{1}{3}$ C.

BRAISED LIVER WITH VEGETABLES

1 LB. BEEF LIVER	1 MEDIUM ONION, SLICED
1 $\frac{1}{2}$ T FLOUR	$\frac{1}{4}$ C DICED CELERY
$\frac{1}{2}$ T SALT	2 CARROTS, SLICED
$\frac{1}{8}$ T PEPPER	2 C STRAINED TOMATOES
2 T MELTED FAT	$\frac{1}{2}$ BAY LEAF

CUT LIVER INTO 2 INCH SQUARES, ROLL IN THE FLOUR TO WHICH IS ADDED THE SALT AND PEPPER AND THEN BROWN ON ALL SIDES IN HOT MELTED FAT. REMOVE MEAT AND ARRANGE IN CASSEROLE. BROWN ONION, CELERY AND CARROTS SLIGHTLY IN THE SAME FAT, THEN PLACE IN THE CASSEROLE WITH TOMATOES AND BAY LEAF. COVER TIGHTLY AND BAKE IN A MODERATE OVEN AT 350 DEGREES FAHRENHEIT FOR $\frac{1}{2}$ TO 2 HOURS, OR UNTIL LIVER AND VEGETABLES ARE TENDER. ADD WATER FROM TIME TO TIME IF NECESSARY. SERVES SIX.

CASSEROLE OF BEEF

CUT COLD ROAST BEEF AND COLD BROILED STEAK (ALONE OR IN COMBINATION) INTO ONE INCH CUBES; THERE SHOULD BE ONE QUART FOR A FAMILY OF SIX. PUT INTO A CASSEROLE DISH AND ADD 2 CUPS BROWN SAUCE OR BEEF GRAVY, 1 C CELERY CUT IN SMALL PIECES; 1 C CARROTS CUT INTO SMALL CUBES, 1 ONION THINLY SLICED, 1 C CANNED TOMATOES, 1 T WORCESTERSHIRE SAUCE, $\frac{1}{2}$ T SALT AND $\frac{1}{8}$ T PEPPER. COVER AND BAKE 1 HOUR; THEN ADD 1 C PEAS, BEANS, OR MUSHROOMS (CANNED OR FRESH) AND 1 C POTATO BALLS OR CUBES. AGAIN COVER AND COOK 30 MINUTES OR UNTIL POTATOES ARE SOFT. SERVE FROM CASSEROLE.

VARIATION:

LAMB WITH SAME VEGETABLES.

TO SUPPLEMENT ANY OF THESE CASSEROLE DISHES, LETTUCE OR CABBAGE SALAD AND ANY KIND OF FRUIT PUDDING OR PIE FOR DESSERT ARE

VALUABLE ADDITIONS.

SPANISH MEAT CASSEROLE

3 LARGE VEAL OR	3 T FAT
BEEF STEAKS (FROM ROUND)	3 LARGE ONIONS
1 PIECE GARLIC (IF DESIRED)	3 T FLOUR
1 LARGE CAN PEAS (#2 $\frac{1}{2}$)	2 T VINEGAR
2 T WORCESTERSHIRE SAUCE	2 T SALT
2 LARGE POTATOES	

BREAD STEAKS WITH EGG AND FLOUR AND SAUTE QUICKLY ON BOTH SIDES. PUT IN A LARGE SKILLET OR DUTCH OVEN; ADD FAT, SLICED ONION AND GARLIC; BROWN. ADD THE FLOUR TO THE FAT AROUND THE MEAT AND BROWN WELL. ADD WATER TO COVER. SIMMER SLOWLY FOR 30 MINUTES. REMOVE MEAT. STRAIN GRAVY TO REMOVE ONION AND GARLIC. ADD SALT. PLACE MEAT AND SAUCE IN CASSEROLE, THEN ADD PEAS, VINEGAR, AND WORCESTERSHIRE SAUCE. ADD POTATOES CUT FINE (GRAVY SHOULD COVER POTATOES). SIMMER FOR 1 $\frac{1}{2}$ TO 2 HOURS.

TONGUE CREOLE

1 T FAT	1 T CHOPPED RED PEPPER
1 SLICED ONION, FINELY CHOPPED	$\frac{1}{2}$ T FLOUR
1 SHALLOT CHOPPED (MAY BE OMITTED)	2 C TOMATOES
1 THIN SLICE GARLIC	1 T SALT
1 T CHOPPED, GREEN PEPPER	1 T SUGAR
1 BOILED TONGUE	1 T PAPRIKA

SAUTE THE ONION, GARLIC, SHALLOT, PEPPERS AND FLOUR IN THE FAT FROM 3 TO 5 MINUTES. ADD THE TOMATOES, SUGAR, AND SEASONINGS. MIX WELL. PLACE THE TONGUE IN A CASSEROLE, ADD THE SAUCE, AND BAKE $\frac{1}{2}$ HOUR IN A MODERATE OVEN.

TRY CARROT AND CABBAGE SALAD WITH THIS DISH.

TOMATO STEAK

3 T FAT	4 WHITE TURNIPS
2 $\frac{1}{2}$ LB. ROUND OR FLANK STEAK	3 C CANNED TOMATOES
2 INCHES THICK	2 T SALT
1 LARGE ONION 6 CARROTS	$\frac{1}{8}$ T PEPPER

HEAT FAT IN FRYING PAN, ADD MEAT AND SEAR IT BROWN ON ALL SIDES. THEN ARRANGE IN A CASSEROLE AND COVER WITH ONION, CARROT, TURNIPS, PEELED AND CHOPPED VERY FINE, TOMATOES, SALT AND PEPPER. COVER TIGHTLY AND BAKE IN A SLOW OVEN AT 275 DEGREES FAHRENHEIT, FOR 3 HOURS. THE GRAVY MAY BE THICKENED IF DESIRED. SERVES 10.

WHY NOT SERVE COLE SLAW FOR SALAD AND BAKED BANANA FOR DESSERT WHEN YOU SERVE THIS DISH?

PORK AND NOODLE CASSEROLE

1 MEDIUM SIZE ONION, DICED	1 MEDIUM SIZE GREEN PEPPER, DICED
3 T BUTTER	3 C STRAINED, COOKED TOMATOES
2 LB. GROUND LEAN PORK	SALT AND PEPPER TO TASTE
4 C (1 8oz. PKGE) COOKED NOODLES	
$\frac{1}{2}$ LB. FINELY CHOPPED AMER. CHEESE	

SAUTE! THE ONION AND GREEN PEPPER IN THE BUTTER UNTIL THE ONION IS YELLOW. ADD THE GROUND PORK, STIRRING FROM TIME TO TIME UNTIL SLIGHTLY BROWNED. ADD THE TOMATO PUREE, NOODLES AND CHEESE, SEASON WITH SALT AND PEPPER AND MIX THOROUGHLY. POUR INTO A BAKING DISH AND BAKE IN A MODERATE OVEN FOR AN HOUR. SERVES 10 TO 12.

BAKED APPLES AND MILK TO DRINK ARE FINE WHEN YOU SERVE PORK AND NOODLE CASSEROLE.

FISH AND VEGETABLE CASSEROLE

2 C FLAKED COOKED FISH	$\frac{1}{2}$ C COOKED LIMA OR
$\frac{1}{2}$ C SOFT BREAD CRUMBS	STRING BEANS
$\frac{1}{2}$ C GRATED CHEESE	1 T CHOPPED PARSLEY
1 C COOKED PEAS	1 T CHOPPED ONION
1 T SALT	3 EGGS BEATEN
$\frac{1}{8}$ T PEPPER	$\frac{1}{2}$ C MILK
1 T CHOPPED PIMENTO	

COMBINE ALL THE INGREDIENTS AND TURN INTO A GREASED CASSEROLE SET IN A PAN OF WARM WATER AND BAKE IN A SLOW OVEN AT 350 DEGREES FAHRENHEIT FOR ABOUT $\frac{1}{2}$ HOURS OR UNTIL A SILVER KNIFE INSERTED IN THE CENTER OF THE MIXTURE COMES OUT CLEAN. SERVE PLAIN OR WITH GREEN PEA SAUCE WHICH IS MADE AS FOLLOWS:

COMBINE 2 C CANNED PEAS, THE LIQUOR FROM THE CAN WITH ENOUGH WATER TO MAKE 1 C; 2 PEPPER CORNS, 2 WHOLE CLOVES, 1 LARGE SLICE ONION, $\frac{1}{2}$ T SALT, AND 2 WHOLE ALLSPICE. SIMMER 20 MINUTES. PRESS THROUGH A SIEVE AND ADD $\frac{1}{2}$ C MEDIUM WHITE SAUCE, HEAT THOROUGHLY AND SERVE. SERVES SIX.

EXCELLENT SUPPLEMENTS TO THIS "COVERED DISH" ARE FRUIT SALAD AND A CEREAL DESSERT.

VEGETABLE AND CHEESE CASSEROLE

2 C COOKED OR CANNED VEGETABLE	3 T CHOPPED ONION
3 C SCALDING MILK	2 C AMERICAN CHEESE
1 C SOFT BREAD CRUMBS	$\frac{3}{8}$ T SALT
$\frac{1}{4}$ C MELTED BUTTER	$\frac{1}{8}$ T PEPPER
2 PIMENTOES, CHOPPED	3 EGGS
1 T CHOPPED PARSLEY	DASH PAPRIKA

POUR THE SCALDING MILK OVER THE BREAD CRUMBS, ADD BUTTER, PIMENTOES, PARSLEY, ONION, GRATED CHEESE, AND SEASONINGS. THEN ADD THE WELL-BEATEN EGGS. PUT THE VEGETABLES IN A WELL GREASED LOAF PAN, AND POUR THE MILK AND CHEESE MIXTURE OVER THEM. BAKE ABOUT 30 MINUTES IN A SLOW OVEN UNTIL THE LOAF IS FIRM. SERVES SIX.

YOU WILL LIKE CABBAGE SALAD AND FRUIT PIE WITH THIS.

CASSEROLE OF SPINACH

2 LB. SPINACH	2 HARD-COOKED EGGS
2 C MEDIUM WHITE SAUCE	$\frac{1}{2}$ C FINE SOFT BREAD CRUMBS
1 T GRATED ONION	2 T BUTTER

WASH AND COOK THE SPINACH UNTIL TENDER. SEASON WITH $\frac{1}{2}$ T SALT AND $\frac{1}{8}$ T PEPPER. ADD THE GRATED ONION AND SLICED HARD COOKED EGGS TO THE WHITE SAUCE. PLACE A LAYER OF SPINACH IN THE BOTTOM OF A GREASED CASSEROLE, THEN ONE OF WHITE SAUCE. REPEAT THESE LAYERS HAVING WHITE SAUCE ON TOP. COMBINE THE BREAD CRUMBS AND BUTTER AND SPRINKLE ON TOP. BAKE IN A MODERATE OVEN FOR 30 MINUTES. SERVES 6.

ORANGE FRUIT GELATIN AND PLAIN COOKIES TO SUPPLEMENT THIS DISH MAKE A DELICIOUS AND WELL BALANCED MEAL.

LAMB OR VEAL PIE

3 C COOKED LAMB OR VEAL DICED	$3\frac{1}{2}$ C WATER & LEFT-OVER
2 C CARROTS, DICED	GRAVY COMBINED
$1\frac{1}{2}$ C DICED POTATOES	$\frac{1}{8}$ T PEPPER
1 C CANNED OR FRESH STRING BEANS	2 T SALT
1 LARGE ONION CHOPPED	3 T FLOUR
1 C DICED CELERY	$\frac{1}{2}$ C CANNED TOMATOES

COMBINE ALL OF THE INGREDIENTS, ARRANGE IN A COVERED CASSEROLE, AND BAKE IN A SLOW OVEN OF 274 DEGREES FAHRENHEIT FOR $2\frac{1}{2}$ HOURS. MEANWHILE PREPARE A CRUST AS FOLLOWS: SIFT TOGETHER 2 C PASTRY FLOUR, $\frac{1}{2}$ T SALT, 4 T BAKING POWDER; WORK IN 4 T SHORTENING UNTIL THE MIXTURE IS CRUMB-LIKE IN CONSISTENCY. THEN ADD $\frac{3}{4}$ C MILK AND STIR UNTIL BLENDED. ROLL TO $\frac{1}{2}$ INCH THICKNESS AND ARRANGE ON TOP OF THE MEAT. INCREASE THE TEMPERATURE OF THE OVEN TO 400 DEGREES FAHRENHEIT, AND CONTINUE BAKING FOR 35 TO 40 MINUTES OR UNTIL THE CRUST IS DONE. SERVES SIX.

FRUIT GELATIN SALAD IS A GOOD ADDITION TO THIS MEAL.

SHEPHERD'S PIE

CHOP OR CUT 3 C LEFT-OVER LAMB OR BEEF INTO SMALL CUBES OR THIN SLICES. SEASON WITH SALT, PEPPER, MINCED ONION, AND CELERY SALT. ADD 1 C DICED CARROTS AND 1 C PEAS. PLACE MEAT AND VEGETABLES IN A DEEP EARTHEN DISH, OR CASSEROLE AND ADD ENOUGH GRAVY OR BROWNED SAUCE TO COVER IT. SET CASSEROLE IN A MODERATE OVEN FOR 15 MINUTES OR UNTIL MEAT IS THOROUGHLY HEATED. REMOVE DISH FROM THE OVEN AND SPREAD OVER THE TOP OF THE MEAT AND VEGETABLES A 2 OR 3 INCH LAYER OF HOT RICED OR MASHED POTATOES. SET DISH IN OVEN AGAIN AND BAKE FOR 15 MINUTES OR UNTIL POTATOES ARE LIGHT BROWN. GARNISH TOP WITH PAPRIKA AND MINCED PARSLEY.

SERVE LETTUCE OR CABBAGE SALAD AND A MILK DESSERT TO COMPLETE THIS MENU.

MOCK CHICKEN PIE

1 SMALL CAN TUNA FISH	1 T SALT
2 C DICED CARROTS	$\frac{1}{4}$ T PAPRIKA
2 C DICED POTATOES	$\frac{1}{8}$ T PEPPER
1 CHOPPED ONION	1 T BUTTER
1 C GREEN PEAS	2 T FLOUR
1 C MILK	

BOIL CARROTS AND POTATOES TOGETHER UNTIL TENDER. ADD PEAS AND ONIONS. MAKE A WHITE SAUCE FROM BUTTER, FLOUR AND MILK AND SEASONING; ADD TO TUNA FISH. POUR INTO OILED BAKING DISH. COVER WITH A RICH BISCUIT DOUGH AND BAKE UNTIL BROWN IN A MODERATE OVEN.

CHICKEN PIE

1 - 5LB. CHICKEN	2 C COOKED CARROTS
2½ C DICED, COOKED POTATOES	CUT IN STRIPS
1½ C SMALL, COOKED ONIONS	8 T FLOUR
5 C CHICKEN BROTH	5 T WATER
CELERY SALT	1/8 T PAPRIKA

DRESS AND CUT UP CHICKEN. STEW UNTIL BARELY TENDER. REMOVE BONES. COOK POTATOES, ONIONS AND CARROTS IN CHICKEN BROTH UNTIL NEARLY TENDER. COMBINE CHICKEN AND VEGETABLES AND SEASONINGS, THICKEN WITH FLOUR AND PLACE IN AN OILED BAKING DISH. COVER WITH PASTRY OR RICH BISCUIT DOUGH AND BAKE IN A MODERATE OVEN UNTIL BROWN. 1 C CHOPPED CELERY MAY BE ADDED TO THE VEGETABLES IN PLACE OF THE CELERY SALT.

TRY CELERY HEARTS, AND STEWED FRUIT WITH SPONGE CAKE TO SUPPLEMENT THESE CHICKEN PIES. YOU WILL HAVE A MEAL FINE ENOUGH FOR ANY COMPANY.

TAMALE PIE

2 C MEAT, HAM OR CHICKEN (LEFT-OVERS)	1 SMALL ONION OR
2 C TOMATOES OR TOMATO SAUCE	1 SMALL PIECE OF GARLIC
1 C GRATED CHEESE	1 SWEET PEPPER OR PIMENTO
1 C CHOPPED OLIVES (IF DESIRED)	¼ T CHILI POWDER
3 C BOILING WATER	1½ T SALT
	1 C CORNMEAL

COOK THE CORNMEAL IN THE BOILING WATER 20 MINUTES. PUT MEAT, PEPPER AND ONION THROUGH FOOD CHOPPER. COMBINE ALL INGREDIENTS, PLACE IN OILED BAKING DISH AND BAKE ½ HOUR. ½ C CORN OR OTHER VEGETABLES MAY BE ADDED IF DESIRED.

CABBAGE AND FRESH FRUIT COMBINATION SALAD ARE EXCELLENT ADDITIONS TO YOUR TAMALE PIE MEAL.

BAKED LAMB HASH WITH PEAS

2 C COOKED LAMB, CHOPPED	2 T FAT
1 C POTATOES, CUBED	2 C COOKED GREEN PEAS
1 T SALT	1 T ONION, MINCED
1/8 T PEPPER	LEFT-OVER GRAVY OR STOCK

MELT FAT, ADD ONION AND BROWN SLIGHTLY. COMBINE ONION WITH REMAINING INGREDIENTS. SPREAD HASH IN A SHALLOW BAKING DISH, WELL GREASED, AND BAKE IN A MODERATELY HOT OVEN 40 TO 45 MINUTES. GARNISH WITH SLICES OF TOMATO AND SERVE.

CHOPPED LAMB HEART OR LIVER, WHEN LEFT OVER, IS A WELCOME ADDITION TO A HASH. STRING BEANS OR COOKED CELERY MAY BE USED IN ADDITION TO OR IN PLACE OF THE PEAS.

CORNERD BEEF HASH

2 C CHOPPED, COOKED OR CANNED, CORNERD BEEF	2 T FAT
2 C CHOPPED, COOKED POTATOES	1 T MINCED ONION
	1/8 T PEPPER

CHOP MEAT AND POTATOES SEPARATELY HAVING THEM FINE, BUT NOT MASHED. HEAT A FRYING PAN, MELT FAT AND PANFRY THE ONION IN IT FOR 3 MINUTES. THEN ADD BEEF, POTATOES AND PEPPER. WHEN HEATED THOROUGHLY, ALLOW HASH TO BROWN, THEN FOLD OVER LIKE AN OMELET AND TRANSFER TO A HOT PLATTER. IF HASH SEEMS TOO DRY, ADD 1 OR 2 T HOT MILK OR WATER. SERVES SIX. ANY OTHER CHOPPED, COOKED MEAT MAY BE SUBSTITUTED FOR CORNERD BEEF.

VARIATIONS OF HASH:

2 C CHOPPED CORNERD BEEF AND 2 C PEAS SEASONED WITH ONION, GREEN PEPPER AND PARSLEY AND COVERED WITH 1 C BUTTERED BREAD CRUMBS, 1 C COOKED CHOPPED BEEF AND 1 C COOKED CHOPPED HAM WITH 1 C CHOPPED CELERY, 1 C PEAS OR CARROTS, 1 GREEN PEPPER AND 1 LARGE ONION.

HEAD LETTUCE SALAD AND A BAKED FRUIT DESSERT ARE EASY TO PREPARE AND ADD MUCH TO A MEAL WHERE HASH IS SERVED.

BAKED LAMB LOAF

3 C LAMB, GROUND	1 C MILK OR STOCK
1 EGG	1 C BREAD CRUMBS
2 T ONIONS	1 GREEN PEPPER MINCED
1 1/2 T SALT	1/8 T PEPPER
2 T PARSLEY MINCED	1 C WHITE MEDIUM SAUCE
1/2 C COOKED PEAS FOR SAUCE	FOR SERVING

BEAT EGG, ADD LIQUID, THEN CRUMBS AND ALLOW THEM TO SOAK FOR 10 MINUTES. GRIND MEAT WITH VEGETABLES AND SEASONINGS. COMBINE THE TWO MIXTURES, POUR INTO A WELL GREASED LOAF PAN AND BAKE IN A MODERATE OVEN FOR ONE HOUR. TURN OUT THE LOAF AND SERVE WITH A WHITE SAUCE TO WHICH 1/2 C COOKED PEAS HAS BEEN ADDED.

VARIATIONS:

3 C GROUND BEEF WITH SAME VEGETABLES.
3 C GROUND HAM OR EQUAL PARTS OF HAM AND FRESH PORK WITH SAME VEGETABLES. IN THE HAM COMBINATION LEAVE OUT THE SALT SUGGESTED IN THE RECIPE ABOVE AND SUBSTITUTE OATMEAL FOR THE BREAD CRUMBS.

BAKED LIVER WITH VEGETABLES

1 T DRIPPINGS	3 SLICES BACON
2 C DICED CELERY	12 SMALL POTATOES
1 LARGE ONION SLICED	1/4 C FLOUR
2 LB. LIVER, WHOLE	1 T SALT
1/2 C HOT WATER	1/8 T PEPPER
	1 C STEWED TOMATOES

HEAT DRIPPINGS IN PAN WITH COVER. ADD CELERY AND ONION; BROWN SLIGHTLY. DREDGE THE LIVER WITH A LITTLE OF THE FLOUR AND LAY IT IN THE PAN. ARRANGE THE BACON OVER THE TOP AND ADD WATER AND SALT. BAKE COVERED IN A HOT OVEN (500 DEGREES) FOR 45 MINUTES. THEN ADD POTATOES. COVER AND BAKE AT REDUCED TEMPERATURE (400 DEGREES) UNTIL POTATOES ARE DONE. UNCOVER AND BROWN THE BACON.

TRY FRUIT SALAD WITH EITHER OF THE ABOVE DISHES TO GIVE AN ATTRACTIVE, PALATABLE AND WELL BALANCED LUNCHEON OR SUPPER.

SAVORY SAUSAGES AND BEANS

3 SAUSAGES
1 T MINCED ONION
2 C BAKED BEANS
1 C COOKED OR CANNED CORN

MINCE SAUSAGES AND SAUTE WITH MINCED ONION UNTIL SAUSAGES ARE CRISP AND BROWN. IF SAUSAGES ARE VERY FAT, POUR OFF SOME OF THE FAT. THEN ADD BAKED BEANS AND CORN. STIR UNTIL WELL HEATED, THEN SEASON AS NEEDED, DEPENDING UPON THE SEASONINGS IN THE BEANS. SERVE WITH SHREDDED CABBAGE TO WHICH DICED TOMATOES OR CHILI SAUCE HAS BEEN ADDED. SERVES SIX.

COMBINATION VEGETABLE SALAD AND APPLE SAUCE WITH PLAIN CAKE MAKE THIS A NOURISHING MEAL.

CHEESE SOUFFLE

1 C THICK WHITE SAUCE
1 C GRATED CHEESE
3 EGG YOLKS
3 EGG WHITES

ADD THE CHEESE TO THE WHITE SAUCE, STIR UNTIL MELTED. COOL SLIGHTLY. THEN ADD THE EGG YOLKS, BEATEN UNTIL THICK AND LEMON-COLORED AND LASTLY FOLD IN THE STIFFLY BEATEN EGG WHITES. POUR INTO AN OILED BAKING DISH FILLING NOT MORE THAN $\frac{2}{3}$ FULL. SET IN A DISH OF HOT WATER AND BAKE IN A MODERATE OVEN UNTIL FIRM AND A SHARP-POINTED KNIFE COMES OUT CLEAN. SERVE AT ONCE FROM THE BAKING DISH.

VARIATIONS OF SOUFFLE'S:

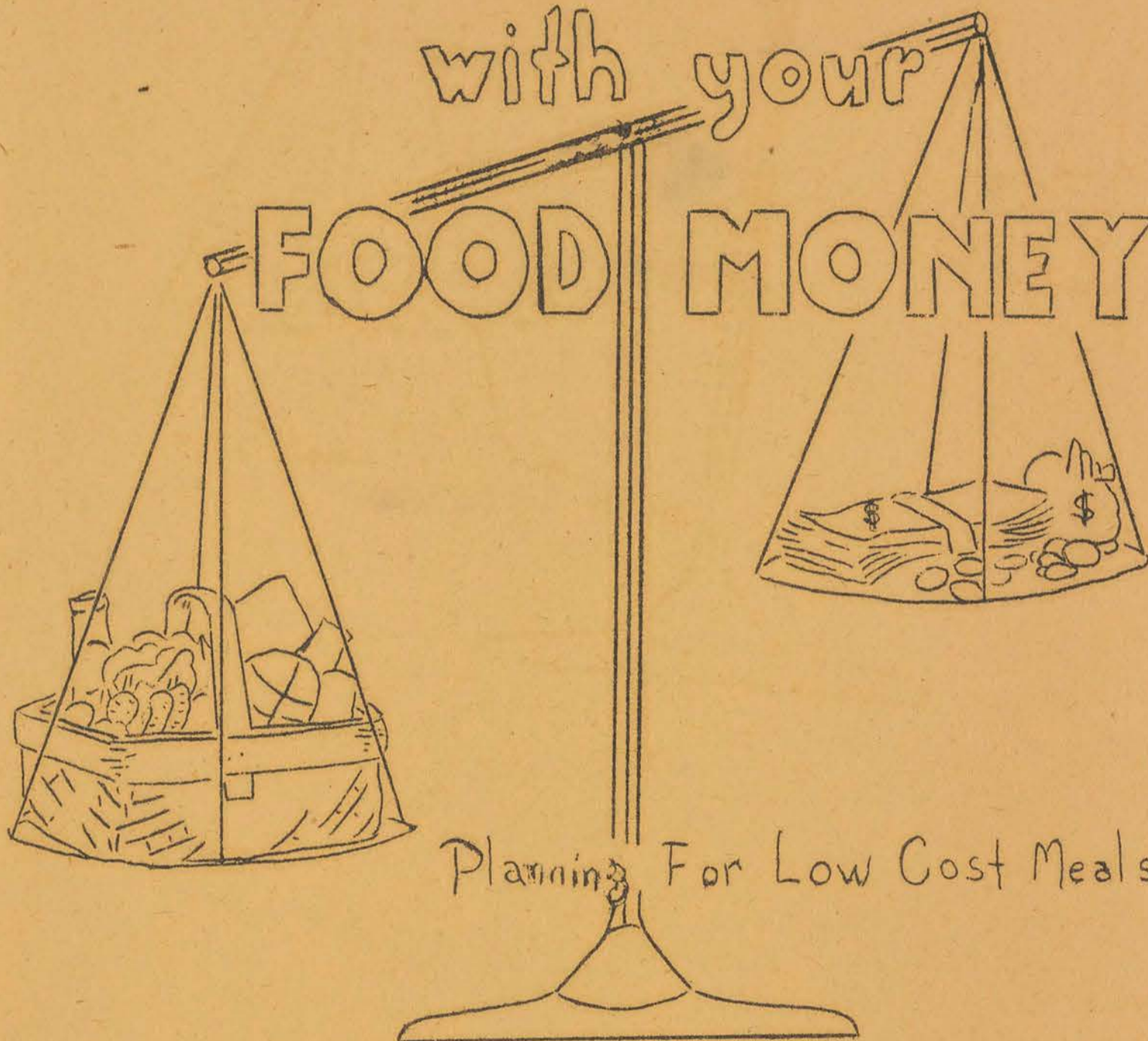
$\frac{1}{2}$ TO 3 C STRAINED OR CHOPPED, COOKED VEGETABLES SUBSTITUTED FOR THE CHEESE IN THE ABOVE RECIPE. CARROTS, SPINACH AND PEAS ARE ESPECIALLY GOOD.

COMBINATION VEGETABLE SALAD AND STEWED FRUIT WITH SIMPLE COOKIES WHEN SERVED WITH ANY SOUFFLE, COMPLETE A MENU YOU WILL LIKE.

BUY HEALTH

with your

FOOD MONEY



Planning For Low Cost Meals

by
Margaret Brenner
County Extension Agent

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
UNIVERSITY OF NEVADA AGRICULTURAL EXTENSION DIVISION AND
UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING
STATE OF NEVADA

1932

BUY HEALTH WITH YOUR FOOD MONEY

Planning for Low Cost Meals

At the present time, many of our Nevada families are having to live on a very small amount of money. Therefore, they have to cut their food costs to the bone, and providing it is a soup bone, they may still be able to live fairly comfortably and yet maintain the family's health. In some parts of our state, ten dollars a week must now feed and shelter many a large family, while all over the state there are many other families who must live upon an income of from twenty to twenty-five dollars a week. Living on such limited incomes calls for very careful planning on the part of the homemaker in order to tide the family over these months and maintain good health.

When there is only a small amount of money to spend for food, the homemaker has two serious problems to solve. She must be certain to buy foods that will safeguard the health of the family, and she must plan carefully how to use these foods so as to have attractive meals and to avoid all waste. It is a real achievement to make inexpensive foods into delicious dishes by means of new recipes, and to plan satisfactory meals by means of new combinations of a limited number of low cost foods.

The Agricultural Extension Division of the University of Nevada, is spending considerable time in helping Nevada families solve these problems and the following material has been prepared for that purpose.

The Market Basket, regularly released by the Bureau of Home Economics, U. S. Department of Agriculture, suggests the following family food guide which may be applied to any food budget:

Every meal: Milk for children.
Bread for all.

Every day: Milk for all.
Cereal in mush or dessert.
Potatoes.
Tomatoes (or oranges) for children.
A green or yellow vegetable.
A fruit or additional vegetable, if possible.

Two to four times a week: Tomatoes for all.
Dried beans, peas, or lentils.
Eggs, especially for children.
Lean meat, fish, poultry or cheese.

Watch your family food expenses and your menus to find out how nearly you come to securing all these health protecting foods. Buy these foods first, and then, if you have any food money left over, spend it for other foods which your family likes. But for the sake of your family's health be sure to buy the above listed foods

first. They are the cheapest and best health protecting foods you can get for your money.

Protect Your Children's Health and Growth. Where there are children, their welfare should be the first thought in planning low cost menus, for their growth and health must not be interfered with because of reduced income. "Grown-ups" may be able to stand an unbalanced food supply for a short time without showing permanent injury. But children are certain to be permanently harmed if they are deprived of the right kind of food for even a few weeks. Therefore, plan to guard your children's health and growth as you buy your food supply each week. The Market Basket urges that every child have the following foods every day:

1. At least one pint of milk - if there is money enough he should have one and one-half to two pints. Remember that there is real economy in using milk because it does more for the body than any other food and does it more cheaply.

2. Two teaspoons of cod liver oil. Every child living on a limited diet should have cod liver oil every day to take the place of vitamins found in the more expensive foods.

3. At least one vegetable or fruit - if possible he should have three or four.

4. At least one serving of butter (one square or one table-
spoon). Where funds permit, serve this much butter at each meal. Butter is rich in vitamin A which promotes growth.

5. Plenty of bread, cereals, and other energy and body building foods.

Dividing Your Food Dollar. If there are children in the family the Bureau of Home Economics recommends that each dollar of food money be divided into the following proportions:

	Income	
	Limited	Moderate
Bread, flour and cereals.....	\$.20	\$.10
Milk, butter and cheese.....	.25	.25
Vegetables and fruits.....	.25	.25
Fats and sweets.....	.15	.15
Meat, fish, eggs, beans, etc.....	.15	.25
	\$ 1.00	\$ 1.00

Dividing the food dollar in this way will bring the greatest returns in food and health values for the amount of money used. Remember the less money a family has to spend for food the more important it is that it should be spent according to these rules.

When only one vegetable besides potatoes can be served daily it is desirable to use as often as possible, those which are eaten raw or which need only a few minutes for cooking. The important food

property in such vegetables is vitamin C which we need for growth and to prevent scurvy. The cheapest food rich in this vitamin is raw cabbage. Green peppers have as much vitamin C per ounce as raw cabbage, but cabbage is more easily used in large enough quantities. Tomatoes, raw or canned come next, then citrus fruits and other raw fruits. Fresh, new tender spinach can be used shredded in salads and is as fine a source of vitamin C as raw cabbage. Potatoes, in spite of a loss in cooking, are a cheap source of this vitamin because such large quantities are used.

For families of five (two adults and three children) with limited and moderate incomes, we suggest the following weekly food supplies:

	Income	
	Limited	Moderate
Bread, flour and cereals (1 lb. flour counts the same as 1½ lb. bread).....	20	24 lb.
Milk (1 tall can evaporated milk is equivalent to 1 qt. fresh milk).....	18	28 qt.
Potatoes.....	12	15 lb.
Tomatoes (No. 1 tall can amounts to 1 lb.) or citrus fruits.....	6	10 lb.
Green leafy or yellow vegetables.....	4	6 "
Other vegetables and fruits.....	10	15 "
Butter.....	1	2 "
Other fats including salt pork and bacon.....	2	3 "
Lean meat, fish or poultry..	7	12 "
Eggs.....	2/3	1½ doz.
Sugar and other sweets.....	3	5 lb.

A few menus here suggested may help you to plan those for your family.

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Orange	Ground beef on toast	Potato soup
Cooked mush with milk	Five minute cabbage	Scalloped tomatoes
Soft boiled egg	Bread and butter	Bread and butter
Toast	Baked apples Milk	Baked custard
Milk for children		
Coffee for adults		
---	---	---
Tomato juice	Salmon chowder	Bean and cheese sandwiches
Cooked mush with milk	Raw spinach	Cabbage with green pepper
Crisp bacon	Salad	Bread and butter
Toast	Bread and butter	Apple Brown Betty
Milk for children	Baked Indian pudding	Milk
Coffee for adults	Milk	

You will want to use some of these inexpensive recipes. They will help you to give variety to your low cost meals.

Ground Beef Broiled on Toast

8 slices of bread	Butter
1 lb. ground raw beef	Salt and pepper

Toast the bread on one side. Butter the untoasted side, spread to the edge with a layer of the ground beef, dot with the butter, and broil under a flame for about 5 minutes. Season with salt and pepper, and serve at once with a garnish of parsley or pickles.

Hopping John

1½ C dried beans	1 large onion, chopped
¾ C rice	2 t salt
Boiling water	Tobasco
1½ C diced, salt pork	Pepper

Wash the beans well and cook in a covered pan in 3 or more cups of water with 1 t salt until tender, but not broken. Wash the rice and cook for about 20 minutes in 2 quarts of boiling water to which 1 t salt has been added. As soon as the grains of rice are soft to the center, drain and run water through to wash off surplus starch and keep the grains whole and separate. Brown the diced salt pork until crisp, then remove it from the skillet and cook the onion in the fat for 2 or 3 minutes. Add the rice, beans, fried salt pork, and seasonings and stir until hot and well mixed. Serve with horse-radish or chili sauce.

Salmon Chowder

2 C diced potatoes	1 pt. milk
1 C diced carrots	½ lb. canned salmon
1 large onion, chopped	Salt
1 qt. water	Pepper
2 T flour	

Cook the potatoes, carrots and onion in the water for 15 minutes. Mix the flour with a little cold milk, add to the vegetables and stir. Add the remaining milk, the salmon, season with salt and pepper, and simmer about 10 minutes longer. Serve on crackers.

Jungle Stew

1½ C kidney beans	4 T drippings
½ C macaroni	¼ lb. chopped beef, or
½ can tomatoes	¾ C left-over meat
1 onion	Seasoning

Wash and soak beans over night, and boil until tender. Drain. Brown onions and meat in drippings if meat is bought fresh. Boil macaroni in 2 quarts of water for 15 minutes; drain, saving this water as well as that drained off beans. (This may be used with the other half of the can of tomatoes, together with seasonings, for tomato soup at another meal). Put all ingredients together and

Heat the milk and cook the cabbage in it for 2 minutes. Add the blended fat and flour, and the seasoning, cook rapidly for 3 or 4 minutes, and stir constantly. The cabbage retains its crispness and is delicate in flavor and color.

Cabbage with Green Pepper

3 T or more of fat	$1\frac{1}{2}$ qt. shredded
1 - $1\frac{1}{2}$ onions sliced	cabbage
1 green pepper, shredded	$1\frac{1}{2}$ t salt
$\frac{1}{2}$ C boiling water	

Melt the fat and cook the onions and pepper until the onions are slightly browned. Add the cabbage, salt and water. Stir frequently and simmer until the vegetables are tender.

Quick-cooked Spinach

Carefully pick over the spinach, discard wilted leaves, cut off the stem ends, and wash in several waters to remove grit. If the spinach is young and tender, it can be cooked in the water that clings to the leaves. Start the cooking at moderate heat, cover the kettle at first, turn the spinach now and then until thoroughly wilted, then remove the cover, and stir frequently. Cook about 10 to 15 minutes (for a quantity of 2 pounds), chop fine, season with pepper, salt, and butter or other fat, and serve. Spinach cooked in this way will retain its attractive green color and fresh flavor.

Raw Spinach Salad

Select only very young tender leaves and wash well. Shred or cut fine with scissors. Serve either alone or on lettuce.

Baked Indian Pudding

1 qt. milk	$\frac{1}{2}$ C molasses
$\frac{1}{3}$ C yellow cornmeal	$\frac{1}{2}$ - 1 t ginger
1 t salt	

Cook the milk, cornmeal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven for 2 hours.

Apple Brown Betty

2 qt. diced tart apples	1 t cinnamon
1 qt. bread crumbs (oven toasted until crisp and light brown)	1 t salt
$1\frac{1}{4}$ C sugar	$\frac{1}{4}$ C melted butter or other fat

Grease a baking dish and place in it a layer of crumbs, then a layer of apples, and some of the sugar, cinnamon, and salt, which have been mixed together. Repeat until all the ingredients are used, saving sufficient crumbs for the top. Pour the melted fat

over the top layer of crumbs, cover, and bake for 30 to 45 minutes or until the apples are soft. Toward the last, remove the cover and allow the top to brown. Serve with or without top milk or sauce.

Steamed Apricot Pudding

$\frac{1}{2}$ lb. dried apricots	1 egg
$1\frac{1}{2}$ C sifted soft wheat flour	2 t baking powder
$\frac{1}{2}$ C suet	$\frac{1}{2}$ t salt
$\frac{1}{2}$ C sugar	$\frac{1}{2}$ C milk

Wash the apricots, chop fine, and mix with 2 T flour. Sift the remaining flour with the baking powder and salt. Cream the fat, add the sugar, and well beaten eggs; add alternately with the milk to the sifted dry ingredients. Stir in the apricots. Pour into a greased mold, cover, and steam for 2 hours. Serve with vanilla sauce.

Oatmeal Pudding

2 C rolled oats	2 T shortening, melted
$\frac{1}{2}$ t salt	1 C sour milk
1 C raisins, chopped figs or dates	
$\frac{1}{2}$ t baking soda	

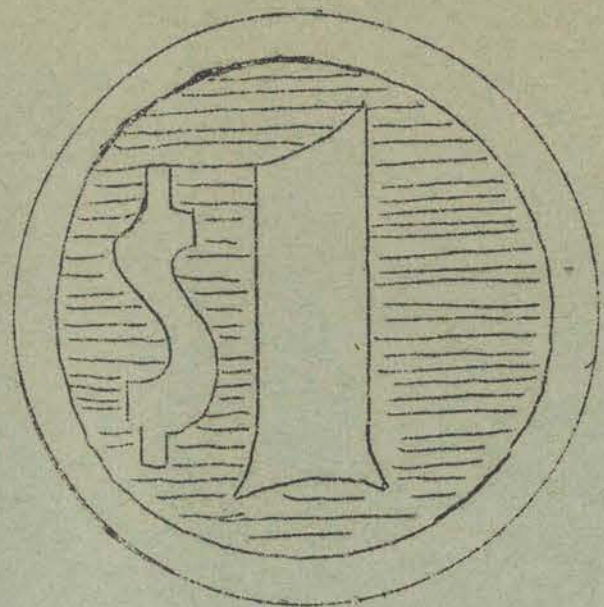
Mix rolled oats, salt and fruit thoroughly, add shortening, milk and soda. Beat well. Steam in greased mold or top of double boiler on back of stove, or in moderate oven, when it is being used for something else. Serve with caramel or sweetened white sauce.

DOLLAR

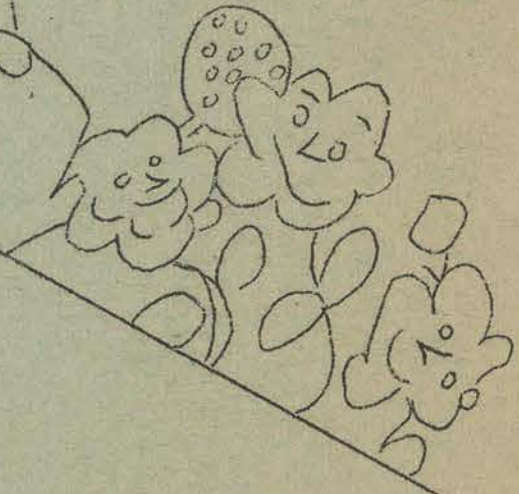
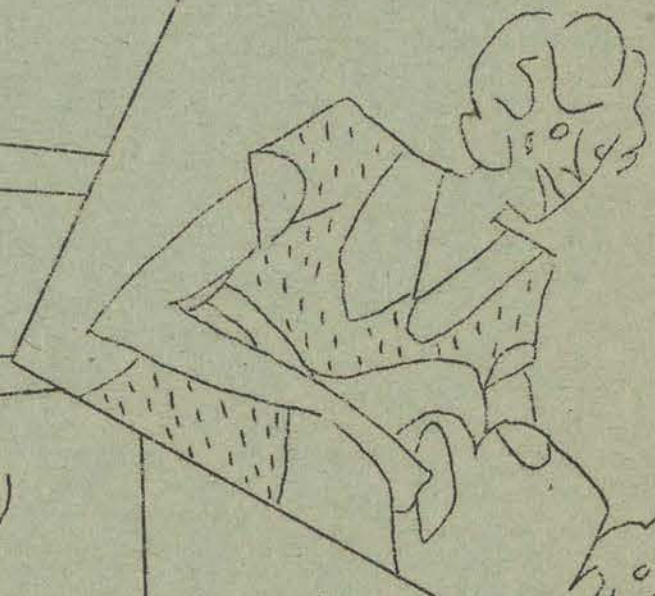
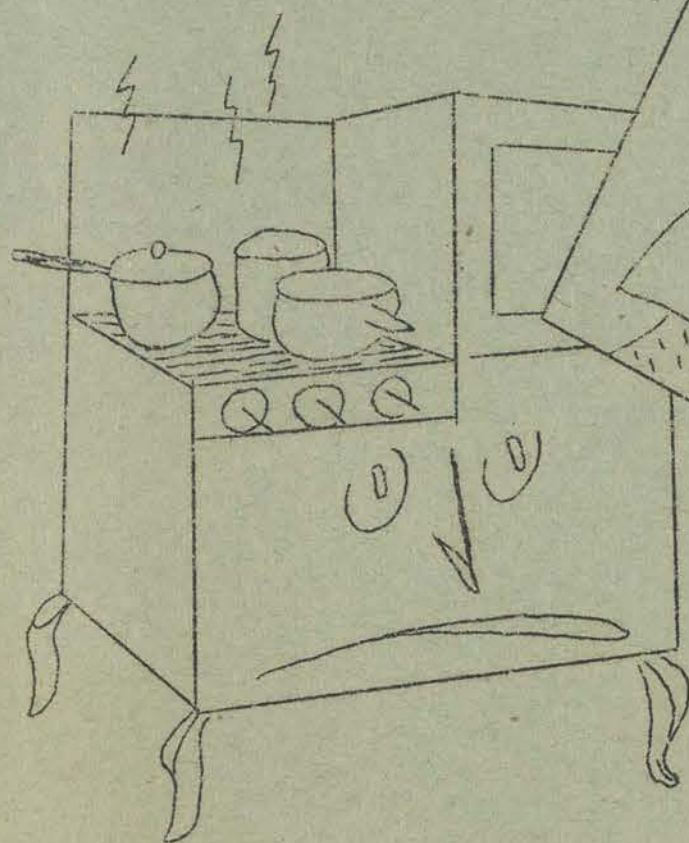
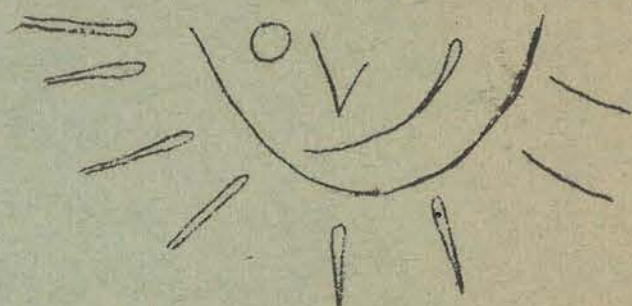
ELKO COUNTY, NEVADA

Page 66

DINNERS



FOR SUMMER



by

Margaret Brenner
County Extension Agent

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
UNIVERSITY OF NEVADA AGRICULTURAL EXTENSION DIVISION AND
UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING
1932

DOLLAR DINNERS FOR SUMMER

The crying need of the times is how to keep up the best possible food supply when incomes are slashed to almost the vanishing point. If it is up to the women to bring the world back to normal living and buying, they cannot afford to let the family board run down at the heels, for the sake of morale as well as for that of health.

Let's begin with dinners, since they are the largest item of food expense among the three meals of the day. Breakfasts and suppers tend to take care of themselves if the dinner is well planned.

With careful planning excellent dinners for a family of from four to six persons may be planned at a cost of a dollar for the entire meal. Families who grow a good sized garden, raise their own meat or keep a cow can reduce the cost from one-fourth to one-half but, of course, the value, will remain the same.

A Dollar Dinner is a good goal to set in planning to stretch our present decreased incomes. To assist in planning such meals the following menus and recipes have been assembled, featuring Nevada products wherever possible. The cool summer foods in these menus are not expensive, but offer variety in combinations, palatability, and attractiveness.

Milk is to be served to the children in all of these dinners. The cost is included in the cost of the meal. Coffee or tea may be taken by the adults, but we should remember that the more milk we use the better health we will get from our food dollar.

Your gardens this summer will, no doubt, reduce the cost of your dinners to less than a dollar and, if you have garden produce to can, your dinners through the winter months will easily fall within the dollar range.

Can a family of five or six serve a dinner for a dollar - a dinner fit for any company, suitable for festive occasions or holidays?

Just try these menus and let them help you meet the challenge of the times.

SUMMER DOLLAR DINNER MENUS

1.

Lamb Patties
Mashed Potatoes Swiss Chard
Bread and Butter
Berries and Rich Milk
Tea or Coffee Milk

2.

Pork and Noodles
Raw Carrot Salad Bread & Butter
Apple Sauce Sugar Cookies
Tea or Coffee Milk

3.

Hamburger Rolls
Beet Greens Bread & Butter
Cabbage & Pineapple Salad
Tapioca Cream
Tea or Coffee Milk

4.

Pot Roast of Beef
Brown Potatoes New Asparagus
Bread & Butter Fruit Salad
Sugar Cookies
Tea or Coffee Milk

5.

Chuck Steak with Onions
Mashed Potatoes Bread & Butter
Raw Spinach Salad
Rhubarb Pie
Tea or Coffee Milk

6.

Jellied Lamb
Potatoes au Gratin Buttered Peas
Endive Salad Hot Biscuit, Butter
Watermelon
Tea or Coffee Milk

7.

Cold Boiled Ham
Potato Chips Tomato Salad
Whole Wheat Bread and Butter
Sliced Bananas with Top Milk
Tea or Coffee Milk

8.

Meat Loaf
Mashed Potatoes Creamed Cabbage
Watercress Salad Bread & Butter
Cherry Pie
Tea or Coffee Milk

9

Beef Souffle'
Buttered New Peas Bread & Butter
Cottage Cheese & Lettuce Salad
Cantaloupe
Tea or Coffee Milk

10.

Lamb Loaf
Creamed Potatoes Spinach
Tomato Salad Bread & Butter
Fresh Cherries
Tea or Coffee Milk

11.

Liver and Bacon
Parsley Potatoes
Combination Vegetable Salad
Whole Wheat Bread & Butter
Watermelon
Tea or Coffee Milk

12

Cold Salmon
Baked Potatoes New String Beans
Lettuce & Raw Carrot Salad
Bread & Butter
Stewed Rhubarb
Tea or Coffee Milk

RECIPES FOR SUMMER DOLLAR DINNERS

The numerals in parenthesis above the recipes refer to the menu which includes the recipe.

(1)

Lamb Patties

Have lamb from shoulder, breast or neck ground. Shape into round flat cakes; wrap a strip of bacon around each and fasten with a toothpick. Season with salt and pepper and dredge very lightly with flour. Fry the patties slowly in a little melted fat until nicely browned and tender. Approximate cost:: 30 cents.

(2)

Pork and Noodles

1 lb. lean shoulder pork ground fine	1 green pepper, chopped fine
1 T butter	1 can tomatoes
4 stalks celery, diced	1 pkge. noodles, cooked
4 large onions, chopped fine	1 C grated cheese
	$\frac{1}{2}$ seasonings

Brown the pork in the butter, then add the celery, onions and peppers, and brown all. Add the tomatoes with salt and pepper to taste, and allow to simmer for about 1 hour. Add the noodles, cooked in boiling salted water, let heat through thoroughly, and just before serving add the cheese. Cost 35 - 40 cents.

(3)

Hamburger Rolls

Season a pound of hamburger with 1 t salt, $\frac{1}{2}$ t pepper, 1 t grated onion, $\frac{1}{2}$ T chopped green pepper and $\frac{1}{2}$ t Worcestershire sauce, and form it into tiny finger rolls. Roll these in flour and fry them in a hot frying pan, very lightly buttered. Cut rolled-out pastry or short baking powder biscuit dough into good sized rounds, lay a roll of the meat on each, wet the edges and press together. Brush with milk and bake in a hot oven (450) for about 15 minutes. Lay on a hot platter and at the last minute surround with hot tomato sauce. Cost: 30 - 35¢

Tapioca Pudding

2 C hot milk	Spk. salt
2 T granulated tapioca	$\frac{1}{2}$ t vanilla
2 egg yolk, slightly beaten	2 egg white, beaten stiff
6 T sugar	

Cook tapioca with the milk over hot water until clear. Add the sugar and salt to the egg yolk, then add the tapioca mixture slowly, while stirring. Continue cooking until thickened, stirring frequently. Cool slightly, flavor and fold in egg white. Chill. Serve with top milk. Cost: 20 cents.

(4)

If asparagus is expensive in your locality substitute string beans or carrots in this dollar dinner menu.

(5)

Rhubarb pie should be an inexpensive dessert at this time of year. Serve just stewed rhubarb to the children.

(6)

Jellied Lamb

2 C cooked lamb	Paprika
2 T Gelatin	1 T minced onion
1 C cold water	1 pimento
1 t salt	$\frac{1}{4}$ C diced celery
2 C hot stock	1 T minced parsley

Soak gelatin in cold water for 5 minutes, then dissolve in hot meat stock. Chill when the mixture begins to thicken, add meat and other ingredients. Pour into wet mold and chill. Serve on a platter garnished with curly endive. Cost: 30 cents.

In late summer watermelons will be cheap.

(7)

The ham will cost from 25 to 30 cents, the potato chips about 20 cents leaving 50 - 60 cents for the rest of this dinner.

(8)

Since cherries are in season in summer, a dollar dinner should permit cherry pie once in a while.

(9)

Beef Souffle'

1 T fat	$\frac{1}{4}$ t pepper
1 T flour	$\frac{1}{2}$ T chopped parsley
1 C milk	1 t onion juice
$\frac{1}{2}$ t salt	2 eggs, separated
1 C cold beef, chopped	

Melt fat, stir in flour, add milk and stir until smooth, add seasonings, and cook 1 minute. Take from fire, stir in beaten yolks of eggs and meat. Stir over fire until eggs have thickened a little and set aside to cool. Rub in a little butter over the top. Beat up whites of eggs to a thick froth and stir them lightly into cold mixture. Turn into buttered baking dish and bake in moderate oven 20 minutes. Serve at once in the dish. Cost: 20 to 25 cents.

(4)

Cantaloupes will be cheap at this time of year.

(10)

Lamb Loaf

2 lb. lamb shoulder	$\frac{1}{2}$ green pepper, minced
1 C bread crumbs	1 egg
1 onion, minced	1 C stock
$1\frac{1}{2}$ t salt	Pepper

Mix all ingredients thoroughly and shape into a loaf in a buttered baking dish. Place in moderately hot oven (450) and cook for $1\frac{1}{2}$ hours.

(11)

Liver and Bacon can be served to five or six persons for from 30 - 35 cents.

(12)

With salmon at 25 to 30 cents, this meal will not be expensive.

(q) Foods and Nutrition.

NUTRITION

4-H Food Selection and Preparation Club

Food Selection and Preparation has proven the most popular project among the 4-H girls again this year. Sixteen girls were enrolled in first year and twenty in second year work. The new 4-H handbook for demonstration II was written by the agent and published by the State during the winter. This demonstration has been on problems in high altitude baking and is based on the research done on that subject by Mrs. Marjorie Peterson of the Colorado Experiment Station at Fort Collins, Colorado. The bulletin offers recipes for quick breads, cookies and cakes suitable for altitudes varying from 3000 to 7500 feet.

This baking project has been especially popular among the girls and the winning home economics demonstration from our county won the State contest at Reno with their demonstration on graham muffins. The two girls then represented our State in the contest among western states at the Pacific International Livestock Exposition at Camp Plummer at Portland, Oregon, this month where they won third with the same demonstration. Going from Elko County where the altitude is 5000 feet to Portland which is at sea level, gave the team excellent opportunity to demonstrate a change in recipe and to show just how to insure a good product.

A third year handbook is to be written by the agent this winter and will be ready for use next spring.

Fifteen of the Foods club girls attended the State 4-H club camp in Reno, in August. All competed in the meat judging contest.

The Deeth Better Baking Club has been the most outstanding 4-H club in the county. The leadership in this community has been excellent and the parents have cooperated to make the club successful in every way. The seven girls in the club have made more than 120 cakes during the summer for their families. The winning demonstration team was selected from this club.

4-H Food Selection and Preparation Club (continued)

Summary of results:

Communities carrying on work.....	3	
Clubs organized.....	4	
Members enrolled.....	36	
Completions.....	32	or 89%
Leaders assisting with work.....	3	
Days devoted to work by agent.....	55 ³ / ₄	
News articles published.....	15	
Home visits made.....	115	
Method demonstrations held.....	20	

The first year Elko Foods club gave an informal dinner for their mothers on their club achievement day in July. Eight mothers and three guests were served. The girls took a great deal of pride in laying their tables correctly and in decorating them attractively.



Figure No. 13. Quartette of tables arranged for an informal dinner for the club girls' mothers.

4-H Food Selection and Preparation Club (continued)

The County and State winning demonstration team was composed of Eleanor Weathers and Ruth Jeanney of Starr Valley. These girls demonstrated baking graham muffins at different altitude levels.



Figure No. 14. Eleanor Weathers and Ruth Jeanney, the girls' demonstration team which represented Nevada at the Portland meet. These girls are both eleven years old. They won third place at Portland.

HIGH ALTITUDE BAKING PROBLEMS



NEVADA 4-H FOODS CLUB

SECOND YEAR - MEMBER'S BOOK

AGRICULTURAL EXTENSION SERVICE

UNIVERSITY OF NEVADA

BULLETIN 74

HIGH ALTITUDE BAKING PROBLEMS

An Instruction and Record Book for
4-H Boys' and Girls' Club Work

4-H FOOD ENTERPRISE
Demonstration II

By

MARGARET BRENNER
County Extension Agent

BULLETIN 74
February, 1932

Name.....

Post-Office Address.....

Published and distributed under Act of Congress, May 8, 1914, by the
Agricultural Extension Service, University of Nevada, CECIL W. CREEL,
Director, the United States Department of Agriculture Cooperating.

CONTENTS

	PAGE
INTRODUCTION	5
SECOND YEAR FOODS CLUB REQUIREMENTS.....	6
CHAPTER I*—First Meeting: Health and Its Relation to a Happy, Useful Life.....	7
CHAPTER II—Second Meeting: Quick Breads—Variations of the Baking Powder Biscuit (Soft Dough)	11
CHAPTER III*—Third Meeting: Quick Breads—Pop-Overs and Waffles (Pour Batters).....	14
CHAPTER IV*—Fourth Meeting: Quick Breads—Muffins (Drop Batters).....	18
CHAPTER V*—Fifth Meeting: The Standard Butter Cake (Pour Batters)	20
CHAPTER VI—Sixth Meeting: Variations of the Standard Butter Cake—Fillings and Icings Suit- able for Cakes.....	24
CHAPTER VII—Seventh Meeting: Drop Cookies (Drop Bat- ters).....	30
CHAPTER VIII—Eighth Meeting: Rolled Cookies (Stiff Doughs).....	33
CHAPTER IX*—Ninth Meeting: True Sponge Cake (Pour Batters).....	36
CHAPTER X—Tenth Meeting: Variations of the Sponge Cake	39
CHAPTER XI*—Eleventh Meeting: Planning the After- noon Tea or Party.....	41
CHAPTER XII—Twelfth Meeting: Planning the Afternoon Tea or Party (Continued).....	44
CHAPTER XIII*—Thirteenth Meeting: Achievement Day— Serving the Afternoon Tea or Party.....	49
CHAPTER XIV*—Fourteenth Meeting: Results of the Year's Work	52
APPENDIX	53
Personal Preparation for Cooking.....	53
Directions for Working.....	53
Directions for Washing Dishes.....	53
Table of Abbreviations.....	54
Table of Equivalents	54
Table of Substitutions	54
Directions for Measuring.....	54
Table of Oven Temperatures.....	54

4

High Altitude Baking Problems

APPENDIX—Continued

	PAGE
Reasons for Biscuit and Muffin Defects.....	55
Reasons for Cake Defects.....	55
Record of Your Health Demonstrator.....	57
Summary of Points You Should Have Learned This Year..	58
Club Work Record Sheets.....	59-62
Suggestions for Club Story.....	63

NOTE—Those chapters starred (*) are required in this year's Foods Club Work.

INTRODUCTION

The subject of high altitude baking is here presented for the 4-H Club girl in Nevada, since it is of chief importance because of the great variations in altitudes which occur in this state.

Perhaps our mothers and grandmothers, when they first settled in this mountainous West, discovered that favorite cake recipes which they had used so successfully in their old homes were failures in this new land. However, these homemakers, after many trials, worked out adjustments of the measurements of ingredients so that they secured satisfactory results. But their revised recipes are not in printed form, so that few of the younger generation can profit by them.

Realizing that our state presents a variation in altitude of from 3,000 to at least 8,500 feet, and wishing to give our 4-H Club girls a simple and practical means of meeting the difficulties found in using standard recipes, we are devoting the whole of the second year foods demonstration to the solution of this problem.

The principles set forth in this demonstration are based on the findings of the Colorado Experiment Station at Fort Collins, Colorado, under the research of Mrs. Marjorie W. Peterson, who, perhaps, has made the greatest contribution ever made in practical cookery in high altitude regions. The report of Mrs. Peterson's work is published in Colorado Experiment Station Bulletins Nos. 65 and 66, known as "Baking Flour Mixtures at High Altitudes." We wish to express appreciation for the great help which these bulletins have been to us in writing this 4-H Club booklet.

Acknowledgment is also made to Mrs. Mary Stillwell Buol, Assistant Director of the Nevada Extension Service, for her very real assistance in making suggestions and in editing this foods bulletin for the 4-H Club girls of our State.

SECOND YEAR FOOD CLUB REQUIREMENTS

1. *Number of Meetings:* The Club shall select and carry out at least eight of the meetings listed in the table of contents. Those meetings which are starred (1, 3, 4, 5, 9, 11, 12, 13) are required. Try to hold more meetings. Twelve meetings are much more satisfactory than only the required eight.

2. *Home Work:* Each Club member shall complete 60 hours of home work. Each recipe should be repeated at home at least twice. Any other work around the kitchen, dining room, or vegetable garden may be counted as home work.

3. *Reports:* Each member shall keep a record of her home work and special Club work. Use the space provided in the back of this book, and when it is completed have it inspected by the county agent. Then transfer a summary to your permanent record book and hand in to your Extension agent.

4. *Story:* It is a good plan to write a story of your Club work (see suggestions in back of book); however, this is not required. In competing in state contests a Club story is of much value and you may wish to write one. If you do, hand it in to the agent with your record book at the end of this year's work.

5. *Final Summary:* Each member shall make out a final summary of the year's work. Have it signed by parent or guardian and hand in to your Extension agent.

Note: All these requirements must be fulfilled in order to secure credit for this year of work, and receive your club pin. Check over these requirements before the close of this year's work, and be sure you have fulfilled all of them.

CHAPTER I

FIRST MEETING: HEALTH AND ITS RELATION TO A HAPPY, USEFUL LIFE

Business Meeting

Organize your Club by electing officers, adopting the 4-H Club constitution and appointing your first committees. Your Club leader will help you do this.

Method Demonstration: The Healthy, Happy 4-H Club Girl

We all know that a healthy person is more likely to be happy and to be a successful, useful citizen than one who is ill or not feeling well. Good health helps one to have a sunny, happy disposition. Every 4-H Club girl should realize her responsibility to herself, to her family, her club, and her community in developing a healthy body and mind.

How do we know whether we are in good health? A healthy, happy 4-H Club girl has:

- Clear, bright eyes.
- Glossy hair.
- Clean, smooth skin with good color.
- Strong, firm muscles.
- Erect, graceful posture.
- Good appetite for a variety of foods at meal time.
- High resistance to infection.
- Good elimination.

She also:

- Sleeps soundly from nine to ten hours a night.
- Is in the "Safe Zone" in weight for her age and height.
- Has a good disposition and a natural charm.

All of these points help her to win and keep friends.

In order to have good health it is necessary to eat the right kind of foods and to practice good health habits. Proper food, clean, regular habits, and plenty of rest are the best possible protection we can have against disease and ill health.

LIVING HABITS NECESSARY FOR HEALTH

1. One quart of milk to provide lime and phosphorus for building bones and teeth, protein for muscles and vitamin "A" for growth and protection against disease.

High Altitude Baking Problems

2. Two vegetables other than potatoes to supply minerals, vitamins and roughage. One of these should be a green or yellow vegetable. Some should be eaten raw in salads to supply vitamin "C."
3. Two fruits, at least one of them raw, to provide vitamin "C" and roughage.
4. At least one serving of meat, to furnish protein which is the chief muscle building material.
5. One egg or a serving of cheese, for protein and for minerals and vitamins.
6. Enough foods such as cereal, bread, sugar, honey, fat, etc., to give the body energy and to keep it warm.
7. At least six glasses of water to assist food in its digestion and to help keep the inside of the body clean.
8. At least nine hours sleep, preferably ten, since sleeping time is growing time.

Wouldn't you like to know just how near you come to fulfilling all of the standards of positive good health?

Each club member should score herself according to the Nevada 4-H health score card on page 10 in this book. At the end of the year, use this score card again and find out just how much your health has improved.

Report the progress you make in your own health in your Club story when you finish the year's work. Your leader will help you judge your progress.

Home Work

Judge some other member of your family by the health score card on page 57. This person may be a brother, sister, father, or mother, or other member of your family. Encourage this person to practice good health habits all year and at the middle and end of the year use this score card again to find out how much he or she has improved. At the close of the year's Club work, give a report of this health demonstration in the space allowed on page 57.

Keep a record of the foods you eat during one week, using the food habit score card on page 10. If you are perfect, give yourself the full score. If you have not eaten all the foods listed, take off as many credits as you think you deserve to lose for each food that you failed to eat.

High Altitude Baking Problems

Read over carefully in the first part of the appendix of this book the following instructions:

- Personal Preparation for Cooking.
- Directions for Working.
- Directions for Washing Dishes.
- Table of Abbreviations.
- Table of Equivalents.
- Directions for Measuring.

Next Meeting

1. Subject: Variations of the Baking Powder Biscuit.
2. Date:
3. Place:
4. Roll Call: Report on your health score card, also on the one for one other member of your family.
5. Supplies Needed: Cooking apron, towel, instruction book.

4-H CLUB MEMBER'S HEALTH SCORE CARD

The 4-H Club program of health includes the practice of the rules of the health game, in order that every 4-H Club member will have a "well-built body in efficient working order."

Weight is the best single way you have of finding your state of growth. See the weight-height-age table and *carefully study* other growth material accompanying your club literature. Directions for recording your weight:

1. Record the height at the beginning of the year's work, using the spaces indicated below.
2. Compute and record the average weight each time the height is recorded. Use the weight-height-age table for computing the average weight. Your leader has this weight chart.
3. Weigh, and record this actual weight each time height is taken.
4. From the actual weight taken and the average weight given in the table, compute the pounds above or under the average given in the table.

Date	Age at nearest birthday	Height in inches to nearest inch	Actual weight in pounds	Average weight computed from weight table	Pounds above or under the average weight. Use + for over. Use - for under.
Jan. 28	11	60	102	92	+10
.....
.....
.....
.....
.....

HEALTH SCORE

In order to be sure of good growth and development, you should carry out the following rules of the health game. Score yourself at least three times during the club year and note your improvement.

Every day	Perfect score	Dates of scoring		
One quart of milk.....	10			
Two vegetables besides potatoes.....	10			
Two fruits.....	10			
One raw fruit or vegetable.....	5			
Cooked mush for breakfast.....	5			
Whole grain cereal for mush or bread.....	5			
One egg.....	5			
Meat.....	5			
Hot noon meal.....	5			
Two hours' sunshine.....	5			
Nine hours' sleep.....	5			
No physical defects, or physical defects corrected.....	15			
Weight in "Safe Zone" (+ 20% to - 6%).....	15			
Total score.....	100			

At the end of the year transfer this record to your final record book, page 6.

CHAPTER II

SECOND MEETING: QUICK BREADS—VARIATIONS IN BAKING POWDER BISCUITS (SOFT DOUGH)

Business Meeting

Roll Call: Report on your health score card and on the score card for your health demonstrator.

Method Demonstration: Biscuit Variations

You have learned how to make baking powder biscuits in your first year Foods Club work using the recipe given below. There are several variations of the standard recipe which are used both for quick breads and for desserts. These the 4-H Club girl should know how to make. Biscuits, perhaps, are less affected by altitude changes than other quick breads because they are so quickly baked and because they contain no sugar. Every Club girl should know how to change a biscuit recipe using baking powder and sweet milk so that she can use soda and sour milk instead.

Make at least one of the following variations of biscuits.

STANDARD RECIPE FOR BAKING POWDER BISCUITS

- 2 C sifted flour 3 T fat
- 4 t baking powder ¾ C sweet milk (about)
- ½ t salt

If heavy sweet cream is used in place of the milk, it is not necessary to add any fat.

One-half teaspoon soda equals 2 teaspoons baking powder in leavening power. In addition to the ½ teaspoon soda, it is wise to use 1 teaspoon baking powder to make sure that the biscuits have enough leavening agent.

SOUR MILK BISCUITS

- 2 C sifted flour 3 T fat
- ½ t soda ½ t salt
- 1 t baking powder ¾ C sour milk

If the milk is not very sour, the measurements of the soda should be scant. If heavy sour cream is used, no fat need be added.

STRAWBERRY SHORTCAKE

Shortcake consists of a rich, usually sweetened, biscuit mixture. Eggs may be added. It is served with sweetened fruit—either

High Altitude Baking Problems

fresh or cooked—and makes an attractive, inexpensive dessert. Use the recipe for Baking Powder Biscuits increasing the fat to 6 T and adding 1 T sugar. Add a beaten egg if desired. Divide the dough into two equal parts.

Pat and roll out one portion to fit a cake pan, making a layer 1/4 inch thick. Brush the top lightly with melted fat. Shape the second portion of dough in the same way and place over the first. Bake as for biscuits. When done, separate the layers, and place on a rather deep platter, spread with butter, sprinkle with sugar, and add crushed and sweetened berries or other fruit. Place the other layer over it. Spread this with the fruit mixture. Pour extra fruit and juice around the edge. Serve at once, with whipped cream or with more crushed fruit.

The shortcake may be baked as one large cake instead of layers. It is then made twice as thick and is split in two when used.

DUTCH APPLE CAKE

Prepare a shortcake mixture. Roll or pat out to 1/2 inch thickness in a shallow, oiled baking pan. Cut pared and quartered sour apples into uniform slices. Place the slices, sharp edges down, in parallel rows on the top of the mixture. Sprinkle with 2 T sugar mixed with 1/2 t cinnamon. Bake in a moderate oven about 30 minutes, or until the apples are soft. Serve with Lemon Sauce or plain or whipped cream.

LEMON SAUCE

- | | |
|-------------------|-----------------|
| 1 C boiling water | 1/2 C sugar |
| 1 T cornstarch | 4 t lemon juice |
| 1 T butter | Grated rind of |
| Spk salt | lemon |

Mix the cornstarch and sugar and add to the boiling water. Cook, stirring constantly, until thick and clear. Add butter, lemon juice and grated rind of lemon and remove from stove. Place in a small pitcher and serve with the Dutch apple cake.

A good biscuit product has an even shape, good volume or size for quantity of batter; small uniform air cells; moist, tender crumb; golden-brown crust and a mild, sweet taste and odor. Score your product on the following score card and see how it meets these qualifications:

High Altitude Baking Problems

SCORE CARD FOR BISCUIT VARIATIONS

	POINTS	
	Ideal score	Actual score
1. General appearance	20	
Even shape.....	(7)	
Volume or size for recipe.....	(8)	
Color of crust.....	(5)	
2. Texture	30	
Size and uniformity of air cells.....	(15)	
Freedom from tunnels.....	(15)	
(No compactness or sogginess.)		
3. Crumb	20	
Moistness	(6)	
Tender but not crumbly.....	(8)	
Good white color.....	(6)	
4. Flavor	30	
Taste	(20)	
Odor	(10)	
Total	100	

Home Work

1. Make biscuits at home at least once this week, using soda and sour milk, and make one other variation of the biscuit recipe at least once during the week. Record this home work in the record sheet at the back of the book. Report your results at the next meeting.

2. Learn at least one new health habit.

Next Meeting

1. Subject: Quick Breads—Pop-overs and Waffles.

2. Date:

3. Place:

4. Roll Call: Report on biscuit variation made at home and new health habits learned.

5. Supplies Needed:

.....

CHAPTER III

THIRD MEETING: QUICK BREADS—POP-OVERS AND WAFFLES (POUR BATTERS)

Business Meeting

Roll Call: Report on biscuits made at home and new health habits learned.

Demonstration: Making Pop-Overs and Waffles

Perhaps the Nevada 4-H Club girl has wondered why the delicious baking recipes her cousin uses down on "The Coast" never turn out well when she tries them in this state. She will be interested to know that it is because the air pressure is less up here in mountainous Nevada than it is down near the sea level. For this reason, less leavening agent is required to raise a product at a high altitude than at a low altitude. The sugar and fat also need to be varied in a recipe used at different altitudes.

Quick breads and cakes require varying amounts of ingredients and different lengths of time for baking when used at different altitudes. When a favorite recipe "falls," improvement may result from a slight increase in flour or eggs or a decrease in fat or sugar or baking powder together with a slightly increased baking temperature.

GENERAL RULE FOR MODIFYING STANDARD RECIPES AT DIFFERENT ALTITUDE LEVELS

For each 1,000 feet increase in altitude:

- Decrease baking powder a scant $\frac{1}{4}$ teaspoon.
- Decrease fat $\frac{1}{4}$ teaspoon.
- Decrease sugar 1 teaspoon.
- Increase baking temperature 1 degree.

Quick breads are flour mixtures made with a leavening agent which acts quickly. This enables them to be baked at once. Such flour mixtures may be leavened in various ways. The leavening agents usually used in quick breads are steam, air and carbon dioxide gas which is given off by baking powder, or by the action of soda and sour milk.

Quick breads may be classified as batters and doughs. A batter is a flour mixture which can be beaten with a spoon. There are two kinds of batters; pour batters such as griddle cakes, pop-overs and waffles, and drop batters such as drop cookies and muffins.

A dough is a flour mixture which is too stiff to stir, and, therefore, must be kneaded and cut. There are two kinds of doughs: soft and stiff. Biscuits are an example of a soft dough and rolled cookies represent a stiff dough.

Generally speaking the proportions in a pour batter are 1 part liquid and 1 part flour.

Pop-overs are a quick bread leavened by steam and the air that is added by means of the beaten eggs.

Waffles are leavened by the gas, carbon dioxide, as well as by steam and air. This gas is created by the baking powder or soda and sour milk used in the recipe.

STANDARD RECIPES ADAPTED FOR USE AT DIFFERENT ALTITUDES

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
Pop-overs	flour	1C	1C	1C	1C	1C
	salt	$\frac{1}{4}t$	$\frac{1}{4}t$	$\frac{1}{4}t$	$\frac{1}{4}t$	$\frac{1}{4}t$
	eggs	2	2	2	2	2
	milk	-1C	-1C	1C	1C+2t	1C+1T
	fat (melted)	2t	2t	1 $\frac{1}{2}t$	1 $\frac{1}{2}t$	1 $\frac{1}{2}t$
Waffles	flour	1 $\frac{1}{4}C$	1 $\frac{1}{4}C$	1 $\frac{1}{4}C$	1 $\frac{1}{4}C$	1 $\frac{1}{4}C$
	salt	$\frac{1}{2}t$	$\frac{1}{2}t$	$\frac{1}{2}t$	$\frac{1}{2}t$	$\frac{1}{2}t$
	eggs	2	2	2	2	2
	milk	1C	1C	1C	1C	1C
	fat (melted)	4T	3 $\frac{1}{2}T$	3 $\frac{1}{2}T$	3T	3T
	baking powder	3t	3t	2 $\frac{1}{2}t$	2 $\frac{1}{2}t$	2 $\frac{1}{2}t$
Waffles (sour milk)	flour	1 $\frac{1}{2}C$	1 $\frac{1}{4}C$	1 $\frac{1}{4}C$	1 $\frac{1}{4}C$	1 $\frac{1}{4}C$
	salt	$\frac{1}{2}t$	$\frac{1}{2}t$	$\frac{1}{2}t$	$\frac{1}{2}t$	$\frac{1}{2}t$
	eggs	2	2	2	2	2
	sour milk	1C	1C	1C	1C	1C
	fat (melted)	4T	3 $\frac{1}{2}T$	3 $\frac{1}{2}T$	3T	3T
	soda	$\frac{1}{2}t$	$\frac{1}{2}t$	$\frac{1}{2}t$	$\frac{1}{2}t$	$\frac{1}{2}t$

POP-OVERS

Method of Combining Ingredients: Sift salt and flour together. Combine the milk and eggs. Add gradually to dry ingredients. Beat well with spoon to mix the ingredients thoroughly and to incorporate air into mixture. Pour *at once*, into *hot*, well-greased pans; fill half full. Iron or earthenware muffin or pop-over pans are preferable because they retain the heat well.

Utensils: Measuring cups, spoons, 1 quart mixing bowl, 2 pint bowls, flour sifter, egg beater, mixing spoon, spatula, brush, or

soft paper for oiling pans, baking pans, and oven thermometer.

Baking Temperature: Bake at 450 degrees Fahrenheit for 30 minutes, then reduce the heat to 350 degrees Fahrenheit and continue baking for 15 minutes. The high temperature is needed to quickly change the moisture into steam, which is one of the leavening agents.

A good pop-over has an even shape, good volume or size; a golden brown crisp yet tender crust; is light and airy, and has a hollow center.

Score pop-overs according to the following score card:

SCORE CARD FOR POP-OVERS

	POINTS	
	Ideal score	Actual score
1. General appearance.....	20	
Even shape.....	(7)	
Volume or size.....	(8)	
Color of crust.....	(5)	
2. Texture	40	
Lightness and airiness	(20)	
Hollow centers.....	(10)	
Crisp tender crust.....	(10)	
3. Flavor	40	
Taste.....	(20)	
Odor	(20)	
Total	100	

WAFFLES

Method of Combining Ingredients: Sift dry ingredients together. Beat egg yolks and whites separately, using Dover egg beater. Mix milk with egg yolks. Add gradually to dry ingredients. Add the melted fat. Beat well with spoon. Fold in the stiffly beaten egg whites. Cook on a hot waffle iron. Thin with milk if a less bready texture is preferred.

Use of Waffle Iron: Heat on one side, turn, and heat on the other side. Then oil thoroughly if the iron requires such treatment. To fill, pour enough of the mixture into each compartment to cover $\frac{2}{3}$ of its surface. Then close the iron. When the waffle is cooked on one side, turn the iron and cook on the other side. Heat the iron a moment between bakings.

Utensils: Measuring cups, spoons, 1 quart mixing bowl, 2 pint bowls, flour sifter, egg beater, mixing spoon, spatula, brush and waffle iron.

Serving Pop-Overs and Waffles: Pop-overs and waffles may be served for breakfast, luncheon or supper. Both are served with butter and jelly, jam, or syrup.

Hot breads, because they are soft, are often not chewed as well as they should be. This fact causes them to be digested with more difficulty than other breads and this is why they should not be served too frequently.

Home Work

1. Make pop-overs or waffles at least twice at home and report at next meeting.

Next Meeting

1. Subject: Quick Breads; Muffins.
2. Date:
3. Place:
4. Roll Call: Report on pop-overs and waffles made; also report on a new health habit learned.
5. Supplies Needed:

CHAPTER IV

FOURTH MEETING: QUICK BREADS — MUFFINS
(DROP BATTERS)

Business Meeting

Roll Call: Report on pop-overs or waffles made and on new health habit learned.

Method Demonstration: Making Muffins

Muffins are another popular quick bread, and are made from a drop batter, the general proportions of which are 2 C flour to 1 C liquid. They are very nice served at breakfast, luncheon, or supper, and occasionally at informal dinners. Graham, whole wheat, or corn muffins are more healthful than white flour muffins, since whole grain flour provides more minerals, vitamin "B" and roughage.

STANDARD RECIPES ADAPTED FOR USE AT DIFFERENT ALTITUDES

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
Plain muffins	flour	2C	2C	2C	2C	2C
	salt	½t	½t	½t	½t	½t
	fat (melted)	3T	3T	3T	2¾T	2½T
	sugar	2½T	2½T	2½T	2¼T	2T
	egg	1	1	1	1	1
	milk	1C	1C	1C	1C	1C
	baking powder	3t	3t	3t	2½t	2½t
	temperature	425F	425F	425F	425F	425F
	time	25'	25'	25'	25'	30'

Method of Combining Ingredients: Sift the dry ingredients together. Add the milk to the slightly beaten egg. Combine the mixtures. Add the melted fat. Beat with spoon only long enough to mix. Longer beating makes muffins more compact and forms tunnels in them, because the baking powder begins to act before the muffins are in the oven. Put the batter into oiled, hot muffin pans, filling them about ¾ full so that the mixture will have plenty of room to rise. Bake in a moderate oven, and, when done, remove from pans at once.

Variations: Add ½ C currants or finely cut raisins or dates to the recipe for plain muffins. Fresh berries may also be used. In that case, double the amount of sugar.

Graham flour or corn meal may be substituted for one-half the white flour in the recipe for plain muffins. Molasses may be used instead of sugar if desired.

Utensils: Measuring cup, spoons, 2 - quart mixing bowl, 1 smaller bowl, flour sifter, wooden spoon, egg beater, spatula, muffin pans, and oven thermometer.

A good muffin has an even shape, a good volume and a delicately-browned crust. Its texture shows small uniform air cells, no tunnels and no compactness or sogginess. The crumb is moist and tender and the flavor is mild.

Score your muffins according to the following score card:

SCORE CARD FOR MUFFINS

	POINTS	
	Ideal score	Actual score
1. General appearance.....	20	
Even shape.....	(7)	
Volume or size.....	(8)	
Color of crust.....	(5)	
2. Texture	30	
Size and uniformity of air cells.....	(15)	
Freedom from tunnels.....	(15)	
(No compactness or sogginess.)		
3. Crumb	20	
Moistness	(6)	
Tenderness	(8)	
Good white color	(6)	
4. Flavor	30	
Taste	(20)	
Odor	(10)	
Total	100	

Home Work

1. Prepare muffins at least twice at home.

Next Meeting

1. Subject: Butter Cakes.
2. Date:
3. Place:
4. Roll Call: Report on muffins made at home.
5. Supplies Needed:

CHAPTER V

FIFTH MEETING: THE STANDARD BUTTER CAKE
(POUR BATTERS)

Business Meeting

Roll Call: Report on muffins made at home.

Method Demonstration: The Making of Butter Cakes

Every 4-H Club girl is eager to know how to make cakes. If she learns how to make a plain or standard cake, she will be able to follow practically any other cake recipe and can vary the standard recipe so as to produce many different kinds of delicious and attractive cake desserts.

There are two general classes of cakes: butter cakes and sponge cakes. In this lesson we shall study the butter cake. The necessary ingredients of such a cake are flour, sugar, butter or some other fat, liquid and a leavening agent.

Cakes are really a pour batter, but are slightly thicker than the batter for pop-overs. Eggs are usually added to act as a part of the leavening agent, and to increase the richness of the cake. They also act as part of the liquid. Milk and water are the most common liquids used; however, sometimes molasses or honey is used in some recipes. Milk is more nourishing than any of the other liquids since it contains minerals, vitamins, and body-building materials.

STANDARD CAKE RECIPE ADAPTED FOR USE AT DIFFERENT
ALTITUDES

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
1 Egg cake	cake flour	3C	3C	3C	3C	3C
	salt	1t	1t	1t	1t	1t
	sugar	1½C	1½C+	1½C+	1½C	1½C
	fat	¼C	¼C	¼C	¼C	¼C
	milk	1½C	1½C	1½C	1½C	1½C
	egg	1	1	1	1	1
	flavoring	1t	1t	1t	1t	1t
	baking powder	3t	3t	3t	2½t	2½t
	temperature	385F	390F	395F	395F	395F
	time	20-30'	20-30'	20-30'	20-30'	20-30'

Method of Combining Ingredients: Measure all the ingredients, first the dry ones, then the fat, and last the liquid. Sift together

the flour, salt, baking powder or soda and spices, if used. Separate the eggs, if the recipe calls for it. Oil the pans, then flour if a smooth surface is desired. Oiled paper may be used instead. Preheat the oven, so it will be at the desired temperature by the time the cake is mixed.

Cream the fat. (Creaming is the method of making a fat soft and pliable by means of beating with an over and over motion, using a wooden or metal spoon and a bowl. A wooden spoon is preferable to a metal spoon in all cake mixing because it is light, easily handled, and does not discolor the batter). Add the sugar, gradually, and cream with the fat until the sugar is dissolved and the mixture is light and fluffy.

Beat the egg in another bowl until light and lemon colored, and add to this mixture. Put the flavoring into the milk, rinsing the spoon in it so that none is lost. Add about one-fourth of the milk to the sugar and fat mixture and mix well. Then sift in a little of the dry ingredients, mixing them well into the liquid, sugar and fat mixture. Add the liquid and dry ingredients alternately to the mixture until all are used, combining with a beating motion. Beat until smooth.

If an especially light cake is desired, the egg yolk and egg white may be beaten separately, and the white added after the other ingredients are combined. In that case, the egg yolk is mixed with the sugar and fat before the dry ingredients are added. In combining the egg white with the cake batter a folding motion should be used, so as to mix it with the batter without losing the air from the beaten eggs by overbeating. The cake mixture should not be beaten any more than is absolutely necessary after the leavening agent has been added. Overbeating causes a cake to be porous and coarse grained, because the baking powder acts too quickly.

Fill the oiled pans not more than $\frac{2}{3}$ full, since space must be allowed for the cake to rise. (Pans for cup cakes should be only half full.) Push the mixture well to the sides and corners of the pan leaving a slight depression in the center, so the cake may rise evenly.

Utensils: 3-quart mixing bowl, 1-quart mixing bowl, 1 smaller bowl, wooden spoon, 2 measuring cups, spoons, spatula, flour sifter, brush, large tablespoon, cake pans, oven thermometer, cake racks, waxed paper.

Directions for Baking: Follow very carefully the directions for temperature given in the recipe for baking a cake. If a

thermometer is not available, be sure to use the paper tests for oven temperatures described in the appendix, page 54.

If the oven is too slow, the cake often rises too much, then falls before it is baked through. If it is too hot, the outside of the cake will bake first, then the inside pushes up in an effort to rise, cracking the crust on top. The inside is often underdone when the temperature is too great.

Divide the baking period (20 to 30 minutes) into quarters.

During the first quarter the mixture should begin to rise;

Second quarter, continue to rise, reach its full height, and begin to brown;

Third quarter, continue browning;

Fourth quarter, complete browning and shrink from the pan.

Do not move the cake after it begins to rise until it is fully risen and slightly set, or it may fall. It may then be moved carefully if necessary. Results are usually better if the cake is baked alone in the oven, because the presence of other foods may affect the temperature and may crowd the cake. Place the pan as near the center of the oven as possible to insure even baking. The oven door may be carefully opened and closed without causing the cake to fall.

A loaf cake should be baked at 25 degrees Fahrenheit lower temperature than a layer cake because it takes longer to bake it through, due to its size. Cup cakes should be baked at 25 degrees Fahrenheit higher temperature than a layer cake. Whenever possible an oven thermometer should be used, because it is the only accurate means of measuring temperature.

Tests for Cake Baking: When a cake is done it will break away from the sides of the pan and will spring back quickly when pressed lightly with the finger. Another test is to insert a clean tooth pick into the center of the cake. If it comes out clean, the cake is done.

Care of Cake after Baking: After baking, remove from the pan at once. To do this, loosen cake from the edges of the pan with a spatula. Then invert the cake on a wire rack to cool. If there is any tendency to stick, turn the pan on its sides successively and allow it to stand in each position long enough for the weight of the cake to pull itself loose.

A good cake has an even shape, a good volume for the size of the recipe, a delicately-browned crust, good texture of small uniform air cells, no compactness and no sogginess, a moist tender crumb, a sweet mild flavor, and a sweet odor.

Score your cake by the following score card:

SCORE CARD FOR BUTTER CAKES

	POINTS	
	Ideal score	Actual score
1. General appearance.....	20	
Even shape.....	(7)	
Volume or size for recipe.....	(8)	
Color of crust.....	(5)	
2. Texture	30	
Size and uniformity of air cells.....	(15)	
Lightness, no compactness.....	(15)	
3. Crumb	20	
Moistness	(6)	
Tenderness	(8)	
Good creamy color.....	(6)	
4. Flavor	30	
Taste	(20)	
Odor	(10)	
Total	100	

Simple butter cakes are quite easily digested. A small amount may be valuable in the diet, since they provide energy and some minerals and vitamins, especially if milk has been used as the liquid. Cake should always be eaten at the end of a meal, since it is a sweet food, and, if eaten first, will dull the appetite for the more important foods.

Home Work

1. Prepare plain cake at least twice at home.

Next Meeting

1. Subject: Variations of the Standard Butter Cake—Fillings and Icings Suitable for Cakes.

2. Date:

3. Place:

4. Roll Call: Report on plain cakes made at home.

5. Supplies Needed:

.....

CHAPTER VI

SIXTH MEETING: VARIATIONS OF THE STANDARD BUTTER CAKE — FILLINGS AND ICINGS SUITABLE FOR CAKES.

Business Meeting

Roll Call: Report on plain cakes made at home.

Get weighed and measured at this meeting and find out whether you are in the "Safe Zone." Enter your weight and height and normal weight in your health record, page 10.

Method Demonstration

After learning to make plain cake, you will be eager to try out a more difficult cake recipe. Such variations as are found in the following recipes help to make our diets more interesting.

An iced and filled cake has much food value. However, cake can never provide all of the materials which make up a well-balanced meal, since it has practically no vitamins, few minerals, and no roughage. It should be used only to supplement the other foods which make up the meal. It should always be eaten *after* you have had your vegetables, meat and other foods, since cake, particularly a cake with icing, is very sweet, and dulls the appetite. Cake is always used, therefore, as a dessert.

A piece of cake is a good addition to a school lunch, since it is easily packed and has good energy value. However, fruits and vegetables must be included in the lunch first, so that you will have the vitamins and minerals you need.

STANDARD RECIPES ADAPTED FOR USE AT DIFFERENT ALTITUDES

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
2 Egg chocolate cake	cake flour	3C	3C	3C	3C	3C
	salt	1t	1t	1t	1t	1t
	sugar	1½C	1½C	1½C	+1¼C	+1¼C
	fat	½C	6T	½C	½C	½C
	eggs	2	2	2	2	2
	milk	1½C	1½C	1½C	1½C	1½C
	chocolate	3 sq	3 sq	3 sq	3 sq	3 sq
	vanilla	1t	1t	1t	1t	1t
	baking powder	3t	3t	2½t	2½t	2t
	temperature	385F	385F	385F	390F	390F
	time	20-30'	20-30'	20-30'	20-30'	20-30'

STANDARD RECIPES ADAPTED FOR USE AT DIFFERENT ALTITUDES—Continued

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
Devil's food (sour milk)	cake flour	3C	3C	3C	3C	3C
	salt	1t	1t	1t	1t	1t
	sugar	+1½C	+1½C	1½C	+1¼C	+1¼C
	fat	½C	½C	-½C	-½C	-½C
	eggs	2	2	2	2	2
	sour milk	1½C	1½C	1½C	1½C	1½C
	chocolate	4 sq	4 sq	4 sq	4 sq	4 sq
	water (boiling)	1C	1C	1C	1C	1C
	soda	2½t	2½t	2½t	2½t	2½t
	vanilla	1t	1t	1t	1t	1t
	temperature	380F	380F	385F	385F	385F
time	30'	30'	30'	30'	30'	
Spice cake (sour milk)	cake flour	3C	3C	3C	3C	3C
	salt	1t	1t	1t	1t	1t
	sugar	1½C	1½C	-1½C	+1¼C	1¼C
	fat	-½C	-½C	-½C	7½T	7T
	eggs	2	2	2	2	2
	sour milk	1½C	1½C	1½C	1½C	1½C
	spice	5t	5t	5t	5t	5t
	soda	½t	½t	½t	¾t	¾t
	baking powdr.*	1½t	1½t	1½t		
	temperature	380F	380F	385F	385F	385F
	time	30'	30'	30'	30'	30'
4 Egg white cake	cake flour	3C	3C	3C	3C	3C
	salt	1t	1t	1t	1t	1t
	sugar	1½C	1½C	-1½C	1¼C	-1¼C
	fat	¾C	½C	½C	-½C	-½C
	egg whites	4	4	4	4	4
	milk	1¼C	1¼C	1¼C	1¼C	1¼C
	flavoring	1t	1t	1t	1t	1t
	baking powder	3t	3t	3t	2½t	2½t
	temperature	385F	385F	390F	390F	390F
	time	20'	20'	25'	25'	25'

*May be omitted if amount of soda is doubled and very sour milk used.

The method of combining the ingredients and the utensils used are practically the same in all butter cakes as those given in Meeting 5. Turn back and reread those directions.

In the chocolate cake, melt the chocolate over hot water and add just after the eggs have been combined with the sugar and fat.

In the devil's food cake, pour the boiling water over the chocolate and allow it to set a few minutes until the chocolate is melted before adding to the cake mixture. Add the soda to the other dry ingredients rather than to the sour milk. If the soda is put into the sour milk, it will begin to act at once and some of its leavening power will be lost.

The spices in the spice cake are added to the flour and other dry ingredients. Raisins or nuts may be added if desired. They should be rolled in flour and added just before the egg whites. The flour helps to prevent the fruit from sinking to the bottom of the cake batter.

Much care should be taken in beating the egg whites in the white cake. They should be beaten until stiff enough to adhere to the sides of the bowl when the bowl is inverted, but should not be too dry or they will not blend well with the mixture. A folding motion should be used in combining the egg whites with the cake mixture.

Chocolate and spice cakes should be baked at a slightly lower temperature than plain or white cakes and should be baked a longer time, so that the chocolate and spice flavors will be developed.

Tests for baking are the same in all butter cakes. See Meeting 5.

FILLINGS AND ICINGS

Fillings and icings add chiefly to the fuel value of a cake and also improve the flavor and attractiveness. A filling is a soft mixture which is put between the cake layers to hold the layers together and to add to the flavor. It may be sweetened whipped cream, a fruit paste, custard, or a sweet sauce made with a cornstarch base of medium thickness.

It is well for the 4-H Club girl to remember that an overabundance of rich frosting and icing is neither wholesome nor in good taste. Cakes and pastries should stand on their own merits, simply trimmed, not overdecorated to hide possible defects.

CUSTARD FILLING

1 C milk	4-6 T sugar
4 T cornstarch	2 egg yolks
Spk salt	1 t flavoring

Place $\frac{3}{4}$ C milk in double boiler to heat. Mix the cornstarch and salt with the remaining $\frac{1}{4}$ C. Beat the sugar and egg yolks until light. When milk is hot, add the moistened cornstarch to it. Continue cooking, stirring constantly until well thickened

(at least 10 minutes), so the cornstarch is thoroughly cooked. Pour some of the hot mixture on the egg yolks, mix well and pour back into the double boiler and stir again while cooking. When thick and somewhat clear, add flavoring. Allow to partially cool and spread between layers of cake. It may also be used on top.

Such cake should be served the same day it is made, since there is danger of the fillings making it soggy if it is allowed to stand over night.

CHOCOLATE CUSTARD

Use the recipe for custard filling. Add half a square of chocolate to the milk while heating. Use vanilla flavoring.

LEMON FILLING

1 C sugar	Grated rind of
$2\frac{1}{2}$ T flour or	2 lemons
2 T cornstarch	1 egg
$\frac{1}{4}$ C lemon juice	1 t butter
	1 C boiling water

Mix the sugar and flour or cornstarch. Add the boiling water gradually, stirring constantly. Add the grated lemon rind, lemon juice and egg (slightly beaten). Cook the mixture in a double boiler or over the direct flame. Stir constantly until it thickens and becomes clear. Watch very carefully if cooked over direct flame to see that it does not stick. When thick add butter. Cool and spread.

ORANGE FILLING

Substitute orange rind and juice for the lemon in the above recipe. Add $\frac{1}{2}$ T lemon juice to improve flavor.

WHIPPED CREAM FILLING

Chill heavy cream by keeping it on ice if possible. The cream should be at least twenty-four hours old in order to whip easily. Whip with a Dover egg beater in a deep bowl. If sweetened whipped cream is desired, add one tablespoon sugar and one-fourth teaspoon flavoring to a cup of whipped cream just before using. If the sugar is added too long before using, the whipped cream tends to become liquid again.

NUT AND FRUIT FILLINGS

Grind or chop $\frac{1}{2}$ C nuts and 1 C dried fruits such as raisins and dates or candied pineapple. Add a little cream and a little lemon juice—enough to make a soft paste. Spread between layers of cake.

High Altitude Baking Problems

EMERGENCY ICING

- 1 C-2 T sugar
- Spk salt
- 1 T light corn syrup
- 3 T water
- 1 egg white
- 1/2 t flavoring

Cook all but the flavoring in a double boiler 10 minutes, beating constantly with a Dover egg beater. Cool slightly, add flavoring, and use.

POWDERED SUGAR ICING

- 1 C powdered sugar
- 2 T butter
- 2 T liquid
- 1/2 t flavoring

The liquid may be water, cream, milk, strong coffee or fruit juice. Cream the butter. Add the sugar and liquid gradually, beating until soft and creamy. Flavor and use at once.

CARAMEL FUDGE ICING

- 1 1/2 C sugar
- Spk salt
- 1/2 C milk
- 1/4 C caramel syrup
- 1 T butter
- 1 t vanilla

To make caramel syrup, melt 1/4 C sugar in small pan, then add 1 C water, and allow sugar to dissolve.

Cook the sugar, salt and syrup and the milk to a soft ball stage. Add the fat and cool. Add flavoring, and beat until creamy and thick enough to spread.

For chocolate fudge icing, add 1 sq. chocolate instead of the caramel syrup and increase the milk 3/4 C.

How To Apply Fillings and Icings: Both fillings and icings should be cool when put on a cake. If the icing is made properly there will be no danger of it becoming too hard or going to sugar before it is put on the cake no matter how cool it is.

Apply fillings and icings with a spatula or knife, piling the material in the middle of the cake surface then carefully smoothing it to the edges. Work gently so as not to crush or break the cake. Pile the icing lightly on the top of the cake. An uneven surface is more attractive than a very smooth surface.

Be sure that the cake is on a level surface so that the top layer will not tend to slide off of the lower layer after the cake is iced.

A good filling has a soft, moist consistency, yet does not soak into the cake. The cornstarch is well cooked and does not have a raw taste.

A good icing is moist and pliable. It is not so hard that it cracks when cut and not so soft that it soaks into the cake. Its chief uses are to make a cake more attractive and to keep the cake from drying out.

Score your filled and iced cake by the following score card:

High Altitude Baking Problems

SCORE CARD FOR FILLED AND ICED CAKE

	POINTS	
	Ideal score	Actual score
1. General appearance.....	20	
Even shape.....(6)		
Good volume.....(6)		
Attractiveness of icing.....(8)		
2. Texture	30	
Size and uniformity of air cells.....(10)		
Consistency of filling.....(10)		
Consistency of icing.....(10)		
3. Crumb	20	
Moistness.....(10)		
Tenderness.....(10)		
4. Flavor	30	
Taste.....(20)		
Odor.....(10)		
Total	100	

Home Work

Prepare at least one of the cake recipes listed in this lesson and make a suitable filling and icing for it. Serve to your family.

Check on your health habits during this week and enter your score in the second column of the score card on page 10.

Next Meeting

1. Subject: Drop Cookies.
2. Date:
3. Place:
4. Roll Call: Report on cake with filling and icing made at home. Report on your health progress.
5. Supplies Needed:

CHAPTER VII

SEVENTH MEETING: DROP COOKIES (DROP BATTERS)

Business Meeting

Roll Call: Report on cakes made at home, also on the health progress you have made.

Method Demonstration

Cookies are a simple cake dessert with practically the same food value as cake. Plain cookies are often better in the diet of the child than cake, since they are usually not so rich and are, therefore, more easily digested.

It is better taste to serve simple little cookies with ice cream or any other rather rich dessert than a large piece of elaborately iced cake. With *heavy* desserts a *light* supplement should be served. Plain cookies and cocoa or punch make very suitable, easily prepared refreshments for informal parties.

Since cookies keep well they may be made ahead of time and kept for a week or more. Kept in a covered jar or tin box they do not lose their freshness and will not become too dry.

Cookies may be divided into two general classes: drop and rolled. A drop cookie is a small cake made from a drop batter in which more flour is used than in cake, so that it will stand up during the baking process. The usual proportion is 2 C flour to 1 C liquid. The eggs form part of the liquid. This batter is dropped by spoonfuls on a baking sheet or bottom surface of a baking pan. This is the quickest and easiest way of making cookies.

Method of Combining Ingredients: Mix as for butter cakes. Drop from spoon on oiled baking sheet. Leave 1/2 inch or more of space between the cookies, as they spread during baking.

Drop cookies should be removed from the baking sheet as soon as they are taken from the oven or they may stick to the baking surface. A spatula or knife should be used in removing the cookies from the sheet.

Cookies containing nuts or fruit require a little longer baking and a little lower temperature than others.

Utensils: 3-quart mixing bowl, 1 quart mixing bowl, 1 smaller bowl, wooden spoon, measuring cups, spoons, spatula, flour sifter, brush or soft paper for oiling pan, large tablespoon, cake pans, oven thermometer, cake racks, waxed paper.

STANDARD RECIPES ADAPTED FOR USE AT DIFFERENT ALTITUDES

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
Chocolate drop cookies	fat (melted)	1/2 C	-1/2 C	1/3 C	-1/4 C	+1/4 C
	sugar	3/4 C	-1/4 C	-1/4 C	+1/2 C	1/2 C
	egg yolks	2	2	2	2	2
	chocolate	3 sq	3 sq	3 sq	3 sq	3 sq
	milk	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
	flour	2 C	2 C	2 C	2 C	2 C
	soda	1 t	1 t	1 t	1 t	1 t
	baking powder	1 t	1 t	1 t	1 t	1 t
	salt	1/4 t	1/4 t	1/4 t	1/4 t	1/4 t
	raisins	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
	nuts	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
	egg whites	2	2	2	2	2
	vanilla	1 t	1 t	1 t	1 t	1 t
temperature	385F	385F	385F	390F	390F	
time	25'	25'	25'	25'	25'	
Golden ginger drops	fat	1/4 C	-1/4 C	-1/4 C	3T	3T
	brown sugar	1/4 C	-1/4 C	-1/4 C	3T	3T
	molasses	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
	egg	1	1	1	1	1
	water (boiling)	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
	salt	1/2 t	1/2 t	1/2 t	1/2 t	1/2 t
	soda	1/2 t	1/2 t	1/2 t	1/2 t	1/2 t
	cinnamon	1/2 t	1/2 t	1/2 t	1/2 t	1/2 t
	cloves	1/4 t	1/4 t	1/4 t	1/4 t	1/4 t
	ginger	1T	1T	1T	1T	1T
	temperature	385F	385F	385F	390F	390F
	time	25'	25'	25'	25'	25'
		flour	1 1/2 C	1 1/2 C	1 1/2 C	1 1/2 C
Rolled-oats drop cookies	fat (melted)	1/2 C	-1/2 C	6T	1/4 C	5T
	sugar	1C	-1C	-1C	+1/4 C	1/4 C
	egg yolk	1	1	1	1	1
	sour milk	3T	3T	3T	3 1/2 T	3 1/2 T
	rolled oats	1 1/2 C	1 1/2 C	1 1/2 C	1 1/2 C	1 1/2 C
	flour	1 1/2 C	1 1/2 C	1 1/2 C	1 1/2 C	1 1/2 C
	soda	1 t	1 t	1 t	1 t	1 t
	salt	1/4 t	1/4 t	1/4 t	1/4 t	1/4 t
	cinnamon	1/4 t	1/4 t	1/4 t	1/4 t	1/4 t
	raisins	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
	nuts	1/2 C	1/2 C	1/2 C	1/2 C	1/2 C
	egg whites	1	1	1	1	1
	temperature	380F	380F	380F	385F	385F
time	30'	30'	30'	30'	30'	

A good drop cookie is of medium size, has an even texture and a moist, tender crumb. It has a sweet, nutty flavor and odor. Score your drop cookies with the following score card:

SCORE CARD FOR DROP COOKIES

	POINTS	
	Ideal score	Actual score
1. General appearance.....	20	
Even shape.....(6)		
Volume.....(8)		
Color.....(6)		
2. Texture.....	25	
Uniformity of air cells.....(15)		
No compactness.....(10)		
3. Crumb.....	25	
Moistness.....(10)		
Tenderness.....(15)		
4. Flavor.....	30	
Taste.....(20)		
Odor.....(10)		
Total.....	100	

Home Work

1. Prepare drop cookies at least twice at home.
2. Check the health progress of your health demonstrator by filling out second column of the score card on page 57.

Next Meeting

1. Subject: Rolled Cookies.
2. Date:
3. Place:
4. Roll Call: Report on drop cookies made at home. Report on the progress of your health demonstrator.
5. Supplies Needed:

CHAPTER VIII

EIGHTH MEETING: ROLLED COOKIES (STIFF DOUGHS)

Business Meeting

Roll Call: Report on drop cookies made at home and on the progress of your health demonstrator.

Method Demonstration: The Making of Rolled Cookies

Rolled cookies must be much stiffer than drop cookies, since they are to be rolled out and are to be of a crisp, hard texture when baked. These cookies are classified as a stiff dough rather than as a batter.

In making rolled cookies, the aim is to make as soft a mixture as can be handled, as excess flour makes cookies too hard and dry. If, after mixing, the dough is chilled from 15 minutes to 1 hour before rolling, it is possible to handle a cookie dough with less flour and a better product will result.

STANDARD RECIPES ADAPTED FOR USE AT DIFFERENT ALTITUDES

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
Plain cookie	fat	½C	-½C	7T	6½T	6T
	sugar	1C	-1C	¾C	¾C	-¾C
	milk	¼C	¼C	¼C	¼C	¼C
	eggs	2	2	2	2	2
	flour	+3C	3C	3C	3C	3C
	salt	¼t	¼t	¼t	¼t	¼t
	baking powder	2t	2t	-2t	1½t	1½t
	flavoring	1t	1t	1t	1t	1t
	temperature	450F	450F	450F	450F	450F
	time	10'	10'	12'	15'	15'
Jelly jumbles	fat	½C	-½C	7T	6½T	6T
	sugar	1C	-1C	¾C	¾C	¾C
	egg	1	1	1	1	1
	sour milk	½C	½C	½C	½C	½C
	flour	+3C	3C	3C	3C	3C
	soda	½t	½t	½t	½t	½t
	salt	¼t	¼t	¼t	¼t	¼t
	vanilla	½t	½t	½t	½t	½t
	temperature	375F	380F	385F	390F	390F
	time	15'	15'	15'	15'	15'

STANDARD RECIPES ADAPTED FOR USE AT DIFFERENT ALTITUDES—Continued

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
Rolled oatmeal cookies	fat	½C	—½C	7T	6½T	6T
	sugar	1C	—1C	¾C	¾C	¾C
	egg*	1	1	1	1	1
	sour cream	3T	3T	3T	3T	3T
	salt	½t	½t	½t	½t	½t
	flour	+2C	+2C	+2C	+2C	2C
	rolled oats	2C	2C	2C	2C	2C
	cinnamon	1t	1t	1t	1t	1t
	soda	¼t	¼t	¼t	¼t	¼t
	temperature	410F	415F	415F	420F	425F
	time	15'	15'	15'	15'	15'

*If desired.

Method of Combining Ingredients: Mix the ingredients as in a butter cake, adding the whole egg to the sugar and fat mixture. The baking powder should be added to the first cup of flour because the amount of flour needed may vary and you want to be sure to get all of the baking powder into the mixture. The dough should be handled as lightly as possible, and worked on a board floured only enough to prevent sticking. Only a small amount of dough is rolled at one time. All trimmings are combined for the last rolling, as they make less desirable cookies because of the extra flour in them. Cutters are floured as needed.

Rolled cookies may be placed close together on an oiled baking sheet, as they do not spread when baked.

Bake in hot oven unless made with chocolate, molasses or fruit. These should be baked in a moderate oven, as they burn easily.

Variations of the Plain Cookie: Add spices, chocolate, nuts, or raisins in quantities and combinations desired.

Filled Cookies: Make a plain cookie mixture. Roll thin. Put half of the cookies on a baking sheet. Put a teaspoon of filling (raisin paste) on each. Place another cookie on top, press the edges together, and bake.

Jelly Jumbles: Mix as for butter cakes, sifting the nutmeg and soda with the first cup of flour. Chill, roll, then shape with a round cutter. Spread half of the rounds with currant jelly or any other desired kind. Make a small opening in the remaining pieces with a thimble. Fit on top of those spread with jelly. Press the edges together slightly and bake in a moderate oven because of the thickness of the jumbles.

Rolled-Oats Cookies: Mix as for Butter Cake. Roll thin and cut into desired shapes. Sprinkle with 3 parts sugar and 1 part cinnamon before baking.

Utensils: 3-quart mixing bowl, 1-quart mixing bowl, 1 smaller bowl, wooden spoon, measuring cups, spoons, spatula, flour sifter, large tablespoon, rolling pin, bread board, and cookie cutter.

Cookies if kept in a jar or tin container, will keep their freshness for a long time.

Both rolled and drop cookies are a valuable addition to a simple luncheon or supper meal and are especially desirable for the school lunch box, since they are easily packed and have good food value.

A good rolled cookie is crisp and hard in texture, but has a tender crumb. It has a golden-brown crust.

Score your rolled cookies with the following score card:

SCORE CARD FOR ROLLED COOKIES

	POINTS	
	Ideal score	Actual score
1. General appearance.....	20	
Color.....	(10)	
Crispness.....	(10)	
2. Texture.....	25	
Uniformity of size of air cells.....	(15)	
Freedom from compactness.....	(10)	
3. Crumb.....	30	
Tenderness.....	(15)	
Crisp, but not hard.....	(15)	
4. Flavor.....	25	
Taste.....	(15)	
Odor.....	(10)	
Total.....	100	

Home Work

1. Prepare rolled cookies at least once at home.

Next Meeting

1. Subject: True Sponge Cake.
2. Date:
3. Place:
4. Roll Call: Report on rolled cookies made at home. Report on your general progress in baking problems.
5. Supplies Needed:

CHAPTER IX

NINTH MEETING: TRUE SPONGE CAKE (POUR BATTERS)

Business Meeting

Roll Call: Report on rolled cookies made at home and on your general progress with baking problems.

Method Demonstration: The Making of Sponge Cake

A sponge cake is a cake in which no fat is used and which is dependent upon air as a leavening agent. This air is added to the mixture by means of well-beaten eggs. The only liquid in this type of cake is the eggs. A true sponge cake contains an equal number of egg whites and egg yolks, while a Sunshine Cake contains twice as many egg whites as yolks, and an Angel-food Cake uses all egg whites and no yolks.

Because it does not contain fat, Sponge Cake is more easily digested than Butter Cake, and is the safest type of cake in the diet of the small child.

STANDARD RECIPE ADAPTED FOR USE AT DIFFERENT ALTITUDES

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
True sponge cake	cake flour	1C	1C	1C	1C	1C
	sugar	1C	1C	1C	-1C	-1C
	eggs	6	6	6	6	6
	salt	$\frac{1}{4}$ t	$\frac{1}{4}$ t	$\frac{1}{4}$ t	$\frac{1}{4}$ t	$\frac{1}{4}$ t
	lemon juice	3T	3T	3T	3T	3T
	temperature	335F	340F	340F	350F	350F
	time	60'	60'	60'	60'	60'

Method of Combining Ingredients: Mix the dry ingredients and sift three or four times to keep the flour from packing. Also sift the sugar to make it finer and of more uniform quality. In one bowl, beat the egg yolks until thick and lemon colored. Add the sugar gradually, beating meanwhile. Add the flavoring or lemon juice. Beat the egg whites in another bowl until stiff, but not dry. Use a Dover egg beater because it gives a more uniform and finer texture. Cut and fold the beaten egg whites into the egg yolk mixture, then cut and fold in the dry ingredients *very carefully*. Do not stir or beat any more than is necessary

after the flour is added or the cake will be tough. It is well to work quickly so that no air (leaven) will be lost.

Special ungreased pans kept for sponge cakes should be used. Such a pan must never be oiled, since it is desirable for the batter to stick to the sides of the pan. This tends to hold the cake up during baking and makes it lighter.

Baking Sponge Cake: All egg mixtures should be cooked at a rather low temperature. For this reason, all sponge cakes should be placed in only a slightly warm oven and the temperature should be increased *gradually*. The average sponge cake requires about one hour for baking. Divide the baking period into quarters as for Butter Cake. During the last quarter the cake will shrink somewhat in the pan. When done, it will break away from the sides of the pan and will spring back quickly when pressed lightly by the finger.

Utensils: Measuring cups and spoons, large size mixing bowl, 1 quart mixing bowl, 1 smaller bowl, flour sifter, Dover egg beater, tube cake pan, thermometer, cake rack.

Care After Baking: Sponge cakes must be handled carefully to prevent falling after baking. Invert pan on a wire rack to cool. Do not try to remove cake from pan, but allow to hang until cold. This insures a lighter product. When cool remove from pan by carefully pulling away from the sides with a spatula.

In serving, do not cut sponge cake with an ordinary knife. Break cake into sections with two forks placed back to back. Work gently. A knife is likely to crush a sponge cake, especially if the cake is fresh. A saw-tooth knife is the only kind which should be used to cut sponge or angel food cakes.

Sponge cake may be kept fresh for several days if it is wrapped in cheesecloth or a towel and placed in a covered cake box. It also keeps well if buried in sugar in a sugar bin.

Many delicious desserts may be made with slices of stale sponge cake, whipped cream and crushed fruit. The cake may be broken into crumbs and added to a mixture of fruit and cream or may be cut in slices and piled with crushed fruit and a little whipped cream.

A good sponge cake has a golden-brown crust, fine texture, is moist and tender, and will "sing" when pressed. It is also light in weight for its volume.

Score your sponge cake with the following score card:

SCORE CARD FOR TRUE SPONGE CAKE

	POINTS	
	Ideal score	Actual score
1. General appearance.....	25	
Even shape.....	(10)	
Volume.....	(10)	
Delicate brown crust.....	(5)	
2. Texture.....	25	
Uniformity of size of air cells.....	(15)	
Freedom from large holes and compactness.....	(10)	
3. Crumb.....	25	
Moist, somewhat tender crumb.....	(10)	
Elastic to touch.....	(15)	
4. Flavor.....	25	
Taste.....	(15)	
Odor.....	(10)	
Total.....	100	

Home Work

1. Prepare a true sponge cake at least twice at home.

Next Meeting

1. Subject: Variations of Sponge Cake.
2. Date:
3. Place:
4. Roll Call: Report on Sponge Cake made at home.
5. Supplies Needed:

CHAPTER X

TENTH MEETING: SPONGE CAKE VARIATIONS

Business Meeting

Roll Call: Report on sponge cakes made at home. Get weighed at this meeting and find out if you are in the "Safe Zone." If you are not up to the standard, make plans to increase your weight.

Method Demonstration: The Making of Sponge Cake Variations

The two most common variations of Sponge Cake are Sunshine Cake and Angel Food. From a health standpoint, Sponge and Sunshine Cakes are better than Angel Food, since they contain egg yolks, which are rich in minerals, vitamins and fuel value. However, the 4-H Club girl will want to learn how to make good Angel Food to use for some special occasion.

STANDARD RECIPES ADAPTED FOR USE AT DIFFERENT ALTITUDES

Recipe	Ingredients	Altitude in feet				
		3000	4000	5000	6000	7000
Sunshine cake	cake flour	1C	1C	1C	1C	1C
	salt	pch	pch	pch	pch	pch
	powdered sugar	1½C	1¼C	1¼C	1¼C-1T	1½C
	egg yolks	5	5	5	5	5
	egg whites	10	10	10	10	10
	lemon flavoring	1t	1t	1t	1t	1t
	cream of tartar	1t	1t	1t	1t	1t
	temperature	335F	340F	340F	350F	350F
	time	60'	60'	60'	60'	60'
Angel food	cake flour	1C	1C	1C	1C	1C
	salt	¼t	¼t	¼t	¼t	¼t
	sugar	1½C	1½C	-1½C	+1¼C	1¼C
	egg whites	1½C	1½C	1½C	1½C	1½C
	cream of tartar	1t	1t	1t	1t	1t
	flavoring	1t	1t	1t	1t	1t
	temperature	335F	340F	340F	350F	350F
	time	60'	60'	60'	60'	60'

Method of Combining Ingredients: In the Sunshine Cake, add the sugar gradually to the egg whites, which have been beaten stiff with a Dover egg beater and to which the cream of tartar has been added. Beat the egg yolks with a Dover egg beater, in another bowl, until light and lemon colored.

Add the beaten egg yolks to the egg white mixture. Fold in

the flavoring, then the flour and salt sifted together. Finish as for sponge cake.

For Angel Food, beat the egg whites until frothy with a Dover egg beater, add cream of tartar, and continue beating until stiff but not dry. Sift sugar and fold into egg white mixture very gradually. Sift flour four times and fold into mixture very gradually. Add flavoring and finish as for sponge cake.

The care after baking is the same as for true sponge cake.

It is better not to ice any kind of sponge cake, because the weight of the icing tends to crush the cake.

A good Sunshine or Angel Food Cake has a fine uniform texture, a moist crumb, and a *delicately* browned crust.

Score your cake with the following score card:

SCORE CARD FOR SUNSHINE OR ANGEL FOOD

	POINTS	
	Ideal score	Actual score
1. General appearance.....	25	
Even shape.....	(10)	
Volume.....	(10)	
Crust, delicately brown.....	(5)	
2. Texture.....	25	
Uniformity of size of air cells.....	(15)	
Freedom from large holes and compactness.....	(10)	
3. Crumb.....	25	
Moist, somewhat tender crumb.....	(10)	
Elastic to touch.....	(15)	
4. Flavor.....	25	
Taste.....	(15)	
Odor.....	(10)	
Total.....	100	

Home Work

1. Prepare a Sunshine Cake or an Angel Food Cake at home.

Next Meeting

1. Subject: Planning an afternoon tea.
2. Date:
3. Place:
4. Roll Call: Report on cakes made at home.
5. Supplies Needed:

CHAPTER XI

ELEVENTH MEETING: PLANNING AN AFTERNOON TEA OR PARTY

Business Meeting

Roll Call: Report on cakes made at home.

At this meeting begin filling out your record books, which the agent will give to you. Be sure you have learned the 4-H Club pledge and motto.

If you are on a demonstration or a judging team, use this meeting to give a demonstration before your club.

Have you done something to improve your home or home grounds this year? If not, be sure to make some improvement in your own room or some other room in the house, or make your yard more beautiful. Check up on the other phases of the four-fold program for 4-H Club work. Enter all your results in your final record book.

Method Demonstration: Planning a Menu for an Afternoon Tea or Party, and Inviting Your Guests

Since this year's work has been concerned with baking, it is quite fitting that your 4-H Club give an afternoon tea or party, either for your mothers or for your friends. This party can be counted as your Achievement Day. You may prepare some of the foods for refreshments that you have learned to make at your meetings.

An afternoon tea is a party held in the afternoon at which only light refreshments are served. It may be a very simple affair for a few guests or it may be more elaborate for a larger gathering.

The refreshments consist of a beverage (tea, coffee, chocolate, or a fruit juice), sandwiches or small cakes, and salted nuts or candies. Thin slices of buttered bread, hot biscuit, cinnamon toast, or muffins may be served instead of sandwiches. *The menu should be simple.* Do not serve more than three things besides the beverage; two are usually enough. The food should be light, dainty and as attractive as possible.

Some examples of menus follow:

- I
 Currant Muffins with Butter
 Assorted Hard Candies
 Tea
 Lemon Sugar

- II
- Cheese and Pimento Sandwiches
- Chocolate Drop Cookies
- Salted Nuts
- Fruit Punch

Decide how many people you wish to serve and where you will hold your tea or party, then plan your menu accordingly. Remember to keep the party simple and plan a menu which you know you can prepare easily.

Inviting Your Guests: Your leader or president should appoint an invitation committee to write the invitations and send them to the guests. The invitations should be written at this meeting and the committee should send them a few days before the date of the party. Your party will probably be informal and you will wish to make your invitations informal. Such invitations are written in the second person. The following is an example:

Dear Mrs. Gray:

Our 4-H Club is giving an afternoon tea at the home of Mary Jones, Wednesday, the sixteenth of June, from three to five o'clock, and we should like very much to have you come.

Sincerely yours,

The Ruby Mountain 4-H Club.

If you wish to make your party distinctly formal, you may use a formal type of invitation written in the third person:

The Ruby Mountain 4-H Club
at home
Homemakers' Hall
Wednesday, the sixteenth of June,
three to five o'clock

Small white correspondence cards or double-leaf note paper are suitable for writing invitations. The envelopes should match the paper or cards.

At an afternoon tea the guests come and go at any time between the two hours specified on the invitation. Unless a program is planned for which they should remain, they stay only from thirty minutes to an hour, just long enough to meet the other guests and be served.

It would be very nice for your club to plan a little program for your guests. You may have a member give the 4-H Club pledge,

several sing your club song, and another to tell something of 4-H Club work in general, and what your club is doing. If you have time it would be well to have your demonstration team give its demonstration before the guests. When a special feature, such as a program, is to be given, it should be mentioned at the bottom of the invitation as follows:

"There will be a short program at four o'clock"

Review lessons for the eleventh and twelfth meetings in the first year 4-H foods book. You will find them very helpful in planning your party.

Next Meeting

1. Subject: Planning an Afternoon Tea or Party (continued).
2. Date:
3. Place:
4. Roll Call: Report on progress you have made in filling out your final record book. Let your Leader and your vice president inspect these books.
5. Supplies Needed:

.....

CHAPTER XII

TWELFTH MEETING: PLANNING AN AFTERNOON TEA OR PARTY (CONTINUED)

Business Meeting

Roll Call: Report on progress you have made in filling out your record book. Have it inspected by Leader and vice president. Practice your demonstration at this meeting.

Complete your arrangements for your Achievement Day.

Method Demonstration: Afternoon Tea or Party Service

There are two general types of service used at teas and parties: the plate service, with which you are probably already familiar, and the buffet service. In the first type of service, the food is brought from the kitchen or pantry already placed on individual service plates and is passed directly to the guests. In the second

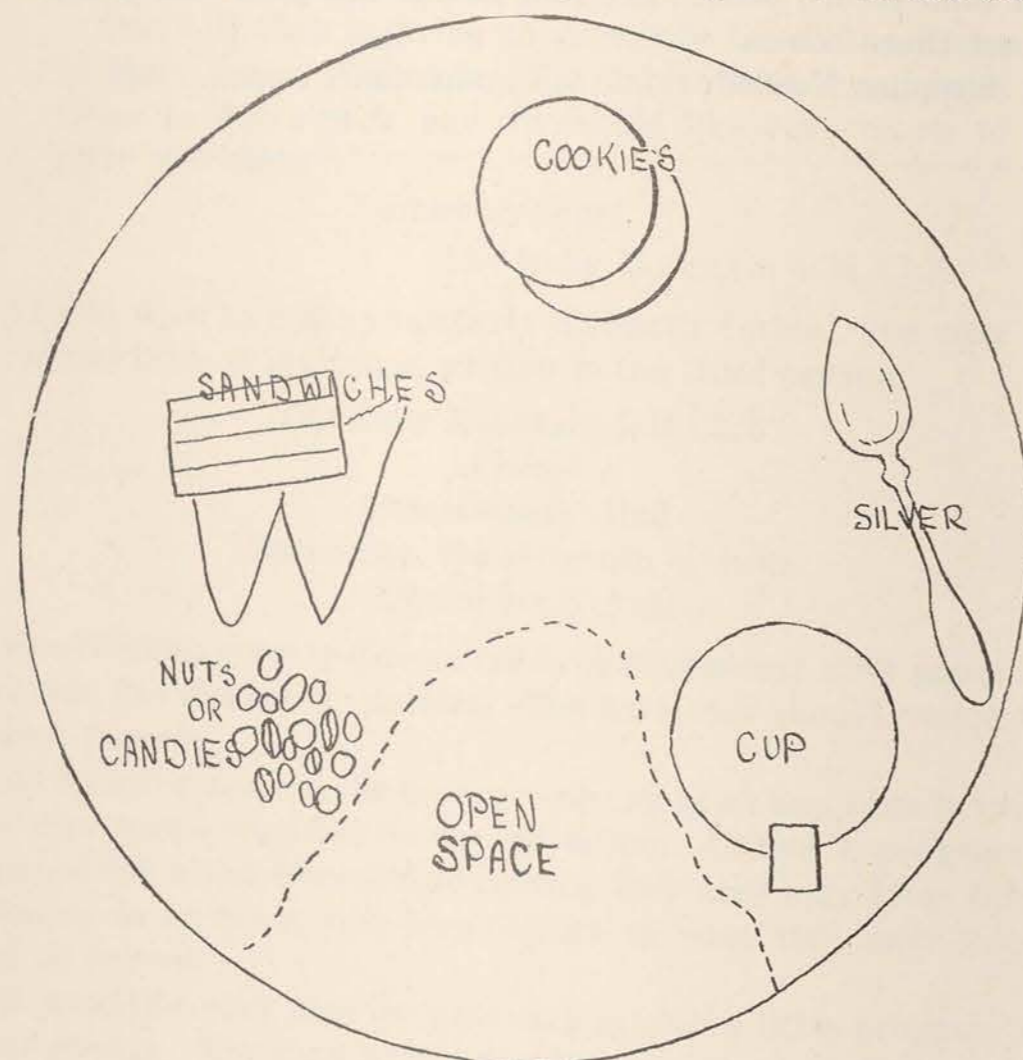


Plate Arrangement for Afternoon Tea

type, the china, silver and food are all placed on the table in an attractive arrangement, and the guests are served by the hostess or her assistants to part of the food, the guests helping themselves to the rest.

A few simple rules are to be observed in serving the plates at any kind of party.

The arrangement of the food on the plate should follow the diagram on page 44. The beverage and silver are always placed on the right side of the plate, the food at the upper and left sides and an open space should be left at the lower side in front of the guest. This makes the plate more attractive and more convenient for the guest to handle. The plate should never be crowded. In passing the plates to the guests, they should always be held with the front toward the guest, so that she will not have to turn the plate around in order to have the cup and silver at her right.

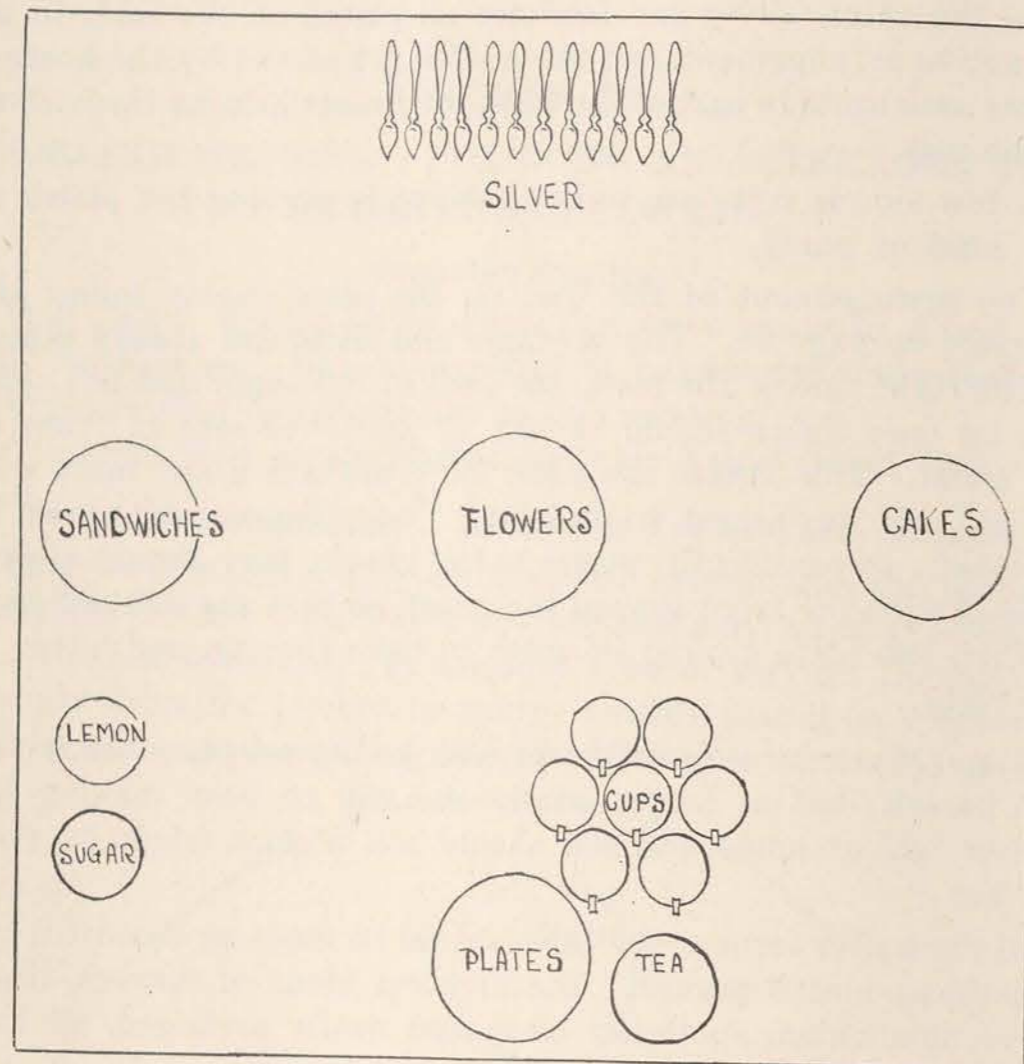
Buffet Service: At small home teas the hostess pours the beverage herself, but at larger affairs she will be busy making the guests feel at home and she should ask a close friend to pour for her.

In the buffet service, the table should be made as beautiful and artistic as means permit. The simplest kinds of flowers, linen, silver, and china, spotlessly clean and neatly arranged, all help to make the table attractive.

A simple but very good arrangement for the table in this type of tea service is shown in the diagram. Orderliness is the keynote in an attractive table. The cups should not be stacked unless absolutely necessary, and should be placed so that the handles are at right angles to the edge of the table, so that the person serving can reach them easily. The silver should be placed in an orderly row and the china and food placed so that the effect will be good balance. The person "pouring," pours the tea into the cup and places the cup on the plate, then hands the plate to the guest who stands at her left. The guest then helps herself to the lemon, and sugar, the sandwiches or hot bread, then the silver, the cakes, and, lastly, the napkins, proceeding from left to right. The person pouring the beverage is usually seated but may stand.

Since you have probably not used it before, it is suggested that your club use the buffet type of tea service.

Practice setting the table at this meeting so that you will know just how to do it at your afternoon party.



Buffet Table for Tea Service

Preparation of Beverage: You may have never made tea or coffee and you may at this meeting have a lesson on the proper way to make these beverages.

The term *beverage* is applied to any drink. Water is the natural beverage and forms the greater portion of all others. Coffee and tea have no food value except for the sugar and cream used in them. They are stimulating and should not be used by growing children. At your tea party we suggest that you have cocoa for your club members if you serve coffee or tea to your mothers and adult friends. In this case, you may have the cocoa poured at one end of the buffet table and the other beverage from the other end of the table.

Medium strength coffee is the kind you would probably serve your guests. The proportions are 2 T coffee to 1 C water. One cup of coffee will serve two coffee cups on an occasion such as this, as the cups should be filled only half full to prevent spilling.

Place the coffee in the strainer of a percolator and the water in the lower part. Let the water boil up through the tube and percolate through the coffee until the desired strength (shown by the color) is obtained. To know how much coffee to make, estimate the number of guests to be served and use as many tablespoons as this number, unless you wish to serve a second cup.

In making tea, earthenware or enamel pots are the best to use, since they do not affect the taste of the tea. The water should be freshly boiled and the pot scalded to freshen and heat it. For tea of average strength, use 3 t tea to 4 C boiling water. Put the tea in the pot and pour the boiling water over it. Cover and allow to steep about 3 minutes. *Never boil tea.* Strain, and serve at once. The tea may be made weaker by adding freshly boiled water. Tea may be served with cream, sugar, thinly sliced orange or lemon, or mint leaves.

Your next meeting is your Achievement Day and every member should make an effort to make it a success.

Have your president and leader appoint the duties for each member of your club. Be sure that you know what supplies you are to bring, and what your duties are to be. Two girls may act as hostesses, and may look after the setting of the table and arrangement of the room.

They are the ones who will welcome the guests, take the guest's wraps and introduce them to each other and to members of the club. The hostesses are responsible for seeing that the guests have a pleasant time.

One girl may be chairman of the refreshment committee, and with her helpers will see that the food is properly and attractively prepared and served.

Another club member may act as chairman of the program committee.

Be sure that you have the plans made for your party before you leave this meeting. Write down exactly what you are to do and then be sure to do it as carefully, thoroughly and cheerfully as possible.

Home Work

1. Carry out all preparations for Achievement Day. Finish your record books. Be sure you have completed the required number of hours of home work. Carefully read over directions for Achievement Day in instructions for Meeting 13.

Next Meeting

1. Subject: Achievement Day: Serving an Afternoon Tea or Party.

2. Date:

3. Place:

4. Supplies Needed:

5. Duties assigned for Achievement Day:

CHAPTER XIII

THIRTEENTH MEETING: ACHIEVEMENT DAY—SERVING
AFTERNOON TEA

Business Meeting

You will want to make this short, so that you can give as much time as possible to your tea. If necessary, it may be omitted entirely.

Method Demonstration: Serving Afternoon Tea

This tea party is the Achievement Day for your club, and demonstrates to your friends some of the things you have learned this year. Carefully follow these suggestions:

1. *Arrive early*, for you have much to do.
2. Bring *all* supplies assigned to you.
3. Go to work at whatever is your particular duty as *quietly* and *quickly* as possible.
4. Use all your thought and energy in doing your part of the work perfectly. *Don't waste any time in needless conversation.*
5. Follow out your Leader's suggestions with *courtesy* and *promptness.*
6. Do all in *your* power to see that your guests have a good time.
7. Be sure to maintain a *kindly manner* and a *low voice*, no matter how rushed you are or what happens. This is true kindness to your Leader and your guests.
8. The girls selected to act as hostesses should meet all of the guests at the door, show them where to place their wraps, and should see that everyone is introduced and made to feel at home. Other members of the club may assist if they are needed.
9. *Be sure* to have your rooms in order and the refreshments ready on time.
10. If you wish you may offer the guests a second helping of sandwiches, cakes, etc.
11. The program should be given at the time specified on the invitations.
12. When the guests have finished eating, take their plates and remove them to a side table or to the kitchen.
13. The hostesses or their assistants should give the guests their wraps when the guests get ready to leave. Do not appear to hurry your guests away.
14. When the guests leave, the hostesses and Leader should

stand near the door to acknowledge the guests' appreciation for the good time they have had, and to bid them good-bye.

15. Every club member should help to clean up, but the refreshment committee will be in charge. Follow the directions listed on page 53 of the appendix. Be sure to leave the rooms as orderly and clean as they were when you came. This is only fair to your Leader and is the best way to show your appreciation of all her kindness and help.

16. Score your party according to the score card on the next page. This may be deferred to your next meeting if desired.

Home Work

Complete the record of your health demonstrator by filling out the third column in his score card. Also, if possible, reweigh and measure him or her. Record your final results on page 57.

Complete your own health record on page 10. Transfer this record to page 6 of your final record book.

Next Meeting

1. Subject: Results of the Year's Work.
2. Date:
3. Place:
4. Roll Call: Final report on year's work. Most important thing you have learned. Number hours of home work. Result of your health work.
5. Hand in your record book completed.

SCORE CARD FOR PARTY OR TEA

	Ideal score	POINTS	
		Actual score	
1. Invitations	15		
Gave all the information needed (time, place, etc.).....	(10)		
Attractiveness and simplicity.....	(5)		
2. Organization of work and plan for party.....	15		
Appointment of chairman for differ- ent phases of work.....	(5)		
Appointment of committee members.....	(5)		
Equal distribution of work.....	(5)		
3. Selection and preparation of food.....	20		
Good balance (light refreshments).....	(3)		
Texture (contrasts in textures).....	(3)		
Flavor (contrasts in flavors).....	(3)		
Attractiveness on plate (color and arrangement)	(3)		
Preparation of food	(8)		
4. Service of food	20		
Appearance	(9)		
Table	(3)		
Food.....	(3)		
Persons serving	(3)		
Promptness	(4)		
Quietness	(4)		
Ease and courtesy in serving.....	(3)		
5. Program or entertainment	10		
Simple yet entertaining.....	(5)		
Gave information concerning 4-H Clubs	(5)		
6. Atmosphere and hospitality.....	10		
Conduct of club members.....	(5)		
Did the guests feel at home and enjoy themselves	(5)		
7. Cleaning up afterward	10		
All rooms left in good order, food cared for, dishes washed, etc.....	(5)		
Leader thanked for her interest and assistance.....	(5)		
Total	100		

CHAPTER XIV
FOURTEENTH MEETING: RESULTS OF THE
YEAR'S WORK

Business Meeting

Roll Call: Most important thing you have learned this year. Final report of your officers and committees. Results of your health work.

Demonstration Meeting: Completion of Your Record Books and Health Reports

At the first meeting you were weighed and scored on your health habits. You have learned something to help improve and protect your health at every meeting. Today you are to score your health habits again. Place this score in the third column of the health habit score sheet in your final record book, page 6. Compare the results with the first and second scorings. You should also be weighed and measured at this meeting. Record your weight and height in the place allowed on this same page.

Be sure to complete the record you have been keeping on the other member of your family who has acted as your health demonstrator.

Record Book: Complete the records under Head—Part I, Heart—Part II, Hands—Part III, and Health—Part IV in your record book. Remember that in second year 4-H Club work you are to have completed at least sixty hours of home work. Your record in the back of your demonstration book should show this.

Do not forget to sign your record book and to have your club Leader sign it on the last page.

Hand in to the agent your demonstration book and your record book.

Club Secretary's Book: Be sure the Club Secretary's book is completed. Make out your Club's final score card in the Secretary's book and hand in to your Extension agent.

Confidential: Be sure to thank your Leader for all her help and kindness during the year. Be sure to settle up all outstanding bills.

APPENDIX

Personal Preparation for Cooking

1. See that the hair is arranged so it will not have to be touched while working.
2. Wear a clean apron.
3. Have a clean hand towel ready for use.
4. Wash the hands thoroughly and clean the finger nails.
5. It is well to have a holder attached to the apron.

Directions for Working

1. *Read all directions first*, then follow them carefully.
2. Understand the reason for each thing to be done.
3. Make a list of equipment and materials to be used.
4. Get all equipment and materials together before starting to mix ingredients.
5. Have a utility plate near by on which to lay spoons, etc., at the work table, so that you will not have to lay them directly on the table.
6. Never taste with a mixing spoon. Have an extra spoon for this purpose.
7. Keep your work table orderly and neat, so that it will look well and you will not have to search for equipment.
8. Work quickly and with as few waste motions as possible. Plan your work so as to save steps.
9. Follow your Leader's suggestions quietly and courteously.

Directions for Washing Dishes

1. Scrape and pile all dishes.
2. Wipe off table.
3. Soak utensils in which food sticks—sugary foods in hot water, starchy foods in cold water.
4. Wash glassware and silver first, then other dishes, and lastly pots and pans.
5. Wash dishes in hot suds and rinse thoroughly with scalding water. Wipe thoroughly with a clean towel.
6. Rinse out dish towels and dish cloths, leaving them spotlessly clean. Hang them up to dry, preferably in the sun.

Table of Abbreviations

C.....cupful	Spk.....speck
t.....teaspoon	B. P.....baking powder
T.....tablespoon	lb.....pound

Table of Equivalents

3 t.....1 T	4 C flour.....1 lb.	2 C milk.....1 lb.
16 T.....1 C	2 C sugar.....1 lb.	5 C coffee.....1 lb.
2 C.....1 pt.	2 C fat.....1 lb.	6 C tea.....1 lb.

Table of Substitutions

- 1 C pastry flour equals $\frac{7}{8}$ C hard wheat bread flour.
- 1 T flour equals $\frac{1}{2}$ T cornstarch in thickening power.
- 1 C butter or margerine equals $\frac{7}{8}$ C lard, compound, or vegetable oils.
- 1 C sweet milk equals $1\frac{1}{8}$ C buttermilk or thick sour milk.
- 1 C molasses equals $\frac{1}{2}$ C sugar plus $\frac{1}{4}$ C liquid (and requires $\frac{1}{4}$ t soda to neutralize).
- 1 C white granulated sugar equals $1\frac{1}{3}$ C brown sugar, and equals $1\frac{1}{2}$ C powdered sugar.
- 1 whole egg equals $\frac{1}{2}$ t baking powder in leavening power.

Directions for Measuring

1. Be careful and accurate in all measurements.
2. All measurements given in these recipes are *level*.
3. To measure a cupful of flour, sift the flour first, then with spoon or with sifter fill cup gently, being careful not to pack down the ingredients. Level off with the straight edges of a knife or spatula.
4. To measure a teaspoon or tablespoon of dry ingredients, dip the spoon into the material and level off with straight edge of a knife. Divide the level spoonful lengthwise with a knife for half a spoonful, and divide a half crosswise for a quarter; or use measuring spoons.
5. To measure fat, always pack it down in the cup or spoon and level off with a knife.
6. In measuring liquids, fill the measure as full as it will hold.

Table of Oven Temperatures

	Thermometer	White paper test
Slow.....	250 to 350 F.....	Delicate brown color in 5 minutes
Moderate.....	350 to 400 F.....	Medium brown color in 5 minutes
Hot or quick.....	400 to 450 F.....	Dark brown color in 5 minutes
Very hot.....	450 to 500 F.....	Very dark brown color in 5 minutes

These temperatures are for a gas oven. They may be reduced somewhat for a coal or wood range.

Reasons for Biscuit or Muffin Defects

Defects	Why
1. Product undersized:	Too little leavening, <i>i. e.</i> , eggs or baking powder Allowing batter or dough to stand after leavening is added Oven too slow
2. Product fell:	Too little flour Too much liquid Did not finish baking Allowing batter or dough to stand after leavening is added
3. Tunnels or large holes in product:	Overmixing and beating after leavening is added Too much baking powder
4. Uneven shape:	Poor mixing Floor or oven may not be level Temperature in all parts of oven not uniform Oven may be too hot at first and not hot enough later
5. Tough crumb:	Not enough fat Too much flour Overworked dough or Overbeaten batter

Reasons for Cake Defects

Defect	Butter cake	Sponge cake
1. Cake undersized:	Not enough leavening Oven too slow Too large a pan	Underbeaten egg whites Overmixing Too much sugar Too large a pan Cake removed from pan before cold
2. Cake fell:	Too much fat (for altitude) Too much sugar (for altitude) Too much leavening (for altitude) Did not finish baking	Too much sugar (for altitude) Not enough flour (for altitude) Did not finish baking
3. Cake ran over:	Did not finish baking Pan too small	Pan too small
	Oven not hot enough Too much leavening	
4. Cake humped or cracked:	Too much flour Not enough liquid Oven too hot in first quarter	Too much flour Overbeaten eggs Oven too hot in first quarter
5. Crust sticky:	Too much sugar	Too much sugar Not enough baking

High Altitude Baking Problems

REASONS FOR CAKE DEFECTS—Continued

Defect	Butter cake	Sponge cake
6. Crust too hard:	Oven too hot Baked too long	Oven too hot Baked too long
7. Crust too tough:	Not enough fat Not enough sugar Too much flour	Oven too hot Too much sugar
8. Crust cracked:	Too much sugar	
9. Crust pale:	Baked too slowly at too low temperature	Baked too slowly at too low temperature
10. Cake heavy:	Batter not beaten enough Overbeaten after leavening is added Too much fat (for altitude) Too much sugar (for altitude) Too much liquid Oven too hot or too slow	Underbeaten egg whites Overmixing ingredients Too much sugar (for altitude) Oven too hot Jarred while baking
11. Bottom tough and leathery; heavy streak at bottom:	Batter allowed to stand before baking Uneven oven temperature	Underbeaten Too many egg yolks Uneven oven temperature
12. Tough crumb:	Too much sugar Not enough fat Overbeaten batter Oven too hot	Too much sugar Overmixed ingredients Oven too hot
13. Dry crumb:	Not enough fat Not enough liquid Overbeaten eggs Baking too long	Not enough sugar Too much flour Overbeaten eggs Too long baking at too low temperature
14. Texture coarse grained:	Too much leavening (for altitude) Too much sugar (for altitude) Liquid (oil) shortening Use of bread flour Insufficient creaming of fat and sugar Too hot oven	Too little flour (for altitude) Too much sugar (for altitude) Too coarse sugar Use of bread flour Underbeaten egg whites Undermixing of ingredients Too hot oven

High Altitude Baking Problems

RECORD OF OTHER MEMBER OF YOUR FAMILY WHO IS ACTING AS YOUR HEALTH DEMONSTRATOR

Name..... Age..... Sex.....

Beginning height..... Weight..... Normal weight.....

Final height..... Weight..... Normal weight.....

HEALTH HABIT SCORE CARD

Every day	Perfect score	Date of scoring		
One quart of milk.....	10			
Two vegetables besides potatoes.....	10			
Two fruits.....	10			
One raw fruit or vegetable.....	5			
Cooked mush for breakfast.....	5			
Whole grain cereal for mush or bread.....	5			
One egg.....	5			
Meat.....	5			
Hot noon meal.....	5			
Two hours' sunshine.....	5			
Nine hours' sleep.....	5			
No physical defects, or physical defects corrected.....	15			
Weight in "Safe Zone" (+ 20% to - 6%).....	15			
Total score.....	100			

Health problems.....

Recommendations.....

Methods used in getting demonstrator to improve health:

Results.....



CARSON CITY, NEVADA
STATE PRINTING OFFICE - - JOE FARNSWORTH, SUPERINTENDENT
1932

THE
AGRICULTURAL EXTENSION SERVICE
OF THE
UNIVERSITY OF NEVADA

Is striving to meet the demands of the people of Nevada for the best scientific and practical information along agricultural and home making lines. This is placed before the public by means of such agencies as

- COUNTY AND DISTRICT EXTENSION AGENTS
- AGRICULTURAL AND HOME ECONOMICS
DEMONSTRATIONS
- BOYS AND GIRLS 4-H CLUBS
- PERSONAL INTERVIEWS
- FARM BUREAU MEETINGS

Anyone Desiring Information Regarding
Any of These Should Address

AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF NEVADA
RENO, NEVADA

(q) Foods and Nutrition.

NUTRITION

Food Preservation

This year emphasis has been placed on three things in this project: (1) Preserving as much food as possible to carry the family through the winter months; (2) Canning with the pressure cooker to avoid botulinus poisoning and (3) Canning in tin. The agent has also urged the evaporation of fruits and vegetables.

Realizing how important a well stocked fruit and vegetable cellar is in tiding the family over the coming winter which promises to be a hard one, more women have been canning food than ever before. Six food preservation budgets have been planned and are being carried out. One woman with a family of eight has estimated her needs to be between 600 and 1000 quarts of vegetables, fruits and meats, and she has most of the budget fulfilled. There has been considerable interest in canning chicken since the price of chickens has been too low to make it profitable to take them to market and sell them. Seven demonstrations were given on canning in tin and several families are using this new method. Eight demonstrations were given on pressure canning and the popularity of the pressure cooker has increased greatly in the last year.

Communities which carried on this project were:

Elko, Wells, Lamoille, Deeth, Starr Valley, Halleck, Fort Halleck, Sprucemont, Jiggs, Lee, Carlin, Midas, Metropolis, Independence Valley, Contact and O'Neill.

Summary of results:

Communities carrying on the work.....	16
Food preservations budgets planned.....	6
Leaders assisting.....	1
Bulletins distributed.....	397
Days devoted to project by agent.....	11½
News articles published.....	4
Home visits made.....	20
Method demonstrations held.....	8
Result demonstrations carried on.....	85

(q) Foods and Nutrition.

NUTRITION

Food Preservation

Feeding a Family of Six

Mrs. Black had never canned or preserved food in other years for her family. In some of those years she could not have an adequate garden. This year her husband had only part time work. With the winter ahead giving little promise, Mrs. Black decided that something had to be done.

Up in the canyon some distance from their home was a plot of ground which they might use for a garden. With the whole family working together five acres of garden were put in. The abundant moisture and good weather made this one of the best gardens in the county.

This plot of ground produced peas, string beans, carrots, parsnips, turnips, beets, lettuce, radishes, Swiss chard, spinach, cabbage, cauliflower, lima beans, tomatoes, rhubarb, cantaloupes, squash, pumpkins, watermelons, cucumbers and corn. All during the growing season the family table was liberally supplied with vegetables and many of the neighboring ranches secured their vegetables from Mrs. Black.

When the garden was about ready to produce, Mrs. Black asked for information on canning and the agent spent a day with her teaching her how to operate a pressure cooker and how to can both fruits and vegetables.

In addition to what she has canned Mrs. Black has stored sufficient carrots, beets, parsnips, turnips, squash, cabbage and cauliflower to last her family through the winter months.

The following table shows how much fruit and vegetables Mrs. Black has preserved:

	<u>No. Quarts</u>	<u>Value</u>
Peaches.....	40	\$14.00
Apricots.....	11	3.85
Plums.....	20	7.00
Apples.....	18	6.30
Pears.....	23	8.05
Choke cherries.....	30	10.50
Strawberries.....	12	4.20
Rhubarb.....	15	5.25
Currants.....	8	2.80

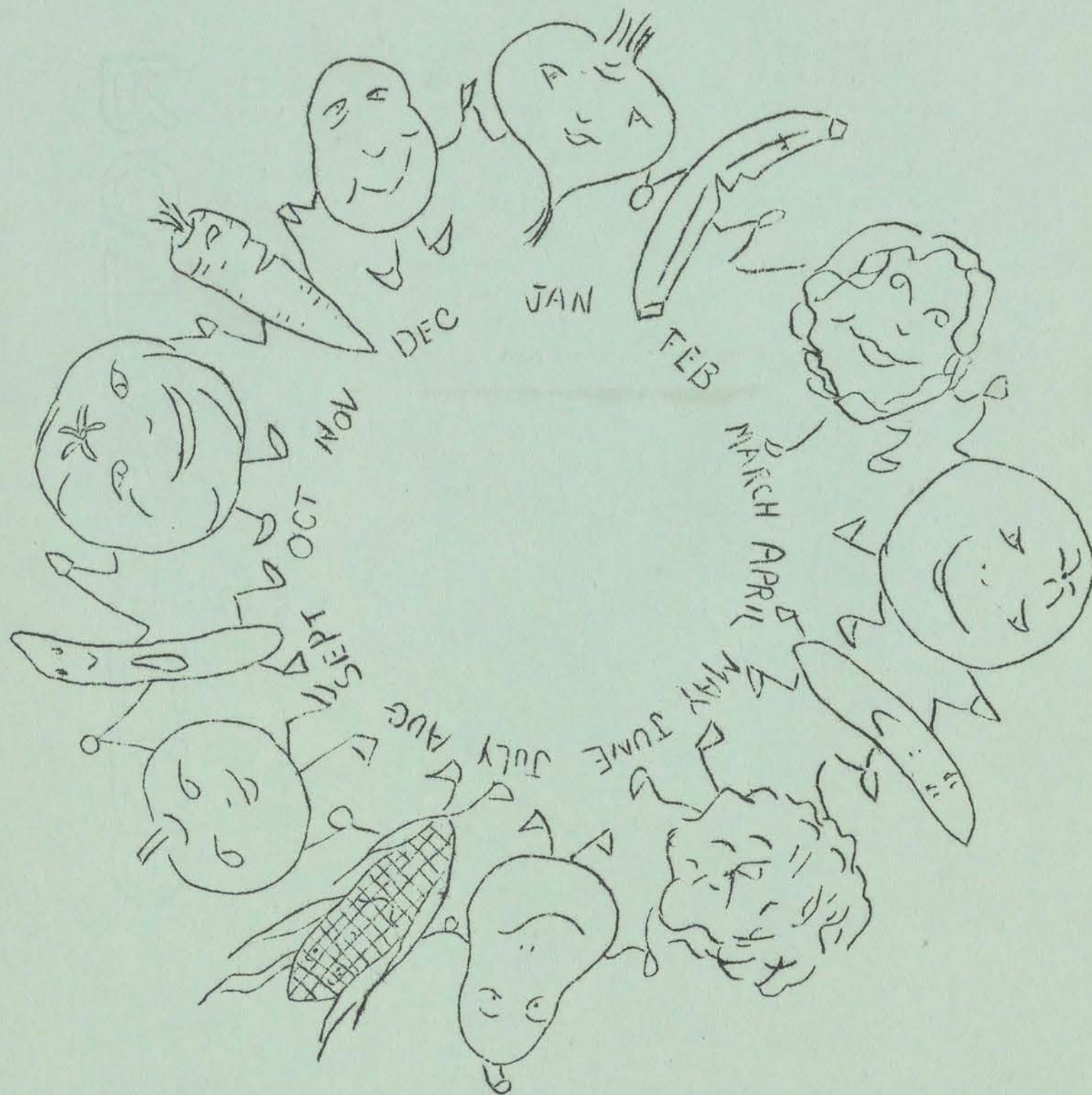
Feeding a Family of Six
(continued)

	<u>No. Quarts</u>	<u>Value</u>	
Quince & pears.....	5	1.75	
Tomatoes.....	30	7.50	
Beets.....	21	5.25	
Pears.....	15	3.75	
Green beans.....	20	4.00	
Carrots.....	18	3.50	
Corn.....	<u>7</u>	<u>1.75</u>	
Total.....	303	89.45	\$89.45
Preserves and butters....	25	12.50	
Pickles.....	<u>30</u>	<u>15.00</u>	
Total.....	55	27.50	27.50
Jellies and jams.....	75 glasses..	15.00	<u>15.00</u>
Grand total.....			\$131.95

Mrs. Black also plans to can a hundred quarts of meat, the value of which should be about \$50.00. When this is done her pantry store other than the vegetables she has stored in the basement in their natural state will be worth approximately \$181.95.

Mrs. Black and her family are very grateful that they can face the winter with this great a margin on hard times.

PLANNING VEGETABLES AND FRUITS



FOR THE YEAR AROUND

by

Margaret Brenner
County Extension Agent

1932

PLANNING VEGETABLES AND FRUITS FOR THE YEAR AROUND

Looking ahead into 1932, a garden can be your most economical and healthful source of food. Why not plan an adequate garden now and make a food preservation budget to carry your family through this year? A food guide in these strenuous times advocates the following vegetables and fruits to insure good health and growth:

Every day:

Potatoes.
Tomatoes (or oranges) for children.
A green or yellow vegetable.
A fruit or additional vegetable.

Two to four times a week:

Tomatoes for all.
Dried beans and peas.

How much of these foods are you going to need for your family all of this year? Get out your pencil and paper and let us figure the amounts you should plan to raise in your garden and how much you will have to buy to supply your family's needs during the summer season and the winter months.

How Much Will You Need?

The average family we will say consists of father, mother and three children, probably ranging in age from three to fifteen years. Our health authorities advise us, each, to eat about two pounds of fruits and vegetables every day. A family of five, then, will need $2 \times 5 \times 365$, or 3,650 pounds of fruits and vegetables in a year. The youngest child would be unable to eat as much as two pounds a day so we can probably say that 3,500 pounds fruits and vegetables a year would be an ample allowance for the average family. Considering, then, the size of your family, how many pounds of fruits and vegetables should you plan to provide for your household?

What Can You Raise?

Not every Nevada ranch produces a variety of fruit, but most of our ranches can grow apples at least, and with a little planning and work, can have an adequate vegetable garden. In order to provide the foods necessary to health, every garden should contain four green-leaf vegetables: spinach, Swiss chard, kale, lettuce, cabbage, endive, asparagus, or other greens; three root vegetables: beets, carrots, rutabagas, onions, turnips, or parsnips; two pod vegetables: peas and string beans; three other vegetables: tomatoes, squash, cucumbers and radishes. Try to raise as much as possible in order to save your cash.

The size of your gardens will be affected by the number in your family, the amount of ground and water available and who will take care of it. Make your food preservation budget, decide how much

of what you need you can raise and how much you will have to buy; then plan your garden. Remember that food is the biggest item of cost in your home, and that you can save money by growing instead of buying food. Have as big a garden as you can. You will need about a fourth of an acre if you are going to raise most of your vegetables.

The following division of your garden plot will help you in planting your garden:

- 50% for potatoes.
- 25 for root vegetables.
- 15 for green leaf vegetables.
- 5 for tomatoes.
- 5 for corn.

Since your family will use potatoes from the garden during August and September about one-fifth of the potatoes should be an early variety.

A Generous Food Supply

The amounts of fruit and vegetables listed below should afford a liberal food budget for the family of five and should allow plenty to cover the needs of the haying crew and any company which may visit the ranch home during the year. The total amount given below is 4,755 pounds while we have said 3,500 pounds would be sufficient for the family of five which does not have to allow for extra hands in certain seasons.

Fruit:

- 1200 lb. (15 - 17 bu.) peaches, pears, plums, cherries, etc. (30 cases of 12 cans each - No. 3 cans - should provide about the same amount).
- 600 lb. (10 bu.) apples.
- 35 lb. dried fruit (prunes, apricots, raisins, etc.)
- 1635 lb. total pounds fruit

Vegetables:

- 1000 lb. (17 bu.) potatoes.
- 300 lb. (5 bu.) carrots.
- 100 lb. (nearly 2 bu.) beets.
- 100 lb. (nearly 2 bu.) turnips.
- 50 lb. (about 1 bu.) rutabagas.
- 100 lb. (nearly 2 bu.) parsnips.
- 50 lb. (about 1 bu.) onions.
- 300 lb. (5 bu.) tomatoes.
- 100 lb. squash and pumpkin.
- 100 lb. dried beans, lentils and peas (to be purchased)
- 100 lb. sweet corn.
- 250 lb. cabbage and cauliflower.
- 300 lb. spinach, kale, Swiss chard and other greens.

Vegetables: (con't)

100 lb.	string beans.
100 lb.	peas
35 lb.	(6 doz. heads) lettuce.
35 lb.	(3 doz. stalks) celery (to be purchased).
<hr/>	
3,120 lb.	total pounds vegetables.
(1,635 lb.)	total pounds fruit).
<hr/>	
4,755 lb.	total fruit and vegetables.

What Will You Have to Buy?

It seldom pays to buy shipped in fruit and vegetables to put up unless the market is very low. If you are not able to raise these products to can, nor obtain them from a local source, it will be as economical to buy commercially canned goods as to buy the fresh fruit and vegetables on the market to can.

What cannot be raised will have to be purchased in order to meet the family's need. It is always cheaper and usually more convenient to buy canned products by the case of one dozen cans to the case than to buy just a can or two at a time. The No. 3 can contains one quart of food and is more economical to buy than the smaller cans. The contents of a No. 3 can weighs about two pounds.

Commercially canned goods should be kept in a cool, dry place. Dampness may cause the cans to rust and warmth may in time interfere with the keeping qualities of the contents.

Your Winter Store

What will your family need during the winter months? Again we will consider the average family of five for an example. You will want to know just how much fruit and vegetables to can or how many cases of each to buy and how much to store in your cellar. The amount given here should make an excellent winter store for our average family. If you have a larger family or have some "buckaroos" to feed you will have to make allowances for them.

Fruit:

300 qts.	canned, or 24 cases of No. 3 cans (1 doz. cans to a case)
35 lb.	dried fruit.
10 bu.	apples.

Vegetables:

200 qts.	canned or 16 cases No. 3 cans (1 doz. to the case)
600 lb.	potatoes.
400 lb.	root vegetables.
100 lb.	cabbage and cauliflower.

Vegetables: (con't)

- 50 lb. dried beans, lentils, peas, etc. (to be purchased).
- 50 lb. home dried vegetables such as spinach, string beans, peas and corn.

Salmon:

- 4 cases No. 2 cans,

Ideally, much of your winter store should come from your ranch, orchard and gardens. When this is not possible, these supplies must be bought.

Use a Pressure Cooker

In canning both fruits and vegetables which are distinctly non-acid, a pressure cooker should be used in order to safe guard your family against botulinus poisoning. Do you know that every specimen of soil in Nevada which has been tested in a laboratory (excepting one specimen from the top of the Rubies) has contained the botulinus organism? Cooking food carrying this organism as long as six hours at ordinary temperatures does not destroy it. The botulinus organism exists in the soil, but develops only in the absence of air. Fresh foods exposed to air, then, are not dangerous, while canned foods favor the growth of the organism. It is not possible to can these foods at a high enough temperature to kill botulinus without a pressure cooker. It is true that your family may have escaped thus far, but some day it may be too late to invest in a pressure cooker.

The Home Evaporator

Dried food since it is exposed to air in its preservation does not carry the danger of botulinus poisoning. In this high, dry climate food may be evaporated very quickly and retains a better flavor than most canned products. Dried spinach and other vegetables are much like the fresh product when prepared for the table. See your Extension agent for directions for constructing a home evaporator with which you can dry both fruits and vegetables.

Cellar Storage

Root vegetables such as carrots, turnips, rutabagas, and parsnips should be kept in a dry, cool cellar or basement. They may be packed in sand or placed in deep stone jars with a tight cover so that much air will not get to them. Potatoes and onions will keep well for months in cool, dry bins in the basement or cellar. Squash will keep for nearly six months if kept in a cool dry place.

Cabbage and cauliflower should be pulled up roots and all from the garden and stored with heads down in a cool, dry cellar. They should be covered with sacks or other cloth, then with straw.

Some people dig a deep pit in the ground and bury their cabbage and cauliflower. This method is very good, but it is not as convenient as storing in a cellar.

Apples should be stored in a cool, dry basement or fruit cellar. If they are wrapped in paper they will keep better. Pears can be kept in the same way for two or three months.

The problem of what to feed the family with financial conditions as they are, can largely be solved by the homemaker when she makes a food preservation budget and with the help of an orchard and adequate garden, provide the fruits and vegetables so necessary to health both in summer and winter.

Make a Food Supply Budget

On page 6 and page 7, you will find a suggested food budget of fruits, vegetables and meat for a family of five. The parentheses mean that the purchases indicated in them need not be made if the food can be obtained from the home garden or orchard, as shown in the columns to the left of those having the parentheses. Example: Peaches - if 50 to 100 pounds are raised at home (Column I), they will not be purchased (Column 2).

The amounts of preserved meat suggested will probably provide about half as much of all meat as such a family would use in a year. The fresh meat is not accounted for in this budget.

Since most of our diets in Nevada are low in iodine we are urged to eat sea food frequently. This is why canned salmon should be included in your food preservation budget.

You will find a blank form for preparing your food preservation budget on pages 8 and 9. Make your plan as carefully as possible, and in detail, then plan your garden and purchases to meet your needs best. If practically all of the vegetables suggested in this budget were raised in a home garden, one-fourth of an acre of good ground would be all that would be needed.

SUGGESTED FOOD BUDGET FOR FRUITS, VEGETABLES & MEATS FOR A FAMILY OF FIVE

	: PRODUCTS FOR FRESH USE :		: CANNED GOODS :		: DRIED GOODS :		STORAGE
	: Use	:	:	:	: Home dried	:	: Home stored
	: from garden	: Purchased	: Home canned	: Purchased	: from garden	: purchased	: from garden
Fruit				cases			
Peaches	: 50-100 lb.	: (50-100 lb)	: 50-100 qt.	: (4-8)	: 5 lb.	: (5 lb.)	
Apricots	: 12-25	: (5-10)	: 12-25	: (1-2)	: 5	: (5)	
Plums & prunes	: 12-25	: (5-10)	: 12-25	: (1-2)		: 10-15	
Berries	: 25-50	: (12-25)	: 25-50	: (2-4)			
Cherries	: 5-10	: (2-4)	: 12-25	: (1-2)			
Grapes & raisins	: 5-10	: (2-4)	: 5-12	: ($\frac{1}{2}$ -1)		: 10-15	
Pineapple				: 1-2			
Other fruits including oranges, bananas		: 50-150	: 12-25	: (1-2)			
Apples	: 50-100	: (1-2 bu.)			: 10		: 8-12 bu.
Jellies, jams			: glasses	: glasses			
			: 50-100	: (50-100)			
Vegetables							
Root: potatoes	: 200-400 lb.	: (200-400)					: 600-800 lb
Carrots	: 50-100	: (25-50)	: 12-25 qt.				: 100-200
Beets	: 10-15	: (5-10)	: 12-25				: 50-100
Turnips	: 5-10	: (0-5)					: 25-50
Rutabagas	: 5-10	: (0-5)					: 25-50
Parsnips	: 10-15	: (5-10)					: 25-50
Onions	: 10-20	: (5-10)					: 25-50

SUGGESTED FOOD BUDGET FOR FRUITS, VEGETABLES & MEATS FOR FAMILY OF FIVE (continued)

	: PRODUCTS FOR FRESH USE :		CANNED GOODS :		DRIED GOODS :		STORAGE
	: Use	:	: No. 3 cans:	Home dried:	: Home stored	:	: Home stored
	: from garden:	Purchased	: Home canned:	Purchased	: from garden:	Purchased	: from garden
Green:	:	: 6 doz heads:	:	:	:	:	:
Lettuce & celery	: 6 doz heads:	3 " stalks :	:	:	:	:	: 25-50
Cabbage	: 10-20 lb.:	(10-20) lb.:	:	:	:	:	: 75-100
Cauliflower	: 5-10 :	(5-10) :	:	:	:	:	: 10-20
Spinach and other greens	: 10-30 :	(10-30) :	25-50 qt. :	cases (2-4) :	5-10 lb.:	:	:
String beans	: 10-20 :	(5-10) :	12-25 :	(1-2) :	5-10 :	:	:
Peas	: 10-20 :	(5-10) :	12-25 :	(1-2) :	5-10 :	:	:
Tomatoes	: 30-100 :	(10-20) :	25-50 :	(5-10) :	:	:	:
Squash	: 20-40 :	:	:	:	:	:	: 60-100
Dried beans and lentils	:	:	:	:	:	50-100	:
Dried peas	:	:	:	:	:	5-10	:
Corn	: ears 60 doz.:	:	:	:	15-40 lb.:	:	:
Pickles, relishes	:	:	12-25 :	(12-25 qt):	:	:	:
Meat	:	:	:	:	: Home cured:	:	:
Beef	:	:	25-50 qt. :	:	100-200 lb.:	:	:
Mutton	:	:	10-20 :	:	:	:	:
Pork	:	:	10-20 :	:	100-150 :	:	:
Salmon & sea food	:	:	:	cases 4-6 :	:	:	:

FOOD BUDGET FOR FRUITS; VEGETABLES & MEATS FOR YOUR FAMILY

	: PRODUCTS FOR FRESH USE :		: CANNED GOODS :		: DRIED GOODS :		: STORAGE
	: Use	:	:	:	: Home dried	:	: Home stored
	: from garden	: Purchased	: Home canned	: Purchased	: from garden	: Purchased	: from garden
Fruit	:	:	:	:	:	:	:
Peaches	:	:	:	:	:	:	:
Apricots	:	:	:	:	:	:	:
Plums & prunes	:	:	:	:	:	:	:
Berries	:	:	:	:	:	:	:
Cherries	:	:	:	:	:	:	:
Grapes & raisins	:	:	:	:	:	:	:
Pineapple	:	:	:	:	:	:	:
Other fruit including oranges, bananas	:	:	:	:	:	:	:
Apples	:	:	:	:	:	:	:
Jellies & jams	:	:	:	:	:	:	:
Vegetables	:	:	:	:	:	:	:
Root: Potatoes	:	:	:	:	:	:	:
Carrots	:	:	:	:	:	:	:
Beets	:	:	:	:	:	:	:
Turnips	:	:	:	:	:	:	:
Rutabagas	:	:	:	:	:	:	:
Parsnips	:	:	:	:	:	:	:
Onions	:	:	:	:	:	:	:

FOOD BUDGET FOR FRUITS, VEGETABLES & MEATS FOR YOUR FAMILY

	: PRODUCTS FOR FRESH USE :		CANNED GOODS :		DRIED GOODS :		STORAGE :
	Use				Home dried		Home stored
	: from garden :	: Purchased :	: Home canned :	: Purchased :	: from garden :	: Purchased :	: from garden :
Green:	:	:	:	:	:	:	:
Lettuce & celery	:	:	:	:	:	:	:
Cabbage	:	:	:	:	:	:	:
Cauliflower	:	:	:	:	:	:	:
Spinach; other greens	:	:	:	:	:	:	:
String beans	:	:	:	:	:	:	:
Peas	:	:	:	:	:	:	:
Tomatoes	:	:	:	:	:	:	:
Squash	:	:	:	:	:	:	:
Dried beans & lentils	:	:	:	:	:	:	:
Dried peas	:	:	:	:	:	:	:
Corn	:	:	:	:	:	:	:
Pickles & relishes	:	:	:	:	:	:	:
Meats	:	:	:	:	:	Home cured	:
Beef	:	:	:	:	:	:	:
Mutton	:	:	:	:	:	:	:
Pork	:	:	:	:	:	:	:
Salmon & sea food	:	:	:	:	:	:	:

(q) Foods and Nutrition.

NUTRITION

4-H Food Preservation Club Work

A county-wide 4-H Food Preservation club was organized this year with six girls from three communities. These six girls have canned over 800 jars of fruits, vegetables and meats for their families. Two of the girls exhibited their products at the State club encampment at Reno in August and won first and second prizes and another girl won first in canning judging. The State winner exhibited some of her products at the Pacific International Livestock Exposition at Portland, Oregon, in October, and won third place. Last year two club members won a total of forty dollars in prizes in the National 4-H club canning contest at Chicago.

The 4-H Food Preservation booklet was revised this year by the agent:

Summary of results:

Clubs organized.....	1	
Communities represented.....	3	
Club members enrolled.....	6	
Completions.....	6	or 100%
Number jars of produce canned.....	838	
Number pounds produce evaporated.....	11	
Leaders assisting.....	0	
Days devoted to work by agent.....	15 ³ / ₄	
News articles published.....	2	
Home visits.....	23	
Method demonstrations held.....	6	

4-H Food Preservation Club (continued)

4-H Club Girl Makes Unusual Record

Florence Walthers has been enrolled in the 4-H Food Preservation club for three years. Before this time she had done no canning. She became interested in helping her mother to can the products of their garden for their family of thirteen. The first year Florence canned 38 pints. This was a beginning. The second year the mother was away from home cooking for a haying crew most of the summer. In three months this club girl canned 267 quarts of fruit, 191½ quarts of vegetables, 97 quarts of pickles, made 67½ glasses of jelly, jam and marmalade and evaporated 16 pounds of fruits and vegetables. She estimated that she earned \$1.95 an hour in providing food for her family.

This year Florence has canned 145½ quarts of meat, fruit and vegetables and has evaporated 11 pounds of products.

Florence's canning exhibit won first prize at the State club exhibit at Reno in August, and in October, she won third prize at the Pacific International Livestock Exposition at Portland.

Two younger Walther girls are also enrolled in the Food Preservation Club and this year the two sisters have canned 186 jars of fruits and vegetables.

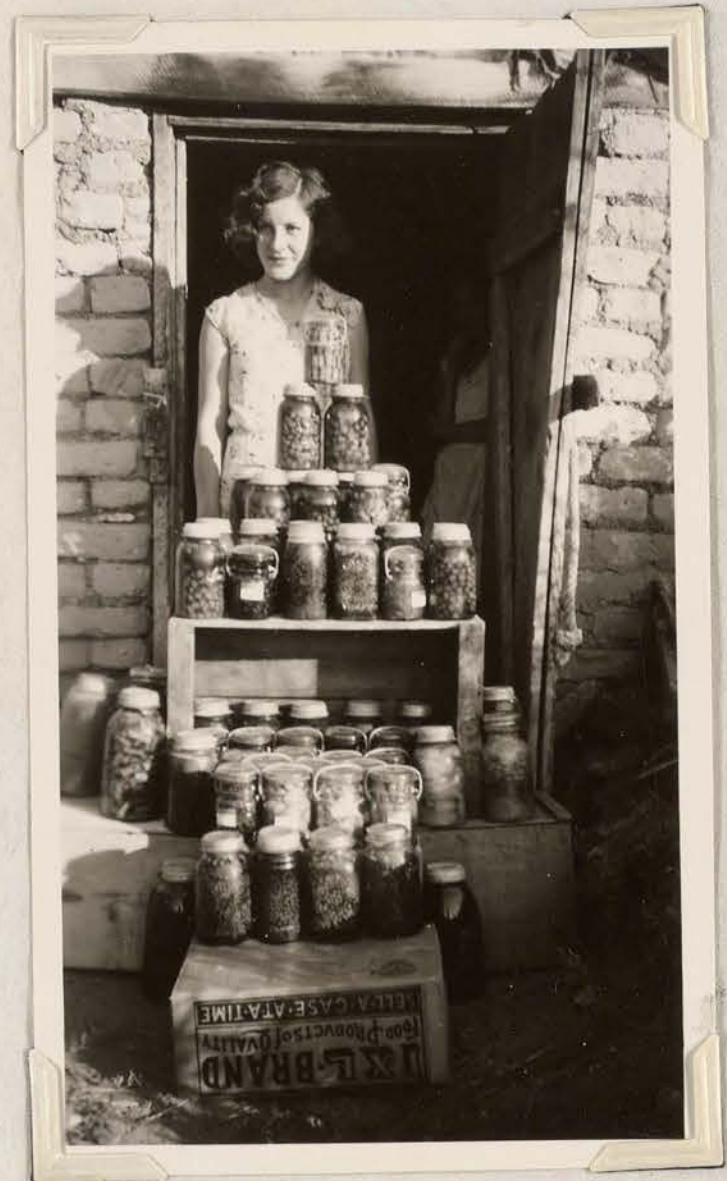


Figure No. 15. Florence Walthers and part of her store of canned products.

Requirements

1. Number of Meetings: The club shall select and carry out at least eight meetings. Try to hold more. Twelve meetings are much more satisfactory than only the required eight.

Demonstration No. I (1st year):

Each girl should can at least 25 jars, pints or quarts, including the following different products: 4 fruits (different kinds); 1 root vegetables, 1 pod vegetable, and tomatoes. Exhibit at least 5 different products.
Home work: 40 hours.

Demonstration No. II (2nd year):

Each girl should can at least 50 jars, pints or quarts, including the following different products: 1 jelly, 4 different fruits, 2 root vegetables, 2 pod vegetables, 2 green-leaf vegetables. She should evaporate at least two kinds of products.
Budget: Plan a canning budget for your family including enough fruit and vegetables to last through the winter months as a supplement to what is stored.
Exhibit at least 8 different products.
Home work: 60 hours.

Demonstration No. III (3rd year):

Each girl should can at least 100 jars, pints or quarts, including the following different products: 2 jellies, 1 preserve, 1 pickle, 6 different fruits, 3 root vegetables, 2 pod vegetables, 4 green-leaf vegetables, 3 miscellaneous vegetables including tomatoes and 2 kinds of meat.
Evaporate at least 4 different kinds of products.
Plan a food preservation budget for your family for a year including products which are canned, evaporated, and stored.
Exhibit at least 10 different kinds of products.
Home work: 80 hours.

Demonstration No. IV (4th year):

Each girl should can, evaporate or cure at least 200 jars, pints or quarts, including the following different products: 2 jellies, 2 jams, 2 preserves, 2 pickles, 4 different fruits, 3 root vegetables, 2 pod vegetables, 4 green-leaf vegetables, 3 miscellaneous vegetables including tomatoes, 3 kinds of meat, 1 soup.
Learn to can in tin.
Made a food preservation budget for your family for the entire year including canned, evaporated and cured products.
Exhibit at least 12 different kinds of products.
Home work: 80 hours.

EVERY CANNING CLUB GIRL SHALL LEARN HOW TO OPERATE A PRESSURE COOKER, AND HOW TO EVAPORATE FRUITS AND VEGETABLES. EVERY SECOND, THIRD, AND FOURTH YEAR CANNING CLUB GIRL SHALL MAKE A FOOD PRESERVATION BUDGET FOR HER FAMILY.

2. Home work: Each recipe used at club meetings should be repeated at home at least twice. Any other work around the kitchen, dining room or vegetable garden may be counted as home work.

3. Reports: Each club member shall keep a record of her home work and special club work. Use the space provided in the back of your demonstration book and when it is completed have it inspected by the county agent. Then transfer a summary to your permanent record book and hand in to your Extension agent.

4. Story: It is a good plan to write a story of your club work (see suggestions in book); however, this is not required. In competing in state contests a club story is of much value and you may wish to write one. If you do, hand it in to the agent with your record book at the end of this year's work.

5. Final summary: Each member shall make out a final summary of the year's work. Have it signed by your local leader and hand it to your Extension agent.

Note: All these requirements must be fulfilled in order to secure credit for this year of work, and receive your club pin. Check over these requirements before the close of this year's work, and be sure you have fulfilled all of them.

The Food Preservation Budget

The purpose of a food preservation budget is to provide a plan which will supply sufficient fruits and vegetables to insure an adequate diet during the winter months.

Our health authorities advise us, each, to eat about 2 pounds of fruits and vegetables every day. A family of five, then, will need $2 \times 5 \times 365$, or 3650 pounds of fruits and vegetables in a year. Much of this will be obtained directly from the garden or orchard during the summer and fall months and about 75 per cent may be stored in the form of potatoes, root vegetables, apples, etc. ALLOWING THREE QUARTS OF FRUITS AND VEGETABLES EACH DAY FOR A FAMILY OF FIVE FOR TWO HUNDRED DAYS OF THE YEAR, SIX HUNDRED QUARTS WOULD BE NEEDED. This seems a fair estimate of canned goods for the average family of five during the winter months. This gives you an idea of how to plan a budget to meet the needs of your family.

FOOD PRESERVATION BUDGET

Fruits Canned and Dried	Jams, Jellies etc.	Vegetables Canned and Dried	Pickles	Meats, Canned and Cured
T o t a l				

FOOD PRESERVATION

An Instruction and Record Book
for 4-H Boys and Girls Club Work for Food Preservation

Demonstrations I, II, III, IV.

Margaret Brenner
County Extension Agent

USE A FILE FOR YOUR RECIPES AND BULLETINS: Recipe and bulletin file boxes including cards, guides and headings can be purchased. Crayon boxes, children's shoe boxes or correspondence card boxes can be used to hold the cards. Guide cards and headings may be made from a box large enough to hold all bulletins, or of several cigar boxes. When using cigar boxes, knock out the front and nail the lid on. Slip bulletins in the box and arrange boxes on shelves like books. Boxes may be painted to harmonize with the color of the kitchen.

The heading and guide cards might contain the following:

- | | |
|---------------------|----------------------|
| 1. Canning | 5. Food Preservation |
| a. Fruits | Budget |
| b. Vegetables | 6. Jellies |
| c. Meats | 7. Preserves |
| 2. Canning in Tin. | 8. Pickles |
| 3. Curing of Meats. | 9. Record of work. |
| 4. Drying | |
| a. Fruits | |
| b. Vegetables | |

FIGURE THE COST AND VALUE OF YOUR PRODUCTS. In order to determine the value of your products a price list of home canned foods follows:

1 qt. canned fruit	\$.25-.50	1 qt. preserves	\$.50-.80
1 lb. dried fruit	.10-.15	1 qt. pickle or relish	.40-.50
1 qt. canned vegetable	.15-.25	1 qt. fruit juice	.25-.40
1 glass jelly	.15-.20	1 lb. cured meat	.15-.25
		1 qt. canned meat	.40-.60

YOUR RECORD BOOK IS INCLUDED AT THE BACK OF THIS BOOK. The requirements in it are clearly stated. Fulfill these as carefully as you do your canning. Check your food and health habits and get weighed at least three times this year. Be sure to learn the 4-H club motto, the 4-H club pledge and the pledge of allegiance to the United States. Remember to improve your home in some way this spring.

Keep up this record of your work as you go along. This record book must be properly filled out and handed in to your Extension agent at the end of the year.

You may write a club story of your work if you wish, but a story is not required. It is a good plan to write one if you expect to compete in contests since a story gives a personal interest to your record of achievement.

What to Write:

1. Why you are a club member.
2. How long you have been a club member.
3. What first interested you in club work.
4. Tell how you did your canning; your cooking.
5. Give troubles you have had and how you remedied them.
6. How you disposed of your products.
7. Tell what you have learned.
8. Tell about club meetings, games, songs, picnics, fairs, achievement programs.
9. Club pins, prizes and other things won.
10. Everything that interests you.
11. Tell the total number of people who saw your demonstration.

Jot down things of special interest; as, club meetings, contests, demonstrations, achievements attained, difficulties overcome, etc. These notes will help you to write a good story. THE RECORD DOES NOT FORGET.

Keep up this record of your work as you go along. This record book must be properly filled out and handed in to your Extension agent at the end of the year.

PRESERVATION OF FOOD

Spoilage of foods is due principally to the growth of yeasts, molds, or bacteria. These are known collectively as micro-organisms and may cause either fermentation or putrefaction. Fruits and acid vegetables are likely to ferment and mold while the protein foods are inclined to putrefy. Since these micro-organisms occur abundantly in the air and water and on our food, the preservation of foods depends upon destroying them or checking their growth. This may be accomplished in various ways. Canning, drying, and similar processes are common methods of preserving foods.

CANNING is a modern art. For successful canning of foods the micro-organisms must first be destroyed or their growth prevented; then the air must be excluded to prevent entrance of other micro-organisms.

Fruits contain, among other things, more or less sugar, starch, and acids. The sugar and the starch are foods for yeasts and molds which grow in the presence of acids. So the spoilage of canned fruits and acid vegetables is largely due to these organisms. Since both yeasts and molds are easily killed by moist heat, if fruits are thoroughly cooked and then sealed tightly they usually keep.

Bacteria thrive on non-acid vegetables such as peas and beans. As bacteria are more difficult to destroy than yeasts and molds, vegetables are harder to can successfully than fruits.

Four methods of canning are commonly used: open kettle, cold and hot pack and oven canning.

OPEN KETTLE CANNING consists of cooking all prepared material in an open kettle, transferring it to a sterilized jar, and sealing the jar tightly at once.

This method offers opportunity for contamination in transferring the material from the kettle to the jar. Only acid fruits and vegetables can be safely canned by this method. If there is danger of botulinus in your locality this method should not be used at all. Products canned in this way do not, as a rule retain their shape, color and flavor as well as by other methods.

COLD-PACK CANNING consists of packing the prepared materials into jars, partially sealing, processing or cooking, then completing the sealing process. If properly done, this method permits of no opportunity for contamination between the cooking and sealing. It is suited to all kinds of canning but particularly to the less acid fruits and vegetables. Vegetables may be preserved by this method which cannot be canned successfully by the open kettle method. Cold-pack products retain their natural shape and flavor very well. The color is not always good.

HOT-PACK CANNING is very similar to cold-pack but the food is heated in an open kettle first then packed into jars, completely sealed and processed. The advantage of pre-heating the food is that it shrinks it thus conserving the space in the jars. The shape of the food may not be retained quite as well as in cold-pack canning. This method is probably more commonly used than the cold pack since it does save space in the jars and because the jars can be completely sealed at the beginning.

PRESSURE COOKERS are ideal for canning all products, particularly those which are difficult to keep under ordinary conditions. It is recommended especially in localities where there is danger of botulinus poisoning. It happens that much of the soil in Nevada carries the botulinus organism. For this reason every 4-H club girl should use a pressure cooker in canning her products. Cooking food containing botulinus as long as six hours at ordinary temperature does not destroy the organism. Botulinus exists in the soil, but develops only in the absence of air. Fresh foods exposed to the air, then, are not dangerous, while canned foods favor the growth of the organism. It is not possible to can these foods at a high enough temperature to kill botulinus without a pressure cooker. For directions for using the pressure cooker study page 14 of Farmers' Bulletin No. 1471 or its revision.

The following two methods cannot be safely used in Nevada.

WATER-BATH CANNER - the water bath is simple and can be used with a fair degree of success in localities where there is no danger of botulinus. It consists of some kind of kettle which is deep enough to hold the jars. A wash boiler, a large lard can or any similar utensil may be fitted with a rack on which one can place

the jar. This permits the water to circulate freely about them. The jars are covered with water to a depth of 2 inches. Cover the utensil tightly and count the time from when the water boils rapidly. Keep the water boiling throughout the cooking period. Remove the cans as soon as the processing is completed and seal tightly.

THE OVEN, if fitted with a heat regulator, is satisfactory for canning fruits and acid vegetables, as tomatoes. The shape and color of the products are usually retained. Oven canning requires at least 1 hour and the temperature ranges from 225° to 300° F. This method will not insure your family against botulinus poisoning.

TEST ALL JARS except the hermetically sealed ones before using. To test, partially fill with warm water, adjust the rubber and cover, and seal. Invert the jar and shake. If it leaks, change the cover or rubber or otherwise adjust to make the jar tight. The bails may be bent to give the right pressure and the edges of the metal caps straightened as needed.

TEMPER ALL NEW GLASS JARS before using to prevent breaking. To do this, place on a rack in a pan, cover with cold water, and heat gradually to the boiling point.

STERILIZE ALL JARS to be used for open-kettle canning. Sterilize those to be used for cold-pack canning only if the product is to be cooked less than 1 hour.

To sterilize, wash the jar clean and test, then place with the cover on a rack in a pan. Cover with water. Heat gradually to the boiling point. Boil 15 minutes or longer if the jar has contained any spoiled product. To use, remove from the water and fill. Do not wipe.

RUBBERS should be bought new each season. To test, stretch vigorously. It should return quickly to its original shape. Fold the rubber double and pinch. It should not crease.

In selecting fruits and vegetables for canning, choose clean, fresh, sound products. Vegetables, particularly should pass immediately from the garden to the can. Discard those with any signs of spoilage.

GENERAL DIRECTIONS FOR OPEN-KETTLE CANNING; Use only fruits or acid vegetables for open-kettle canning. Test and sterilize the jars and sterilize all spoons and other implements used in packing. Prepare the fruit or acid vegetables as tomatoes, as for the table. Cook until tender with the desired amount of water and sugar or salt. Place the sterilized jar on a hot surface as a plate. Dip the rubber into boiling water and place in position. Fill the jar to over-flowing with the cooked product. Cover and seal at once. Invert the can and cool slowly avoiding a draft.

DIRECTIONS FOR USING PRESSURE COOKER: See Farmers' Bulletin No. 1471.

STORED CANNED FOOD in a cool, dark, clean place. Dormant organisms are less likely to develop in cool conditions. Exclusion of light lessens the fading of the color in canned products.

PRESERVING is cooking a fruit or vegetable either whole or cut into uniform pieces, in a heavy syrup until the food is plump and clear. The finished product should be tender and filled with syrup. The large amount of sugar serves as a preservative.

Cook all hard foods, as pears, quinces, and apples until tender before preserving. This softens the product and allows the syrup to penetrate more completely to the inside. It also prevents shrinking and toughening. When the food is tender drain from the liquor. The latter may be used for making the syrup if desired.

Allow $1\frac{1}{2}$ C sugar and $\frac{3}{4}$ C water or juice to each lb. material unless it is very sour; in that case, use equal weights of fruit and sugar. Dissolve the sugar in water or liquid and boil until the desired richness is obtained. If the fruit is not precooked it will be more tender if added before the syrup becomes too thick.

Cook the food rapidly in the syrup. It is sufficiently cooked when plump and clear. If over-cooked the product is dark and dull in appearance. Do not cook too large a quantity at a time as this is apt to spoil the shape and increase the length of time the preserves must be cooked. Skin the syrup as necessary while cooking.

To make very plump preserves, heat the food in the syrup to the boiling point. Let stand over night and complete cooking in morning.

Pack the finished preserves into sterilized glasses or jars. Cover with the boiling syrup. Seal. They will be more sure to keep free from molds if processed 10 minutes in water-bath after sealing.

DRYING OR EVAPORATION is the preservation of food by extraction of water. Read the bulletin on evaporation which is included. When a food is sufficiently dry, micro-organisms will not grow in it and, if properly protected from contamination, it will keep for some time. Almost any fruits and vegetables can be dried. Of the fruits, apples, peaches, apricots, berries and cherries are among the best. Sweet corn, particularly, but also green peas and beans, spinach, string beans and several other vegetables are satisfactory to dry.

Place the prepared vegetables and fruits in single layers on trays or platters to dry. The food usually needs occasional turning and must always be protected from dirt and insects.

SUN DRYING. Set the food to be dried in the hot sun. Protect from dust by covering with cheesecloth. Put under cover in wet weather and at night. Continue unless sufficiently dry, turning as needed.

OVER DRYING. Set the food to be dried in a very slow oven - not over 140° to 150° F. or 60° to 65° C. It is generally wiser to start with a temperature around 110° F. or 43° C as this prevents too rapid drying of the surface. Ventilate by leaving the door ajar. Continue until sufficiently dry turning as needed.

AIR DRYING: Place the prepared food where strong drafts of air will blow over it. Natural breezes are seldom sufficiently steady to be satisfactory for this purpose. Electric fans may be used with fair success.

TESTS FOR DRYNESS. Foods properly dried, feel pliable and leathery rather than hard and crisp. They should not snap and crackle when handled. It should be impossible to press any water out of the ends of freshly cut pieces.

Care after drying: remove the food from the drier and put it into a box or similar container for 3 or 4 days to distribute the moisture evenly. This process is called "conditioning". Stir thoroughly once each day during this period. If, after conditioning, the product seems moist it should be returned to the drier.

Store the finished product in any tight container, Glass jars, tin cans, pasteboard boxes, paper bags and paraffined paper cartons are all good. Keep in cool, dry, well-ventilated place away from insects and rodents. Materials dried slowly are apt to have been infected during the process by eggs of moths and other insects. To prevent these from developing, it is wise to heat the dried food in a thin layer to a temperature of 180° F. or 82° C. just before packing.

PREPARATION FOR COOKING. Wash dried foods well, soak for several hours in cold water to cover. Soaking may be omitted but it is desirable as it shortens the cooking period. Cook in the water in which they are soaked. Use as desired.

JELLY is made by combining certain fruit juices with sugar in correct proportions under proper conditions. Good jelly is clear, tender and transparent. It holds its shape when unmolded or cut, yet it is so delicate that it quivers.

The essentials for jelly making are right proportions of pectin, acid, and sugar in a water medium. Pectin is a carbohydrate possessing jelling power under certain conditions. It is

the chief jelly making substance but needs to be combined in the right amounts with the other essentials, acid and sugar. Pectin does not occur in all fruits. It is frequently not found in the juices of raw fruits yet appears in abundance in these same juices when extracted by cooking. The fruit should be thoroughly cooked to insure a good extraction but if overcooked the pectin is weakened. Pectin is much more abundant in green than in ripe fruits so that the former are preferable for jelly making. It is also much diluted in fruits after a rain. If either pectin or acid is lacking or is present in insufficient amounts it should be added, if a good jelly is to be made. It is therefore necessary to know what fruits are good sources of pectin and acid. One should also be able to make simple tests for the presence or absence of these substances.

FRUITS RICH IN BOTH PECTIN AND ACID: crab apples, sour apples, cranberries, currants, green grapes, gooseberries, loganberries, oranges including the skin, sour plums, etc.

FRUIT RICH IN PECTIN BUT LOW IN ACID: quinces, sweet apples, guava, etc.

FRUITS RICH IN ACID BUT LOW IN PECTIN: strawberries, cherries, peaches, rhubarb, pineapple, etc.

ALCOHOL TEST FOR PECTIN: Mix 1 T fruit juice to be tested with 1 T grain, wood or denatured alcohol. DO NOT TASTE! THE LAST TWO ARE POISON! The amount of pectin in the juice will be indicated by the amount of precipitate obtained. If a solid mass is formed, pectin is abundant. If it is absent there will be no precipitate. If only small clumps appear the pectin is deficient. The precipitate tends to dissolve upon standing so the test should be watched carefully.

EPSOM SALTS TEST FOR PECTIN: Add 1 t sugar and $\frac{1}{2}$ T Epsom salts to 1 T fruit juice. Stir until the salts dissolve. Let stand 20 minutes. A heavy precipitate indicates abundant pectin. Little or no precipitate indicates that pectin should be added. This is more or less successful with apple, crab apple, plum, quince, and cranberry juices. It is not good with grape juice.

ACID TEST: Taste the juice. If distinctly sour, it contains enough acid. If not sour add acid in some form until the juice tastes as sour as a tart apple.

SELECTING AND PREPARING THE FRUIT: Choose half ripe and half green fruit. They will give a good flavor and texture. Wash and look over the fruit carefully. Remove the blossom ends and decayed portions. Retain the skins and core if present, as they yield pectin. Cut large fruit, as apples, into small pieces. Crush such juicy fruits as currants.

EXTRACTING THE JUICE: Cook small fruits in a very small amount of water. Cook firm fruits in water to cover well. When tender, strain thru double cheese cloth squeezing gently. Strain the juice thus obtained through a flannel bag which has been wrung dry from hot water. Allow to drip but do not squeeze. The juice thus obtained is known as the first extraction.

A SECOND EXTRACTION is made by adding water to the pulp left from the first extraction. Cook this slowly for about 30 minutes, then strain as for the first extraction.

Combinations of fruit juices and flavors may be used. Plums and crabapples; orange and rhubarb; apple, quince and cranberry; apple and mint; apple, blue berry and rhubarb are good.

ADDING THE SUGAR: Use either cane or fine beet sugar. Allowing $\frac{3}{4}$ as much sugar as juice for most fruits. A few very sour fruits containing much pectin, as currants and greengooseberries, require equal amounts of sugar and juice. When the acid and pectin are low, reduce the sugar to correspond. Too little is better than too much. Too much sugar for the pectin gives a large volume of jelly that is soft and syrupy. Too little sugar gives a tough gummy product of proportionately small volume.

When to add the sugar is an important point. The general rule is to add the sugar about midway in the cooking process. If the juice is very dilute, a longer cooking period will be necessary before the sugar is added.

Do not make more than 8 or 10 glasses at a time. If cooked in large quantities the product is darker and less delicate. Use a Kettle with a capacity at least 4 times as large as the amount of juice to be cooked. There should then be no loss from boiling over.

STRAWBERRY PRESERVES

Choose firm, large berries; pick over, wash, drain quickly, and hull. Weigh. Allow $\frac{3}{4}$ as much sugar by weight as fruit.

Method I. Make syrup of the sugar by adding 1 C water to each 2 C sugar used. Boil 5 minutes. Add the berries and bring to the boiling point. Skim the berries from the syrup. Put into sterilized jars. Boil the syrup 10 minutes. Pour over the fruit and seal. All berries may be preserved in this way.

Method II. Add the sugar to the berries. Let stand in a warm place until the juice is extracted. Then cook rapidly until the fruit is plump and clear. Put into sterilized jars. Boil the syrup to the desired thickness and pour over the preserves. Seal.

SUN-COOKED PRESERVES: Berries, particularly raspberries and strawberries, cherries and currants are most commonly preserved by this method.

Wash, drain quickly, pick over, stem and weigh. Make syrup allowing 1 lb. sugar and $\frac{1}{2}$ C water or fruit juice for each lb. fruit. Cook the syrup until it spins a thread. Add the fruit. Let stand over night. Skim out the fruit and spread on shallow dishes. Boil the syrup until it again spins a thread. Pour it over the berries. Cover with glass and place in the sun until the fruit is plump and the syrup thick. Time required will vary from a few hours to a few days depending on conditions. Turn the fruit in the syrup once a day. If the weather is cloudy, put the berries in a very slow oven until of the desired consistency.

JAM is a "spread" made from small fruits, usually berries, which have been cooked in a large amount of sugar to a pulp. Strawberry, blackberry and raspberry jams are most popular.

Make jam in small quantities in order to secure a delicate product. It is preferable to choose some ripe and some under-ripe fruit. The former gives a better flavor and the latter supplies pectin which enable the mixture to "jelly". Soft, broken fruit may be used. Prepare the fruit according to kind and weigh.

Cook the fruit until soft in as much water as is needed to keep it from burning. Stir occasionally to prevent sticking and to aid breaking the fruit. Run through a sieve if another product is desired but return all pulp to the mixture.

Add the sugar, allowing $\frac{3}{4}$ lb. for each lb. fruit. After the sugar is added, cook rapidly, stirring from the bottom almost constantly toward the last to prevent burning. The cooking should be finished in 20 to 30 minutes.

When done, jam will break off in sheets from the spoon or it will thicken if a little is dropped on a cool dish. When done, pour it into hot, sterilized jars and seal. If the jars are then processed for 10 minutes the jam is more sure to keep.

FRUIT BUTTERS consist of fruit pulp cooked in a comparatively small amount of sugar until thick and butter-like. They may be spiced if desired. Apple, peach, plum and similar fruits are frequently used for this purpose.

Choose ripe fruits. Broken and soft parts may be used. Prepare and weigh. Cook, stirring occasionally, in the least possible amount of water until soft. Run through a sieve. Add $\frac{1}{4}$ to $\frac{1}{2}$ as much sugar by weight as fruit. Use the larger amount for sour fruits. Cook until thick and clear. Stir almost constantly toward the last of the cooking to prevent burning. Pour into hot, sterilized jars or glasses and seal. These may be processed for 10 minutes to insure keeping.

MARMALADES consist of thin slices or small pieces of fruit suspended in a clear jelly or jelly-like syrup. Fruits with jelly-making properties are usually used, either entirely or in part.

ORANGE MARMALADE

6 oranges and 6 lemons.

Wash the fruit. Cut into very thin slices and cut the slices into quarters. If time is the object rather than appearance, run the slices or the fruit through a food chopper. Measure the fruit including the juice. Add 3 times its bulk in water. Let stand 24 hours. Boil 15 minutes. Let stand another 24 hours. Measure. Add an equal volume or weight of sugar. Cook until it jellies. Pour into hot, sterilized glasses. When cold, cover with hot, melted paraffin.

CONSERVES are similar to marmalades but are often made of several fruits with the addition of chopped nuts and raisins.

PINEAPPLE CONSERVE

4 C canned or fresh pineapple juice and pulp
2 oranges (sliced thin; slices cut into quarters)
Juice of 1 lemon
3 C sugar

If fresh pineapple is used, pare and remove the core and eyes. Run through a food chopper and cook in water as needed until tender. Add the sugar, orange and lemon. Cook until thick. Pour into hot, sterilized glasses. Cool, cover with melted paraffin and seal.

RHUBARB CONSERVE

2 lb. rhubarb
1 - 1½ lb. sugar
2 lemons sliced thin
1 C chopped nuts

Cut young, tender rhubarb into ½ inch lengths without peeling. Place with the sugar in a kettle. Heat very slowly until the juice is drawn out. Add the lemon. Cook until thick and clear adding the nuts for the last 5 minutes of cooking. Pour into hot, sterilized glasses. Cool, cover with melted paraffin and seal.

PICKLING is preserving food by means of salt or vinegar. Sugar and spices are often added for taste rather than for preserving qualities. Pickles may be sour, sweet, spiced, or otherwise designated according to the flavor. Both fruits and vegetables are commonly pickled. Such crisp vegetables as cucumbers, green tomatoes, onions, cabbage, cauliflower, and beets are most often used. Several of these may be combined for mixed pickles. Apples, cherries, crabapples, fresh figs, grapes, peaches, pears, watermelon rinds and other firm fruits are suitable for pickling.

Good pickles are fresh and crisp, of a good flavor and uniform in size.

Prepare fruits as for canning: leave whole or cut into halves.

Vegetables are cleaned by washing and scrubbing well. Slice, shred or leave whole according to kind. Pack juicy vegetables with alternate layers of salt (½ C salt to 1 gal. vegetables such as tomatoes) and let stand over night. Soak firm vegetables as cucumbers, in brine over night or longer. Use soft water for the brine to avoid discoloration of the pickles. Allow from ¼ to ½ C salt to 1 qt. water. The salt draws water from the vegetables and tends to keep them firm. They are also better able to absorb the pickling solution after brining.

Use enamel or porcelain-lined kettles as the acid of the vinegar will not attack these materials.

Avoid the use of too much salt as it toughens and shrivels the pickles.

Avoid too strong vinegar. It bleaches the pickles and is apt to cause them to soften. Most vinegar will need dilution; occasionally it is too weak and then the pickles may not keep.

To secure crisp pickles, they may be soaked in lime water (1 ounce calcium oxide to one gallon water) for 2 hours then wash and soak in cold water 1 hour. This is not necessary to secure a good product and is scarcely to be recommended.

To intensify the color of green tomatoes and cucumbers, line the cooking kettle with grape, spinach or cabbage leaves. Also cover the material with the leaves while cooking.

Store pickles in sterilized glass jars and seal, or place in crocks and cover tightly. The former method is preferable.

SWEET PICKLED PEACHES

2 lb. prepared peaches
1 lb. brown sugar
1 C vinegar

$\frac{1}{4}$ oz. stick cinnamon
(about $1\frac{1}{2}$ sticks broken
into $\frac{1}{2}$ inch lengths)

Whole cloves

Choose under-ripe peaches, preferably clingstones. Dip into hot water for a moment, then into cold water. Remove skins. Pierce each peach with a clove. Boil the sugar, vinegar and cinnamon (tied in a cloth) for 5 minutes. Add the fruit and cook until tender in the syrup. Let stand over night. In the morning drain the syrup. Scald and pour over the peaches again. Repeat for 3 successive mornings. Retain the spices until the desired flavor is secured. Pack into sterilized jars and seal. If a less highly spiced product is desired, use less spice and add it at the last scalding period. The peaches may be finished in one cooking process but the color and flavor are not so good.

WATERMELON RIND: Cut away all pink portions and the thick green outer rind. Cut it to small, uniform pieces. Cook in water until tender. Stick an occasional piece with a clove. Add 1 t allspice, if desired. Then finish as for Sweet Pickled Peaches. If a richer pickle is preferred, use $\frac{3}{4}$ lb. sugar to 1 lb. rind. A thinly sliced lemon, used to replace part of the spice, may be cooked in the syrup.

DIXIE RELISH

1 C cabbage
2 C chopped white onion
2 C chopped sweet red pepper

4 T mustard seed
2 T crushed celery seed
 $\frac{1}{4}$ C sugar

4 T salt

Soak the whole peppers in brine ($\frac{1}{4}$ C salt to 1 qt. water) for 24 hours. Drain. Freshen in cold water for 2 hours. Drain, remove seeds and coarse white sections, then chop. Mix all the ingredients together. Let stand over night. Drain off the vinegar, pack the relish into sterilized jars taking care to work out all

the air. Add the vinegar making sure that it fills all the spaces. Adjust the rubbers and covers and process 15 minutes at the simmering point of water 180° F.

FRENCH PICKLE (CHOPPED GREEN TOMATO PICKLE)

1/2 pk. green tomatoes chopped	1/2 C salt
1 medium sized head cabbage chopped	3/4 qt. vinegar
10 large green cucumbers chopped	3 lb. brown sugar
15 small chile onions chopped	1/4 C turmeric
2 T pepper corns	1 oz. celery seed
1/2 C custard seed	3 red peppers chopped

Mix the tomatoes, cabbage, cucumbers and onions together. Pack in alternate layers with salt. Let stand over night. Drain; heat the remaining ingredients to boiling point and pour over the vegetable. Let stand again over night. Drain off the liquid and reheat to the boiling point. Pour it over the vegetables again. Repeat several times until the desired flavor is secured. Can and seal.

CUCUMBER PICKLES

2 qt. very small cucumbers
Vinegar

2 red peppers
Horseradish

Wash and wipe the cucumbers. Cover with boiling brine (1/2 C salt to 1 qt. water) and let stand 24 hours. Drain. Cover with fresh cold water. Heat to the boiling point. Drain again. Cover with vinegar and seal. Sugar and spices may be added to taste.

CHUTNEYS are highly seasoned sweet pickles of Oriental origin. They are usually made from a variety of vegetables or fruits. A chutney is served with cold meats, stews or sausages.

APPLE CHUTNEY

12 medium sized sour apples
1 large onion
3 green peppers
1 red pepper
2 C vinegar
1/2 T cayenne

1/2 C currant or cranberry jelly
2 C sugar
1/2 C lemon juice
1 T brown ginger root
1 T salt

Chop the apples, onion and peppers. Add the vinegar and jelly. Simmer 1 hour, stirring often. Add the remaining ingredients. Cook another hour being careful to avoid burning. Pour into sterilized jars and seal.

SAUCES AND CATSUP are thick relishes made by cooking and then straining chopped fruits or vegetables.

TOMATO CATSUP

1 qt. tomato pulp
1/2 T salt
1 T sugar
1/2 T powdered mustard
1/2 C vinegar
1/2 small red pepper chopped (seeds removed)

1/4 T whole allspice
1/4 T whole cloves
1/4 T stick cinnamon
1/4 T whole pepper
1/4 T celery seed

Make the tomato pulp by cooking very ripe ~~tomatoes~~ until tender. Then run thru a sieve. Add the remaining ingredients and cook as rapidly as possible until thick, stirring as necessary. Tie the whole spices loosely in a cloth while cooking. Remove the spices before bottling to prevent darkening the product. Pour into hot, sterilized bottles. Process for 30 minutes. Cork tightly. When cool, paraffin the corks and tops.

ELKO COUNTYMARGARET BRENNER, *County Extension Agent***Summary of County Results**

This year closes the ninth year of the Keep Growing Demonstration in Elko County. We are glad to report 1931-1932 as one of the best years since the work has been carried on, in spite of the prevailing economic stress throughout the county.

Twenty-one communities have been included in the project this year. Eight communities closed the year as Gold Star Communities, having brought 75 per cent of their children into the Safe Zone and having 10 per cent or less in the Danger Zone. Three communities have the added honor of being Gold Star Communities at the beginning of the year as well as at the close. The county now has 71.6 per cent of its children in the Safe Zone and only 14.6 per cent in the Danger Zone.

In 1923-1924, when the Keep Growing work was introduced in Elko County, it was carried on in four communities with a total of 225 children. In 1928-1929, 23 communities with a total of 582 children were reached, and this year the project has been carried on in 21 communities with the highest enrollment in the nine years, i. e., 589 completing the demonstration.

Twice before in these years Elko County has reached the goal of a Gold Star County, with 75 per cent of the children in the Safe Zone and 10 per cent or less in the Danger Zone. This was in 1925-1926, when 82 per cent were in the Safe Zone and 9.6 per cent were in the Danger Zone, and again in 1928-1929, when the figures just met requirements.

Community interest and cooperation in this work continues to grow. This year the children in 18 of the 21 schools had hot lunches during the winter months. Where the children could not go home at noon, they brought bottles of soups or cocoa which could be reheated on the schoolroom stove. In 13 of the schools, the children had milk at recess or at noon, either brought from home or provided by the school. These practices have greatly helped in keeping the children gaining, preventing fatigue, and in actually improving the classroom work.

During the last two years, this county has been fortunate in securing the services of Mrs. Ebba D. Bishop, field nurse of the Nevada Public Health Association and the State Board of Health, who has inspected all of the children in the Keep Growing Demonstration for physical defects. All doubtful cases were referred to the family physicians, and the result has been a marked increase in the number of corrections made. The communities are realizing more and more that the children are not "free to gain" until their physical defects are removed. A total of 135 physical defects was corrected this year.

Grateful acknowledgment is made to all of the teachers and local leaders in the Keep Growing Demonstration who have so ably carried on the work during the long, winter months when

Ten Years of Keep Growing in Nevada

the heavy snows blocked the roads, thus preventing the agent traveling in many parts of the county. The enthusiasm and cooperation of these leaders have been largely responsible for the follow-up work and for the integration of positive health teaching in the schools.

Recommendations for the Coming Year:

1. Continue cooperation with the State health nurse and local physicians.
2. Secure the correction of more physical defects.
3. Have all schools secure scales.
4. Continue the excellent community cooperation.
5. Try to make Elko County a Gold Star County.

Boulder

Number of children enrolled in fall..... 14
 Number completing the demonstration..... 14 or 100%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	42.86	57.14	} 78.56
Slightly Underweight (1-6%).....	28.57	21.42	
Seriously Underweight (7-9%).....	7.14	0.00	
Danger Zone (10% and up).....	14.28	14.28	
Overweight (21% above and up).....	7.14	7.14	
	99.99	99.98	

Boulder has had one of the finest health programs in the county this year. The teacher, Mrs. Sylvia Upwall, has integrated health in all of the subjects of the curriculum and the results have been splendid. The school has the best record of dental corrections in the State, according to Mrs. Ebba D. Bishop, the State nurse. Twelve of the fourteen children have had dental work done. Two children have had eye defects corrected and some throat corrections will probably be made this coming summer. Getting rid of physical defects has made these children "free to gain."

The children have improved their noon lunches by means of scoring the food brought in their lunch boxes. During the cold weather, soups and milk drinks were brought from home and heated for the noon meal. For home meals, fresh vegetables and fruits, milk at every meal, and whole grain cereals and breads have been stressed, and the consumption of these foods has increased materially among the children.

The purchase of scales at Boulder has added much to the efficiency of the health work, since the children could be weighed regularly and their interest kept up through the long, stormy winter when the agent could not reach the community.

The school has adopted a hand washing and Cleanliness program and through the practice of these very necessary health habits has learned the importance of sanitation.

Five of the children took part in the County Poster Contest and two of the posters were entered in the State contest. May Day as

Child Health Day was observed by the school cooperating with the Starr Valley Progressive Club. One of the best health programs in the county was given by this school.

Boulder has more than exceeded the State goal of a 5 per cent increase in the number of children in the "Normal" weight group, by an increase of 14 per cent. It would easily have the distinction of being a Gold Star Community were it not for the fact that there are still two children, or 14 per cent, in the Danger Zone.

Recommendations for the Coming Year:

1. Continue the fine health program already being carried on.
2. Have existing physical defects corrected, if possible.
3. Plan to become a Gold Star Community.

Carlin

**A Gold Star Community*

Number of children enrolled in the fall..... 167
 Number completing the demonstration..... 134 or 80%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	38.32	50.00	} 76.12
Slightly Underweight (1-6%).....	24.55	26.12	
Seriously Underweight (7-9%).....	11.98	8.21	
Danger Zone (10% and up).....	19.76	9.70	
Overweight (21% above and up).....	5.39	5.97	
	100.00	100.00	

A special nutrition class of 40 underweight children has brought Carlin the distinction of being a Gold Star Community this year. Last fall only 62.8 per cent of the children were in the Safe Zone and 19.7 per cent were in the Danger Zone. Beginning with October, and continuing for six months, the Keep Growing leader, Mrs. W. C. Owens, served milk in the middle of the morning to 40 of the most underweight children. The majority of these children also received cod liver oil either at home or at school. During these six months the number of "Normal" children increased 11.7 per cent, and the number in the Danger Zone decreased 10 per cent, which are twice the State annual goals.

Not often does a school with an enrollment as large as Carlin's achieve such a remarkable improvement. This excellent record is largely due to the unusual interest of Mrs. Owens in the child health of the community and in her willingness to devote time and energy to faithfully carrying out the health program with the children.

Considerable work in the correction of physical defects has been done. Thirty-four children have had dental corrections and two have had tonsils and adenoids removed. The Parent-Teacher Association raised a fund for the correction of physical defects among those children whose parents could not afford to have their children's defects cared for.

Ten Years of Keep Growing in Nevada

43

The State nurse revisited the school and did special work with children who were not gaining, and also assisted in the Prepare for School Round-up. A high school pupil with a severe physical handicap was referred to the vocational rehabilitation service a year ago, and since then special instruction has been provided in the home to enable this pupil to continue high school work. Meanwhile her physical condition is improving and she expects to complete high school next year.

Over 30 children entered the Keep Growing Poster Contest and seven won places among the 14 best posters in the county.

Recommendations for the Coming Year:

1. Continue the splendid community cooperation.
2. Try to have more physical defects corrected.
3. Do special work on adequate low cost dietaries.
4. Be a Gold Star School again next year.

Contact

Number children enrolled in the fall..... 47
 Number completing the demonstration..... 44 or 93%

	PER CENT		Safe Zone
	Nov. 1931	April, 1932	
Normal (N to 20% above).....	46.56	52.27	73.72
Slightly Underweight (1-6%).....	19.16	20.45	
Seriously Underweight (7-9%).....	14.89	9.09	
Danger Zone (10% and up).....	17.24	18.18	
Overweight (21% above and up).....	2.14	0.00	
	99.99	99.99	

Contact has made a fine improvement in the number of children up to "Normal" weight this year; the percentage increase is 5.7 per cent which more than meets the State's annual goal.

The percentage of children in the Danger Zone has not been decreased. However, we feel grateful to find most of the children gaining, since economic conditions this year have been very serious at Contact. Most of the families in this mining camp have been without employment and there has been little money for food and clothing, to say nothing of correction of physical defects.

Mrs. L. Wilcox, the Keep Growing leader, has worked very faithfully this year and is largely responsible for the improvement in the children's health.

Low cost dietaries have been stressed, and, through health education the community has learned the importance of milk and whole cereals. When it has been possible, vegetables have been obtained from Idaho. This year there is an increased interest in gardens and it is hoped that home gardens will help solve the food problems at Contact.

Recommendations for the Coming Year:

1. Continue the health program.
2. Improve the local food supply by planting gardens.

Nevada Agricultural Extension Service

3. Continue the work with low cost dietaries.
4. If possible, secure funds for the correction of physical defects.
5. Try hard to reach both State annual goals.

Elburz

Number of children enrolled in the fall..... 8
 Number completing the demonstration..... 7 or 86%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	37.50	42.85	} 71.42
Slightly Underweight (1-6%).....	25.00	28.57	
Seriously Underweight (7-9%).....	0.00	0.00	
Danger Zone (10% and up).....	12.50	14.29	
Overweight (21% above and up).....	25.00	14.29	
	100.00	100.00	

This year Elburz has easily met the State's annual goal in increase of the number of children up to "Normal" weight, by securing an increase of 5.35 per cent in this group. There has been no decrease in the number of children in the Danger Zone. We feel very sure that if the children in this latter group could have had their physical defects corrected, Elburz would have been a Gold Star School.

This year a bathroom scales was purchased, and this has meant regular monthly weighing of the children and has been a decided help in keeping up interest and in obtaining a more complete record for the school.

During the cold weather the children had hot lunches either at school or at home, and as a result gained more steadily all winter despite the very severe weather.

Several of the children entered the Keep Growing Poster Contest, and had their growth records been better, would probably have won some prizes.

Mrs. George Glaser is the Keep Growing leader at Elburz and has done much to encourage and keep the health program going. It was through her efforts that the scales was purchased.

Recommendations for the Coming Year:

1. Continue the present health program.
2. Continue hot lunches during cold weather.
3. Secure correction of physical defects.
4. Observe Child Health Day.
5. Try hard to be a Gold Star Community.

Ten Years of Keep Growing in Nevada

45

Fort Halleck

Number of children enrolled in the fall..... 6
 Number completing the demonstration..... 7 or 116%

	PER CENT		Safe Zone
	Nov. 1931	April, 1932	
Normal (N to 20% above).....	50.00	57.14	} 57.14
Slightly Underweight (1-6%).....	0.00	0.00	
Seriously Underweight (7-9%).....	0.00	0.00	
Danger Zone (10% and up).....	0.00	28.57	
Overweight (21% above and up).....	50.00	14.28	
	<u>100.00</u>	<u>99.99</u>	

The number of "Normal" children at Fort Halleck has increased 7.14 per cent this year, which is a fine improvement and exceeds the annual State goal by a good margin.

Twenty-eight per cent of the children are still in the Danger Zone, which means that the school is far from being a Gold Star Community. This great increase in decidedly underweight children is due to the fact that two new pupils entered the school who have not been very well. They are now under the doctor's care, and we feel sure that next year these children will have a different record.

One of the finest achievements of the year in this community has been the sending of a crippled child to St. Mark's Hospital in Salt Lake City for treatment. It is believed that this little girl will be able to walk normally when she comes home again.

The parents of the community are aware that dental defects are all too common in their school, but economic conditions have prevented the correction of these defects this year. We hope that next year will bring better times and the means to secure medical attention for these defects.

Recommendations for the Coming Year:

1. If possible, secure corrections of physical defects.
2. Have hot lunches during the winter months.
3. Observe Child Health Day by holding a community health program.
4. Try to reach both State annual goals.

Halleck

Number of children enrolled in the fall..... 11
 Number completing the demonstration..... 12 or 109%

	PER CENT		Safe Zone
	Oct. 1931	April, 1932	
Normal (N to 20% above).....	45.45	75.00	} 75.00
Slightly Underweight (1-6%).....	27.27	0.00	
Seriously Underweight (7-9%).....	27.27	0.00	
Danger Zone (10% and up).....	0.00	25.00	
Overweight (21% above and up).....	0.00	0.00	
	<u>99.99</u>	<u>100.00</u>	

Nevada Agricultural Extension Service

In one respect Halleck has made an excellent record this year. The number of children who are up-to-weight for age and height has been increased 29.5 per cent during the school year. This is nearly six times the State annual goal.

With 75 per cent of its children "Normal" in weight, Halleck would be a Gold Star Community were it not for the serious fact that 25 per cent of the children are in the Danger Zone. All of these dangerously underweight children were not only seriously underweight last fall but failed to keep up under the strain of increase in height, school work and winter weather, and so ended up the school year relatively thinner than in the fall.

We feel that most of the children in this group are in this condition because of physical defects that need medical attention, and an effort is now being made to remedy this matter. If this is done there is every indication that Halleck can be made a Gold Star School next year.

A scales has been purchased by the school this year and the health program will be more complete, since regular weighings are possible.

Most of the children have brought milk to school when they brought their lunches this year. Some live near the school and can go home at noon to a hot lunch. We hope that next year those who bring their lunches can have thermos bottles or some other means of having a hot lunch.

The interest in Positive Good Health is increasing in this community, and next year should show a good record of achievement.

Recommendations for the Coming Year:

1. Plan to have more physical defects corrected.
2. Plan to have hot lunches.
3. Celebrate Child Health Day.
4. Enter the Poster Contest.
5. Try hard to become a Gold Star Community.

Jack Creek

Number of children enrolled in the fall..... 9
 Number completing the demonstration.....12 or 125%

	PER CENT		Safe Zone
	Oct. 1931	April, 1932	
Normal (N to 20% above).....	44.44	67.67	} 83.33
Slightly Underweight (1-6%).....	22.22	16.66	
Seriously Underweight (7-9%).....	11.11	0.00	
Danger Zone (10% and up).....	22.22	16.66	
Overweight (21% above and up).....	0.00	0.00	
	99.99	99.99	

This community has made a splendid improvement this year. With an increase of 23.33 per cent in the number of children of "Normal" weight and a decrease of 5.5 per cent of the Danger Zone youngsters, Jack Creek has far exceeded both the State annual goals. It came very near being a Gold Star Community as

Ten Years of Keep Growing in Nevada

47

it has 83 per cent in the Safe Zone; but it still has 16 per cent in the Danger Zone.

The long, severe winter made it quite impossible to bring these children into town for throat and teeth corrections, but much other health work has been accomplished. The teacher, Mrs. Peo Achabal, has made health a part of the entire school curriculum. The children have brought milk to school and, during the cold weather, soups and food which could be reheated for hot lunch. The school has taken part in the Cleanliness campaign and has had a regular hand washing procedure. A health program was given by the school in celebration of Child Health Day.

One girl made the remarkable gain of 17½ pounds in six months and has gone from 11 per cent underweight to 2 per cent underweight. This is one of the best individual gains in the county.

Jack Creek does not yet have a scales 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 weighings help regular gains by sustaining interest and effort.

Recommendations for the Coming Year:

1. Make definite plans to have physical defects corrected.
2. Purchase a set of bathroom scales.
2. Enter the Poster Contest.
4. Continue the health education program and Health Day Celebration.
5. Make every effort to become a Gold Star Community.

Jiggs

Number of children enrolled in the fall..... 3
 Number completing the demonstration..... 3 or 100%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	33.33	66.67	} 66.67
Slightly Underweight (1-6%).....	33.33	0.00	
Seriously Underweight (7-9%).....	0.00	0.00	
Danger Zone (10% and up).....	0.00	0.00	
Overweight (21% above and up).....	33.33	33.33	
	99.99	100.00	

Jiggs has a peculiar record this year. There are only three children in the school; two have been in the Safe Zone all year, and this spring these two are up to "Normal" weight. One child is very much overweight, by both weight and physical inspection standards, and since he is one-third of the school he keeps the community from having the required 75 per cent in the Safe Zone in order to qualify as a Gold Star Community. For three years Jiggs was a Gold Star Community and it is an unusual

situation which prevents the community from having that distinction this year.

The increase in the per cent of "Normal" children at Jiggs this year is 33 per cent, which is the greatest increase among the twenty-one schools in the Keep Growing Demonstration in this county, and is over six times the State annual goal, 5 per cent increase.

Mrs. Ralph Drown, the teacher and Keep Growing leader, has done some very fine work at Jiggs this year. During the winter she took two of her school children to her home nearby each day and prepared a hot lunch for them. The other lived near the school and could go home to a hot lunch. In many other ways she has done her best to keep up an interest in Positive Good Health.

Recommendations for the Coming Year:

1. Keep up the fine health program.
2. Observe Child Health Day.
3. Enter the Poster Contest.
4. Plan to become a Gold Star Community again.

Lee

***An All Year Gold Star Community*

Number of children enrolled in the fall.....	4		
Number completing the demonstration.....	4 or 100%		
	PER CENT		
	Oct. 1931	April, 1932	Safe Zone
Normal (N to 20% above).....	100.00	75.00	} 100.00
Slightly Underweight (1-6%).....	0.00	25.00	
Seriously Underweight (7-9%).....	0.00	0.00	
Danger Zone (10% and up).....	0.00	0.00	
Overweight (21% above and up).....	0.00	0.00	
	100.00	100.00	

Lee is an All Year Gold Star Community again this year, having 100 per cent of her children in the Safe Zone.

This is the ninth year of the Keep Growing work in this community. When work was started in the fall of 1923, there were only 26 per cent of the children who were up to weight for age and height, only 66 per cent were in the Safe Zone, and 27 per cent were in the Danger Zone. By the spring of 1925, Lee reached the Gold Star standards by having 80 per cent in the Safe Zone and only 10 per cent in the Danger Zone.

Since then Lee has gradually climbed upward. For eight of the nine years it has been a Gold Star Community and three of these years, 1929, 1931 and 1932, it has been an All Year Gold Star Community.

No other community in the State has this unusually fine record, we are informed by the State Extension office. The parents, teacher, and Keep Growing leaders can well be proud of such a

Ten Years of Keep Growing in Nevada

distinction, which has come through their excellent work and cooperation in the interest of community health.

One child was just slightly underweight this spring. However, 100 per cent are still in the Safe Zone. With the correction of the one defective throat and the one defective pair of eyes, Lee will have a perfect health record. We hope these corrections will soon be made.

We feel that this community has set an example in health education and community cooperation that is of benefit to the entire State.

Recommendations for the Coming Year:

1. Correct all physical defects as soon as possible.
2. Continue the fine health work.
3. Enter Poster Contest.
4. Observe Child Health Day.
5. Keep Lee an All Year Gold Star Community.

Metropolis

Number of children enrolled in the fall..... 48
 Number completing demonstration..... 44 or 91%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	27.09	25.00	} 56.82
Slightly Underweight (1-6%).....	27.09	31.82	
Seriously Underweight (7-9%).....	25.00	20.45	
Danger Zone (10% and up).....	20.82	22.73	
Overweight (21% above and up).....	0.00	0.00	
	100.00	100.00	

We are sorry to have to report that Metropolis does not have a favorable Keep Growing report this year. Since last fall the number of children up to average weight for age and height decreased 2.1 per cent, and the number in the Danger Zone increased 1.9 per cent.

Prevailing economic conditions and the most severe winter in 40 years are no doubt factors. A large number of the children have physical defects that need medical attention, but with their present greatly reduced incomes the parents have not been able to have these defects corrected, and so their children are not "free to gain."

The lack of a permanent Keep Growing leader in this community this year also prevented the close community cooperation necessary to secure good results in this type of work. We sincerely hope a permanent leader may be secured for next year.

The school is to be commended for its efforts to keep the children up to weight. We feel very definitely that had it not been for Miss Mildred Palmer and her home economics girls, who provided hot lunches for the children during the cold weather, the health record would be decidedly more unfavorable, for many of the children had been coming to school with little or no lunch.

Metropolis gave a health program May 1 in observance of Child Health Day. This indicates a good interest in child health.

Despite the unfavorable statistical results we are sure that progress is being made in the health conditions at Metropolis, and will do our best to secure better results next year.

Recommendations for the Coming Year:

1. Make every effort to secure a full time Keep Growing leader.
2. Try hard to have physical defects corrected.
3. Continue the hot lunch program and have all children bring substantial lunches from home.
4. Plan to stress adequate low cost dietaries.
5. Arrange to take part in the Poster Contest.
6. Try to reach both State annual goals.

Midas

Number of children enrolled in the fall..... 16
 Number completing the demonstration..... 14 or 87%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	50.00	57.14	} 57.14
Slightly Underweight (1-6%).....	18.75	0.00	
Seriously Underweight (7-9%).....	12.50	21.43	
Danger Zone (10% and up).....	18.75	14.29	
Overweight (21% above and up).....	0.00	7.14	
	100.00	100.00	

Midas, a mining community, has been isolated most of the past winter by snow, and it has been impossible for the agent to visit the community more than the one time last fall. However, the local leader and teachers kept up the monthly weighing and encouraged the children in their efforts to gain through right food and sleep habits.

As a result, the school shows some improvement in its health record. The number of children up to average weight for age and height increased 7.14 per cent, which is considerably better than the State annual goal. The number in the Danger Zone decreased 4.5 per cent, which is nearly as good as the State annual goal.

A number of excellent posters were submitted in the Poster Contest, but the weight curves were not sufficiently good to merit prizes.

This community too has suffered from the general depression, and it has been difficult to get physical defects corrected among the school children.

Considering all the unavoidable handicaps we are grateful that there has been this much improvement in the weight records; it speaks well for the community effort made. Next year we hope for decidedly better results.

Ten Years of Keep Growing in Nevada

Recommendations for the Coming Year:

1. Make every effort to secure correction of physical defects.
2. Continue the emphasis on low cost dietaries.
3. Continue health program and interest the whole community in it.
4. Plan to observe Child Health Day.
5. Try to reach both State annual goals.

Montello

Number of children enrolled in the fall..... 72
 Number completing the demonstration..... 70 or 97%

	PER CENT		Safe Zone
	Nov. 1931	April, 1932	
Normal (N to 20% above).....	40.28	41.43	} 62.86
Slightly Underweight (1-6%).....	20.73	21.43	
Seriously Underweight (7-9%).....	15.26	14.28	
Danger Zone (10% and up).....	22.22	21.43	
Overweight (21% above and up).....	1.51	1.43	
	100.00	100.00	

Montello came into the Keep Growing Demonstration in 1925-1926, and in the second year was a Gold Star Community, with 85 per cent of the children in the Safe Zone and a little over 6 per cent in the Danger Zone. In 1929-1930 Montello dropped out of the demonstration, but this year came back to the ranks and has given us a splendid example of community cooperation.

The results obtained statistically this year do not show all the benefits that have been secured. The number of children who are up to average weight for age and height increased only 1.15 per cent, while the number in the Danger Zone decreased less than 1 per cent. However, much of the remedial work was done too late in the year for the benefits to show in this year's results; next year we are confident that the results will amply reward the efforts expended.

We are proud to be working in a community where there is so much interest and enthusiasm in child health. Mrs. H. Earl Belnap, who was secured as Keep Growing leader, has had training and experience as a public health nurse, and the community is unusually fortunate in obtaining a leader so well qualified to carry on the work.

The school purchased scales and the children were weighed regularly all year. This was a big help in awakening interest in establishing the right food, sleep, and other living habits. During the latter part of the winter the school served milk to the children in the middle of the morning. This helped greatly in preventing fatigue and in making milk drinking popular. Early in May the community held a Child Health program which was enjoyed by all.

All the children were inspected for physical defects by Mrs. Ebba Bishop, field nurse of the Nevada Public Health Association,

and excellent results were secured. We have a record of 25 dental corrections, two nose and throat, and three eye corrections.

Recommendations for the Coming Year:

1. Continue the excellent community health program.
2. Continue serving milk to the underweight children.
3. Plan to correct physical defects.
4. Try to reach both State annual goals.

North Starr School, Starr Valley

Number of children enrolled in the fall..... 10
 Number completing the demonstration..... 11 or 110%

	PER CENT		Safe Zone
	Nov. 1931	April, 1932	
Normal (N to 20% above).....	30.00	45.45	45.45
Slightly Underweight (1-6%).....	10.00	0.00	
Seriously Underweight (7-9%).....	10.00	18.18	
Danger Zone (10% and up).....	50.00	27.27	
Overweight (21% above and up).....	0.00	9.09	
	100.00	99.99	

North Starr had made one of the best records of improvement in the county this year. Last fall only 30 per cent of the children



Hot Supplement to School Lunch, Elko County, 1925.

were up to average weight for age and height, and 50 per cent were in the Danger Zone. No other school in the county had such an unfavorable beginning.

In April we found a 15.4 per cent increase in number of "Normal" children and a decrease of 22.7 per cent in the dangerously underweight group. This is splendid progress! The community has achieved three and four times the State annual goals.

The school board and the teacher, Mrs. Ray Clausen, have

Ten Years of Keep Growing in Nevada

cooperated in providing hot lunches for the children during the winter. Some of the food was purchased by the school, but much of it was brought from home by the children. Every day a hot dish, such as soup or cocoa, was prepared by one of the hot lunch teams, the table was set, and the children sat down to a hot, wholesome lunch. Almost all of the work was done by the children in groups of twos. One team prepared the meal and another washed up the dishes and cleared the food away. Simple, healthful food was emphasized, and the results show how important an adequate lunch is to school children.

Several nice posters were submitted in the Poster Contest this year, but the individual gains were not quite sufficient to merit prizes.

Next year we expect this school will reach the Gold Star standard or come very near to it. Such whole-hearted community cooperation is bound to produce good results.

Recommendations for the Coming Year:

1. Continue the fine community cooperation in behalf of Positive Good Health.
2. Continue the hot lunches.
3. Plan to have more physical defects corrected.
4. Observe Child Health Day.
5. Try to make this a Gold Star Community.

Panama

***An All Year Gold Star Community*

Number of children enrolled in the fall..... 5
 Number completing the demonstration..... 5 or 100%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	60.00	80.00	} 100.00
Slightly Underweight (1-6%).....	20.00	20.00	
Seriously Underweight (7-9%).....	20.00	0.00	
Danger Zone (10% and up).....	0.00	0.00	
Overweight (21% above and up).....	0.00	0.00	
	100.00	100.00	

Panama is another All Year Gold Star Community. The children are all in one family and the mother, Mrs. Whitaker, is the teacher and Keep Growing leader. The school has accomplished four times the State goal by increasing the number of children up to average weight for age and height by 20 per cent. One hundred per cent are now in the Safe Zone.

In addition to coming up to weight, these children have visited the dentist and have had their teeth defects corrected. It is a fine family, as well as a fine school, and is proud of the fact that for three successive years it has been a Gold Star Community.

The children lived near the school and the whole family went home to a hot lunch all winter. These children all had their quart

of milk each day, and this is one of the reasons they have such a fine record.

During the last month of school the family moved to town, thus dissolving the school district at Panama, since there are no other children in the community. Therefore, we have no recommendations to make for Panama for the coming year, because there will be no school there next year.

Rabbit Creek

**A Gold Star Community*

Number of children enrolled in the fall..... 6
 Number completing the demonstration..... 7 or 116%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	50.00	71.41	} 85.69
Slightly Underweight (1-6%).....	33.33	14.28	
Seriously Underweight (7-9%).....	0.00	0.00	
Danger Zone (10% and up).....	16.67	0.00	
Overweight (21% above and up).....	0.00	14.29	
	100.00	99.98	

During the two years that Rabbit Creek has had the Keep Growing work it has been a Gold Star Community. This year we find that the number of children who are up to average weight for age and height has increased 21.4 per cent. This is over four times the State annual goal. The number in the Danger Zone has been decreased 16.6 per cent. This is over three times the State annual goal. Rabbit Creek has one of our best records, and we hope the community will keep up this excellent work.

Mrs. George Bowers, the teacher, has acted as local leader and has accomplished a great deal in health education this year by correlating health with the school subjects and by getting her school to take part in the cleanliness campaign. Although water had to be carried to the school, hand washing has been a part of the school day routine. Paper towels were provided by the school and the children have their individual drinking cups.

During the winter the children brought milk and a food which could be reheated at school so that they had hot lunches. This, as always, had a decided effect in keeping children in good physical condition so they could gain steadily.

Rabbit Creek does not yet have scales, and we urge the school to purchase a small bathroom balance so that the children may be weighed more regularly. This year the agent was able to visit the school only at the beginning and at the close of the term, due to the severe storm blocking the road with snow. Regular monthly weighings are necessary to keep up interest in the work, so we sincerely hope that scales can be secured.

Recommendations for the Coming Year:

1. Secure scales for the school.

Ten Years of Keep Growing in Nevada

55

2. Plan to have physical defects corrected.
3. Continue the correlation of the health program with the school work.
4. Plan to observe Child Health Day.
5. Keep Rabbit Creek a Gold Star Community.

Ryndon

Number of children enrolled in the fall..... 4
 Number completing the demonstration..... 4 or 100%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	50.00	25.00	} 50.00
Slightly Underweight (1-6%).....	25.00	25.00	
Seriously Underweight (7-9%).....	0.00	0.00	
Danger Zone (10% and up).....	25.00	50.00	
Overweight (21% above and up).....	0.00	0.00	
	100.00	100.00	

Ryndon is a tiny railroad community, and the enrollment in the school fluctuates so much in a year that it is seldom that a child beginning school in the fall stays long enough in the community to finish the year's work in the spring. For this reason it has been very difficult to accomplish any definite results in the health and nutrition work.

This year the figures show a reduction of 25 per cent in the number of children up to average weight for age and height, and an increase of 25 per cent in the number in the Danger Zone.

In spite of such an unfavorable report and such uncontrollable conditions, the teacher and local leader, Mrs. Beatrice Keating, has done a fine piece of work with the individual children in her school. During the winter cod liver oil was given to the entire school, and the resulting freedom from the usual colds among the children was marked.

Several fine posters were entered in the Poster Contest by the Ryndon children, and one little six-year-old boy won second prize in the county in the contest for children in the Safe Zone who were free from physical defects.

This is the fourth year Ryndon has carried on the Keep Growing work, and in all previous years it has been a Gold Star Community, and one of these years it was an All Year Gold Star Community. This year the upset railroad conditions greatly increased the fluctuation of population and reduced the apparent results of the work. In spite of these handicaps we are confident the children in this school were benefited by the work through improved food habits and an increased interest in Positive Good Health.

Recommendations for the Coming Year:

1. Continue the fine health education work in the school.
2. Plan to observe Child Health Day.
3. Try to make Ryndon a Gold Star Community again.

Smith Creek (Rioradan)

***An All Year Gold Star Community*

Number of children enrolled in the fall..... 5
 Number completing the demonstration..... 5 or 100%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	80.00	80.00	} 100.00
Slightly Underweight (1-6%).....	20.00	20.00	
Seriously Underweight (7-9%).....	0.00	0.00	
Danger Zone (10% and up).....	0.00	0.00	
Overweight (21% above and up).....	0.00	0.00	
	<u>100.00</u>	<u>100.00</u>	

This is the fourth successive year that Smith Creek has been a Gold Star Community, and three of these years it has been an All Year Gold Star Community. Also for three years it has had 100 per cent of its children in the Safe Zone. What a splendid showing Smith Creek has made?

The children in this community have excellent food habits. They all drink plenty of milk and eat lots of vegetables and fruits. These children also know that an early bedtime helps them to have a fine school record. There are few physical defects in this community, which is another reason the youngsters are so healthy.

Again we urge Smith Creek to purchase a bathroom scales so that the children may be weighed more regularly. The agent was able to visit the school only twice this past year due to road conditions. Regular weighings are a big incentive to keep up right food habits, and so scales are really needed.

Recommendations for the Coming Year:

1. Make every effort to purchase scales.
2. Arrange to have a hot lunch during the winter months.
3. Plan to enter Poster Contest.
4. Observe Child Health Day by holding some kind of a community health meeting.
5. Keep up the splendid record which this school now has.
6. Keep Smith Creek a Gold Star Community.

South Fork

**A Gold Star Community*

Number of children enrolled in the fall..... 7
 Number completing the demonstration..... 8 or 114%

	PER CENT		Safe Zone
	Oct. 1931	April, 1932	
Normal (N to 20% above).....	71.43	75.00	} 87.50
Slightly Underweight (1-6%).....	14.28	12.50	
Seriously Underweight (7-9%).....	0.00	0.00	
Danger Zone (10% and up).....	14.28	0.00	
Overweight (21% above and up).....	0.00	12.50	
	<u>99.99</u>	<u>100.00</u>	

Ten Years of Keep Growing in Nevada

57

South Fork has been in the Keep Growing Demonstration three years now, and each year has been a Gold Star School. The first two years it was an All Year Gold Star Community, but this year one child was dangerously underweight at the beginning of the term. The increase in up-to-weight children since September is 3.57 per cent, and the decrease in the number of those in the Danger Zone is 14.28 per cent, which far passes the State's goal of 5 per cent decrease.

Miss Leora Winchell, the teacher, is much interested in health education, and has correlated the subject with the other work in her curriculum. The hand washing campaign was a part of the school program, and the children have learned the value of cleanliness and sanitation.

South Fork has not had a very successful hot lunch program thus far, and we hope that next year the children can bring thermos bottles to school or else find a means of reheating jars of soup in the schoolroom. The school also needs a scales and we hope that a bathroom balance can be purchased by next year so that the children may be weighed regularly.

Recommendations for the Coming Year:

1. Plan to carry on a hot lunch program.
2. Plan to purchase a pair of scales.
3. Continue being a Gold Star Community.
4. Observe Child Health Day with a health program.

Spanish Ranch

*A Gold Star Community

Number of children enrolled in the fall..... 5
 Number completing the demonstration..... 4 or 80%

	PER CENT		Safe Zone
	Oct. 1931	April, 1932	
Normal (N to 20% above).....	20.00	25.00	} 100.00
Slightly Underweight (1-6%).....	20.00	75.00	
Seriously Underweight (7-9%).....	40.00	0.00	
Danger Zone (10% and up).....	20.00	0.00	
Overweight (21% above and up).....	0.00	0.00	
	100.00	100.00	

Spanish Ranch is a school on one of the famous big ranches of northern Elko County and has an unusual good report this year. The number of children who are up to average weight for age and height was increased 5 per cent, which just meets the State annual goal. The number of children in the Danger Zone was decreased 20 per cent, which is four times the State annual goal. It is a remarkably fine showing that all the children in the Danger Zone should have gained out of this class in one year. All the children in this school are now in the Safe Zone, which gives this community a Gold Star standing.

These children live near the school and go home each day to a hot noon meal. They drink plenty of milk and eat a variety of

fruits and vegetables, go to bed early, and do not have many physical defects. One little girl has a defective throat, which is to be corrected this summer. Spanish Ranch should be able to continue its fine record with such good community cooperation.

The school gave a Child Health Day program this year, which again shows good community interest.

We do urge the district to purchase a small bathroom scales so that the children may be weighed regularly as the Extension agent cannot visit this part of the county in winter, due to the roads being blocked with snow.

Recommendations for the Coming Year:

1. Plan to purchase scales.
2. Continue all the fine community cooperation in the interest of good health.
3. Keep Spanish Ranch a Gold Star Community.

Sprucemont

**A Gold Star Community*

Number of children enrolled in the fall..... 5
 Number completing the demonstration..... 5 or 100%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	40.00	60.00	} 100.00
Slightly Underweight (1-6%).....	20.00	40.00	
Seriously Underweight (7-9%).....	0.00	0.00	
Danger Zone (10% and up).....	40.00	0.00	
Overweight (21% above and up).....	0.00	0.00	
	100.00	100.00	

Sprucemont is our banner school this year in Elko County. In September, 40 per cent of the children were in the Danger Zone, and in April there were none. This is eight times the State annual goal. During the year there has been a 20 per cent increase in number of children who are up to average weight for age and height. This is four times the State annual goal. This is certainly a most excellent record for one year's work, and is the result of persistent community effort.

The teacher, Mrs. J. L. Vandiver, who also acted as local leader, is largely responsible for the remarkable success of this little school high up in the Spruce mountains. Early in the fall a health project known as the "Bank of Health" was adopted by the school children. An empty gasoline can was made into a bank and each day the children were inspected for clean hands, clean bodies and clothing, and were questioned on the practice of food, sleep and other health habits. They were then given credit slips which they deposited in the bank of health. Failure to observe the health rules gave them withdrawal slips. The children took turns acting as the little Red Cross nurse who did the inspecting. Rivalry has been keen and the bright clean faces, well-brushed heads, and rounder, fuller little bodies have been the encouraging reward of the work.

Ten Years of Keep Growing in Nevada

The school joined the Junior Red Cross this year and has been corresponding with children in Japan, Samoa, the Philippines, and other countries. This too has made the children's lives at Sprucemont more real and interesting than ever before, as well as increasing their interest in health.

One little girl, Faye Lewis, has made the most outstanding individual gain in the county. Faye gained 15 pounds this year and went from 20 per cent below average weight to less than 1 per cent below. Her poster entered in the county Keep Growing Poster Contest was awarded first prize.

The parents, too, have done much to help the children to gain. One mother prepared egg-nogs for the children to take to school for intermediate nourishment. Most of the time the children could go home to hot lunches at noon, but when this was not possible they brought foods which could be reheated on the stove in the schoolroom. A Child Health Day program was given the last day of school.

All of Sprucemont is to be congratulated on its fine interest, spirit of cooperation, and ability to get things done in this health work.

Recommendations for the Coming Year:

1. Keep up the splendid work.

Wells

Number of children enrolled in the fall..... 172
 Number completing the demonstration..... 175 or 101%

	PER CENT		Safe Zone
	Sept. 1931	April, 1932	
Normal (N to 20% above).....	31.98	46.29	} 72.57
Slightly Underweight (1-6%).....	27.90	26.28	
Seriously Underweight (7-9%).....	12.79	11.43	
Danger Zone (10% and up).....	27.32	13.14	
Overweight (21% above and up).....	0.00	2.86	
	99.99	100.00	

With a little more effort this year Wells might have been a Gold Star Community. However, the results are very much better this year than last.

We find that during this school year there was an increase of 14.3 per cent in the number of children who are up to average weight for age and height, and a decrease of 14.2 per cent in the number in the Danger Zone. This is nearly three times the State annual goals. We are very glad to find this outstanding improvement in Wells, since the condition of the children was very unfavorable in this community last fall.

A new school building, modern and adequate in every respect, was opened for the children in the middle of the year, and is, no doubt, one of the reasons for the improvement in the children's weights, since it offers ideal facilities for study and school work with its good lighting and ventilation and sanitary conveniences.

Mrs. H. R. Gilmer, the Keep Growing leader, is to be commended

for the fine work she has accomplished with the children in her faithful work. The teachers, too, have helped in the health work by correlating it with their subjects in the school and by helping to create a better health consciousness in the entire community.

Quite a number of physical defects are being taken care of in spite of general economic conditions. Forty-three children have had dental work done, three have had tonsils and adenoids removed, and one has secured glasses.

Wells was well represented in the Keep Growing Poster Contest and seven children were given distinction for their excellent posters and fine weight curves. The school also held a health program in observance of Child Health Day early in May.

Recommendations for the Coming Year:

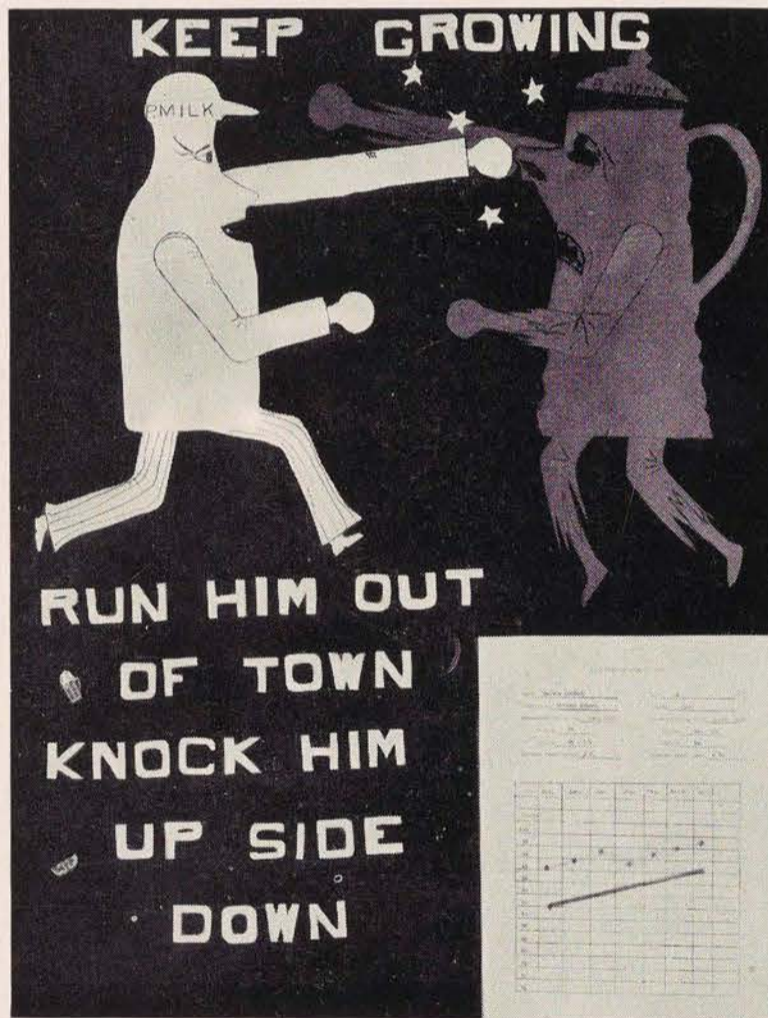
1. Arrange to serve milk at school to the most underweight children.
2. Try to secure a cot so that some of the thinnest children may have rest periods at school, to prevent overfatigue.
3. Keep up the good community cooperation in behalf of Child Health.
4. Strive to be a Gold Star Community.

ELKO COUNTY SUMMARY FOR THE YEAR 1931-1932
Community and County Results Compared to State Goals

Communities	Children			Annual State Goals		Ultimate State Goals	
	Exam-ined	Com-pleting	Per cent Com-pleting	Increase in number of "Normal" children. State Goal +5%	Decrease in number in Danger Zone. State Goal -5%	Per cent children now in Safe Zone. ("Normal" and Slightly Underweight) State Goal 75%	Per cent children now in Danger Zone. State Goal 10% or less
Boulder.....	14	14	100.00	+14.28	0.00	78.56	14.28
Carlin*.....	167	134	80.25	+11.68	-10.06	76.12	9.70
Contact.....	47	44	93.62	+5.71	+0.94	72.72	18.18
Elburz.....	8	7	86.49	+5.35	+1.79	71.42	14.29
Fort Halleck.....	6	7	116.67	+7.14	+28.57	57.14	28.57
Halleck.....	11	12	109.09	+29.55	+25.00	75.00	25.00
Jack Creek.....	9	12	125.00	+23.23	-5.56	84.33	16.66
Jiggs.....	3	3	100.00	+33.34	0.00	66.67	0.00
Lee**.....	4	4	100.00	-25.00	0.00	100.00	0.00
Metropolis.....	48	44	91.66	-2.09	+1.90	56.82	22.73
Midas.....	16	14	87.50	+7.14	-4.46	57.14	14.29
Montello.....	72	70	97.22	+1.15	-0.79	62.86	21.43
North Starr.....	10	11	110.00	+15.45	-22.73	45.45	27.27
Panama**.....	5	5	100.00	+20.00	0.00	100.00	0.00
Rabbit Creek*.....	6	7	116.66	+21.41	-16.67	85.69	0.00
Ryndon.....	4	4	100.00	-25.00	+25.00	50.00	50.00
Smith Creek**.....	5	5	100.00	0.00	0.00	100.00	0.00
South Fork*.....	7	8	114.29	+3.57	-14.28	87.50	0.00
Spanish Ranch*.....	5	4	80.00	+5.00	-20.00	100.00	0.00
Sprucemont*.....	5	5	100.00	+20.00	-40.00	100.00	0.00
Wells.....	172	175	101.74	+14.31	-14.18	72.57	13.14
County totals.....	624	589	94.00	+9.93	-6.71	71.64	14.60

*Gold Star Communities. **All Year Gold Star Communities.

AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF NEVADA
BULLETIN 75



1931-1932 First Prize Poster, Division B

TEN YEARS OF KEEP GROWING
DEMONSTRATIONS IN NEVADA

(q) Foods and Nutrition.

NUTRITION

Keep Growing

Nine years of accumulated interest and cooperation on this project in Elko County, have increased the scope of the work from four communities with 225 children of twenty-one with 624 youngsters. Another evidence of growth is the addition of the very valuable services of the field nurse, Mrs. Ebba D. Bishop, of the Nevada Public Health Association and State Board of Health. Nine years ago this project only included weight achievement and nutrition teaching. The past two years the work has been able to also include inspection of physical defects because of the generous cooperation of these two health agencies and the personal interest of Mrs. Bishop. For this we are very grateful.

The State Ten Year Report which is appended to the annual county report gives in detail the results of this work in Elko County as well as that in the rest of the State.

A health program or course of study for the rural schools of Nevada is now being prepared by the agent and will be ready for use sometime this winter.

Summary of results:

Number of children included.....	624
Leaders assisting with project.....	21
Days devoted to work by agent.....	72 $\frac{3}{4}$
News articles published.....	15
Home visits.....	63
Method demonstrations held.....	25
Result demonstrations carried on.....	624
Increase in normal children.....	+9.93%
Decrease in dangerously underweight..	-6.71%
Number in Safe weight zone.....	71.64%
Number in dangerously underweight class	14.60%
Schools having hot lunches.....	85.71%
Schools having supervised school lunch.	85.71%
Schools observing Child Health Day with health programs.....	12

Keep Growing (continued)

THE NUTRITION CLASS AT CARLIN

A story of the nutrition class at Carlin must needs be a story of achievement for Mrs. W. C. Owens, a leader among leaders. There will never be reward in this world for the generous giving of time and energy of this leader of the Keep Growing work at Carlin. Mrs. Owens will have to receive her gold medal in heaven.

For nine years Mrs. Owens has weighed and measured Carlin school children, has helped the community to feed and clothe those who were destitute and has assisted in the teaching of food and health habits in volunteer service in the Keep Growing project. In this time she has worked with more than 1200 children. For two years she has conducted a special nutrition class for those who were most underweight and both years has brought the Carlin school up to the Gold Star standard.



Figure No. 16. Forty children in the nutrition class at Carlin with their leader, Mrs. W. C. Owens.

Keep Growing (continued)

THE NUTRITION CLASS AT CARLIN (continued)

This past year there were forty children in this class which received a glass of milk in the middle of the morning at school and about twelve who were given cod liver oil. In September only 62.8% of the children were in the Safe Weight Zone, and nearly 20% were dangerously underweight. For six months the special nutrition class was conducted and the number of "normal" children increased 11.7% while the number dangerously underweight decreased 10%. This is one of the most remarkable achievements in the State.

The outstanding work of the Carlin School has been due to the splendid cooperation of Mrs. Owens with the Extension Service.

Keep Growing (continued)

This letter from one of the teachers shows the spirit of cooperation in the schools.

Deeth, Nevada
April 7, 1932.

Dear Miss Brenner:

For Child Health Day, of course we shall have a program. Mrs. McMullen, mother of 4/14 of my school, and clerk of the board, thought that this program would be "just the thing" for entertainment of the Starr Progressive Club, which she entertains in May. Of course I agreed for HEALTH is one of my hobbies, and we are sure to have even a bigger audience than is usual at our school entertainments, including the Valley ladies and Deeth as well.

Of course we are anxious to have you present, and more over to have you speak to the children and mothers. The date is Friday, May 6, at two o'clock at Starr Valley school house (on Boulder Creek). (I am explicit, since last year the affair was at North Starr. We are having that get-together tomorrow, with a ball game afterwards).

Tomorrow is weighing day. I shall have one of the children send you the weights. They like that privilege. We've been trying a point system for lunches. It has created much interest.

I hope you'll stress early bed time for underweights. I feel that this is perhaps the point upon which I get least cooperation. (And we're miles away from movies, too!) Some more dental correction and another pair of glasses this term are goals attained.

Cordially yours,

(signed) SYLVIA OLDMAN UPWALL

Keep Growing (continued)

Child Health Day was celebrated in twelve of the twenty-one schools of the county this year. Plays, songs, drills, recitations and health reports made up the programs.



Figure No. 17. Children at Jack Creek school in an out door play that they put on in observance of Child Health Day.



Figure No. 18. Cast for the Trial of Jimmy Germ, given at May Day Program at Boulder School.

Keep Growing (continued)

The Starr Valley Progressive Club, a community women's club cooperated with the school in giving a May Day Program at which these reports were given by the children themselves. Fifty adults attended and twenty-two children.

HEALTH REPORT OF OUR SCHOOL

I.

Health work began with the first day of school. We have a daily morning inspection. We must have a clean handkerchief, clean hands and nails, clean neck and ears, clean teeth. An individual record is kept for each pupil. Rae Scott has the most nearly perfect record, having only received "badmarks" twice in the whole year.

Noon handwashing has been a feature for a year and a half. Water is warmed on the stove during most of the term, when a fire is necessary. This water serves two other purposes: (1) It heats jars of cooked food brought from home making a hot lunch supplement available even to those who do not have thermos bottles; (2) It also humidifies the air, heated air being too dry for health unless humidified. To save expense, towels were brought from home when the supply of paper towels was exhausted. This is not so satisfactory as the paper towels which are used but once and are always clean, strictly individual and easily disposed of.

SAMMY MCMULLEN

II.

The purchase of a bathroom scale made a connected monthly growth record possible.

Introduction of a point system for rating lunches in March has led to better eating habits. Although good lunches were sent from home, the children did not always strive to eat an adequate lunch. Wasting food and "piecing" have been largely eliminated. Each child lists his lunch by points. If he finds he cannot eat the entire lunch he must subtract the leftover points from his total.

Keep Growing (continued)

HEALTH REPORT OF OUR SCHOOL (continued)

Milk and hot dishes are stressed by giving these items the greatest point value. Uneaten crusts cancel a sandwich score. Candy or pickles subtract. Brown bread adds to the score. So does lettuce. Dessert, in any amount, counts only one point, unless it is accompanied by cream, which adds a point.

Rivalry is keen. The child eating the best lunches for a week is inspector of slips for the following week. These inspectors have sharp eyes that can spy every uneaten crumb.

Esther Marian Weathers made the best gain in our school. She gained $10\frac{1}{2}$ pounds from October to April.

Participation in the state-wide poster contest for rural school children aroused interest. Six of our pupils qualified, and sent their big posters to Miss Margaret Brenner, County Extension Agent, who supervises the Keep Growing work in Elko County.

HUGH MCMULLEN

III.

Mrs. Ebba D. Bishop, field nurse for the Nevada Public Health Association, visited our school with Miss Brenner, October 7, to launch the Keep Growing campaign for the year. The Nevada Public Health Association fostered a handwashing campaign this year. Mrs. Bishop was pleased to find us washing hands in the approved fashion - not a fashion at all in the majority of rural schools, she said.

In fact, Mrs. Bishop rated our small school second only to Minden in general health program, and first in the state for dental corrections.

Esther Marian Weathers began the term with glasses fitted during the summer.

Freddie Scott was fitted during Christmas vacation.

Keep Growing (continued)

HEALTH REPORT OF OUR SCHOOL (continued)

Many children reported having had dental work done during the summer. The following have had some done this winter: Sammy McMullen, Rae Scott, Eleanor Weathers.

It is found that the following children were vaccinated against small pox. Sammy McMullen, Hugh McMullen, Esther Marian Weathers, Rae Scott, Eleanor Weathers, Joe McMullen, Fay McMullen, Jimmy Bird, Gladys Bird, Bonnie Scott.

RAE SCOTT

IV.

Health instruction, except in the upper grade Hygiene class, is incidental, but not accidental. Daily health inspection aims at habit formation. Lunch points give diet instruction and application. The library contains the following health readers which practically all the children have read: The Safety Hill of Health, Building My House of Health, The Road of Health to Grown-up Land, Boys and Girls of Wake-up Town, A Journey to Health Land, A Tale of Soap and Water, The Animal Way, After the Rain, and The Metropolitan Mother Goose.

We read A Journey to Health Land aloud, taking turns reading a chapter each day. We played the story. We drew pictures about it.

Our Hallow'een play was about health habits. We have written poems about health. We all want to be healthy and "keep growing".

RUTH JEANNEY

V.

Do you buy health Christmas seals which cost a penny apiece? If you do, you are helping to prevent tuberculosis, a terrible disease, as you know, but one which can be cured, if treated in time, and better, one that can be prevented by good health habits.

Keep Growing (continued)

HEALTH REPORT OF OUR SCHOOL (continued)

Money from the sale of these seals is used to help tuberculosis patients. But much of the money is spent in teaching boys and girls how they may keep themselves from getting tuberculosis. It likes to attack underweight persons, and those who do not get enough fresh air.

A battle against this enemy is led in this state by Mrs. Bishop, the Nevada Public Health Association field nurse. Some of the stamp money helps to pay her so that she may help us.

Aren't you glad you bought health seals last Christmas?

ELEANOR WEATHERS

Keep Growing (continued)

Faye Lewis made the best gain in the county.
This is her own story.

Sprucemont, Nevada
May 11, 1932.

Miss Margaret Brenner
Elko
Nevada.

Dear Miss Brenner:

Do you remember that little skinny, dangerously underweight blonde up at Sprucemont? Well, you ought to see me now!

"Believe it or not" I have gained fifteen pounds this winter since the 8th of September, 1931. I went from 20% below normal to normal.

Here is my story. My teacher, Mrs. Vandiver, was anxious to teach good health habits in an interesting way - also how to be good citizens and how to be thrifty. So she planned a "Bank of Health". We get credit as "deposits" when we do right things and get "withdrawals" for things that we do wrong. At the end of each month we get "interest" if our health has been so good that we have been neither tardy nor absent. Each week a different pupil known as the "Red Cross nurse" makes the inspection.



Figure No. 19.
Faye Lewis.

Keep Growing (continued)

Faye Lewis' Story (continued)

Of course, in order to get the biggest credit in my "Bank of Health", I had to do all the things for which credit was given every day. So in this way my teacher showed me the way.

Here is the way my parents helped. My father worked hard every day to make a living for his family. He provided the vegetables, fruits, the cod liver oil, the milk and etc. My mother planned the meals so they were well balanced. She reminded me when it was my bed time. She planned that there was plenty of hot water for my two baths each week. What more could my parents have done?

And Miss Brenner, I want to thank you for your part in my improvement. I know you are interested in every school. It helps each of us to try harder after you tell us how important it is to have good health. You encouraged us to do all the right things. I hope and believe I can keep in the Safe Zone.

I hope many other children in Nevada can gain as much or more than I have gained.

We are all glad when you visit our school. Hurry and come again.

(signed) FAYE LEWIS

Keep Growing (continued)



Figure No. 20. The children at the Sprucemont School and their Bank of Health.

Keep Growing (continued)

THE KEEP GROWING POSTER CONTEST

Every year a health poster contest is carried on in Elko County among the schools which are enrolled in the Keep Growing project. This year eighty-two posters were submitted. Fourteen of these were then entered in the State contest with the result that Faye Lewis of Sprucemont won second prize with her poster of the Bank of Health in Division A of the contest, and Angelo Aquirre of Ryndon, won fourth prize on his poster in which he tells Dad what to eat.

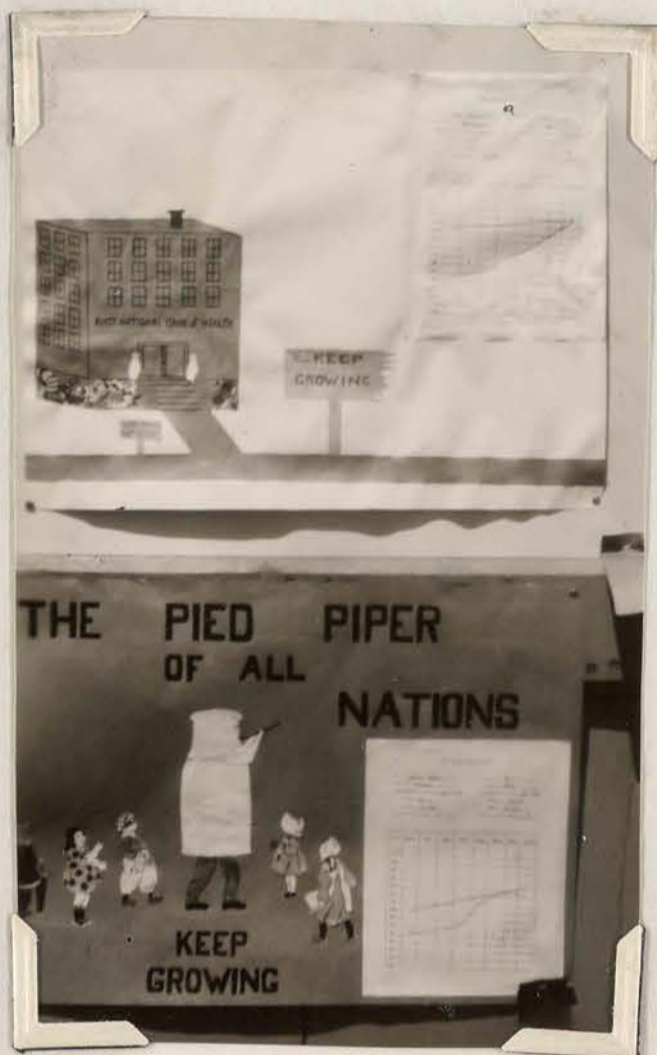


Figure No. 21.
First and second prize winning posters in Division A of the contest.

Two divisions of the contest were held this year. Division A was for those children who were dangerously underweight at the beginning of the contest and who brought their weight up to normal while the B Division was for those already normal in weight.



Figure No. 22. First and second prize winning posters in Division B of the contest.



PLANNING THE SCHOOL LUNCH

"There may be normal nutrition without health, there cannot be health without normal nutrition".

- Dr. L. Emmett Holt.

The child's school lunch should be planned as carefully as any other meal. It should supply at least one-third of the food needs of the day. The school child works and plays hard. He needs a substantial and palatable lunch. During the cold snowy days, it is just as necessary that he have something hot at noon as it is for the family who stays at home to have a warm meal.

The Lunch Brought From Home:

The packed lunch may contain sandwiches, some vegetable or fruit, milk and a healthful sweet. A raw vegetable or fruit adds much to the nutritive value of the lunch. Each food should be wrapped separately in a waxed paper, and a napkin should be included. The lunch box should be one that can be scalded daily and so kept clean and free from odors. The box should not be air tight. Milk should be carried in a tightly covered bottle.

There are three ways to serve a hot dish at school:

1. The pint jar method: Each child and the teacher brings from home a pint fruit jar of some food which can be easily reheated at school. Cocoa, soups of all kinds, cooked vegetables, stews, etc. are excellent dishes to reheat and provide the best kind of a hot noon day dish. At recess time the pint jars of food are put into a pan of lukewarm water, placed on the ordinary heating stove and thoroughly reheated. At noon each child reclaims his own jar, takes it to his seat, and eats it with the rest of his lunch brought from home.

2. The thermos bottle method: Each child may bring his hot dish already hot in a thermos bottle.

3. Preparation of the hot dish at school: The children may bring the different ingredients for a soup or stew from home and they themselves, with the supervision of the teacher may prepare the hot dish at school. With good organization this is one of the best ways to serve school children a hot lunch.

The children may work in teams dividing up the work of food preparation, clearing away and washing dishes. Definite equipment and more time is necessary in serving a lunch by this method. A complete list of equipment needed by the school may be found in Nevada Agricultural Extension Bulletin No. 58, "The Hot Supplement to the School Lunch".

Suggested Menus for the School Lunch Box:

(Use whole wheat bread in at least one sandwich each day).

Peanut-butter sandwich	Potato soup
Cold meat sandwich	Cold meat sandwich and
Tomato (raw or canned)	Jelly sandwich
Banana	Raw fruit
Oatmeal cookies	Chocolate drop cookies
Milk	-----
Jelly sandwich	Cream of lima bean soup
Egg sandwich	Chopped cabbage sandwich
Orange or apple	Cheese sandwich
Celery	Apple
Chocolate milk shake	Sponge Cake
Butterscotch cookies	-----
Cheese sandwich	American Chop Suey
Bacon & tomato or Bacon & lettuce sandwich	Bread and butter sandwiches
Baked custard	Milk chocolate bar
Apple	Milk
Milk	-----
Salmon or Tuna fish sandwich	Salmon & pickle sandwich
Lettuce sandwich	Vegetable soup & crackers
Chocolate Blanc Mange	Banana
Dates or figs	Sugar cookies
Milk	Milk
-----	-----
Prune sandwich	Beef stew with vegetables
Chicken or cold meat sandwich	Bread and butter sandwiches
Raw carrot	Raw carrot
Rice pudding	Ginger cookies
Milk	Milk
-----	-----
Cottage cheese sandwich	Cream of tomato soup
Grated carrot sandwich	Cheese sandwiches
Cup cake	Lettuce sandwiches
Orange	Peaches
Cocoa	Cookies

Suggestions for Variety in Sandwiches:

Cottage cheese and jelly or jam - Boston Brown bread.
 Chopped hard cooked eggs, few chopped olives, salad dressing.
 Cocoanut, chopped dates, nuts and orange juice.
 Fig sandwich filling (1 C figs cooked to paste and $\frac{1}{2}$ C chopped nuts and enough milk to spread easily).

Peanut butter, pickle and salad dressing.
 Tomato, lettuce and bacon.
 Salmon or tuna fish, celery, lettuce and salad dressing.
 Cold meat, tongue or meat loaf.
 Gratted raw carrots with salad dressing.
 Chopped cabbage with salad dressing.
 Chicken and celery chopped, salad dressing.
 Cheese sandwich filling - raisin bread.
 Prune sandwich filling (1 C chopped prunes, 1 t lemon juice, 1 T orange marmalade).
 Chopped dates, figs or raisins, or mixture of same moistened with enough evaporated milk to spread easily - graham bread.
 Ground, cooked veal, raw carrots and celery, salad dressing - whole wheat bread.

Suggested Hot Dishes Which May be Brought To School in Thermos Bottles or Pint Jars or Which May be Prepared at School:

Cocoa - 12 servings

3 qt. milk	1 t salt
$\frac{1}{2}$ C cocoa	1 pt. water
1 C sugar	

Put cocoa, sugar and salt in small sauce pan and mix well; add water and cook slowly over direct flame for five minutes. Add milk to cocoa mixture and heat to just under scalding.

Chocolate Milk Shake - 12 servings

Use same ingredients as for Cocoa. Chill the cocoa syrup and add cold water and cold evaporated milk in place of boiling water. Shake mixture in a fruit jar or whip with an egg beater until thoroughly blended.

Tomato Bisque - 12 servings

1 qt. canned tomatoes, rubbed thru sieve	$1\frac{1}{2}$ qt. hot milk
$\frac{1}{4}$ C tapioca	1 onion
3 t salt	3 sprigs parsley
2 T sugar	Bits of bay leaf
$\frac{1}{4}$ C butter	$\frac{1}{4}$ t soda

Heat strained tomatoes in double boiler. Add tapioca, salt and sugar and cook 20 minutes or until tapioca is clear, stirring frequently. Add butter. Scald milk with onions, parsley and bay leaf. Remove seasonings from milk. Add soda to tomato mixture; when ready to serve stir gradually into hot milk (never stir milk into tomato as it may curdle). Taste and serve with toast or crackers. Tomato soup thickened with tapioca is easier to make than one thickened with a white sauce.

Cream of Spinach Soup - 12 servings

6 T butter
6 T flour
 $1\frac{1}{2}$ T salt

$2\frac{1}{2}$ qt. milk
 $1\frac{1}{2}$ lb. spinach

Melt butter in double boiler, stir in flour and salt and mix until smooth. Add milk gradually, stirring constantly, and cook until it has thickened, stirring occasionally during the cooking. While white sauce is cooking wash spinach in clean water several times or until all sand is out. Put spinach in sauce pan and cover it (do not add any water) cook it directly over flame 10 or 12 minutes after it begins to boil. Rub spinach through sieve and add to white sauce.

Pea Soup - 12 servings

1 No. 3 can
 $\frac{1}{2}$ T salt
1 small onion, sliced

2 qt. milk
 $\frac{1}{2}$ C butter
 $\frac{1}{4}$ C flour

Empty can of peas into sauce pan, add salt and mash well with potato masher. Add onion and 2 qt. of milk and let simmer on asbestos mat for 12 to 20 minutes. Meanwhile heat remainder of milk in double boiler. Mash peas thru a coarse sieve and add strained liquid to hot milk.

Wash and dry sauce pan. Melt butter in it, then add flour gradually, stirring well. Have ready about a quart of the hot soup in the pitcher and when flour and butter have bubbled up, but not browned, add this liquid, stirring well. As mixture thickens, thin with more soup from double boiler. Let boil up once, then pour into double boiler. Stir well and continue the heating for 5 to 10 minutes. Taste and serve.

Vegetable Soup - 12 servings

1 piece soup bone
(1 lb. shin of beef is
good)
 $1\frac{1}{2}$ qt. cold water
 $2\frac{1}{2}$ T salt
6 C canned tomatoes
Bay leaf
Parsley

3 large carrots, diced
1 large onion, diced
1 C cabbage, chopped
1 large celery stalks
4 peppercorns
2 whole cloves
2 C potatoes, diced
1 small yellow turnip, dice

Cook soup bone, water, salt, tomatoes, bay leaf and parsley about 20 minutes. Add all vegetables except potatoes. Tie spices in small cheese cloth bag and add to soup. Continue cooking for another hour. Then add potatoes and cook until they are tender.

Potato Soup - 12 servings

2 qt. milk
6 good sized potatoes

2 onions
 $\frac{1}{4}$ C butter

Peel and slice potatoes and onions; add 1 C water; cook until tender, mash, add butter, milk and seasoning. Serve with chopped parsley.

Cream of Lima Bean Soup - 12 servings.

1 pt. dried lima beans
cooked and mashed

1 small bunch parsley, minced

1 T salt

1 chopped carrot
1 large sliced onion
5 C milk

Add onion and carrot to beans and cook for 30 minutes. Add milk, salt and minced parsley.

Dried Bean Soup - 12 servings

1 Qt. beans
4 T butter
1 onion

4 T flour
1 T salt

Combine flour with water into a paste, stir into soup; add onion. Allow to boil 5 minutes and add butter.

American Chop Suey - 12 servings.

$\frac{1}{2}$ C fat
2 peppers, shredded
 $\frac{1}{2}$ lb. mushrooms, sliced
1 C celery, shredded
1 T salt

3 large onions, sliced
2 lb. pork in small thin pieces
1 C rice, uncooked
2 qt. stock

Try out the pork fat in the bottom of the pressure cooker. Add more fat to complete measurement. In this, brown the onions slightly, add the shredded peppers, pork, mushrooms and celery. Put in the rice, salt and stock and cook for 15 minutes at 15 lb. pressure.

Beef & Vegetable Stew - 12 servings.

2 lb. boiling beef
2 large sliced onions
 $\frac{1}{4}$ C flour

1 qt. diced potatoes
2 large diced carrots
2 t salt

boiling water

Cut meat into small pieces, removing the fat. Try out the fat, brown the meat in it. When well browned, cover with boiling water and cook. Add vegetables and salt, cook 20 minutes. Thicken with flour blended with cold water.

Chili Con Carne - 12 servings

2 lb. ground beef	1 #2 can kidney beans
$\frac{1}{2}$ C drippings or butter	$\frac{1}{2}$ C flour
2 green peppers	1 #3 can tomatoes
1 large onion, sliced	salt to taste

Brown the onion in the drippings. Add meat. Stir in flour. Chop peppers and add them with the tomatoes to the browned meat. Cover with boiling water. Season. Cook 2 t- 3 hours. Serve very hot with tiny soda crackers.

Macaroni and Cheese - 12 servings.

2 C macaroni in 1 inch pieces	$1\frac{1}{2}$ qt. boiling water
2 T salt	$\frac{1}{2}$ C grated cheese
3 C thin tomato or white sauce	

Cook macaroni til tender, in salted boiling water. Drain in strainer and rinse with cold water. Pour over it thin white sauce or tomato sauce. Reheat, sprinkle grated cheese over top before serving.

Savory Rice - 12 servings

2 onions	2 T butter
2 C tomato pulp	4 C cooked rice
2 T chopped green pepper	$\frac{1}{2}$ C celery cut in pieces
Salt to taste.	

Brown onions in butter. Add remaining ingredients and cook about 20 minutes.

Potato Chowder - 12 servings

2 C potatoes, cut in $\frac{1}{2}$ inch dice	1 large onion chopped
3 C boiling water	4 T flour
$1\frac{1}{2}$ T salt	2 qt. milk
4 strips bacon in small pieces	
1 T parsley chopped	

Cook potatoes in water and salt in sauce pan. Put bacon in top part of double boiler, set directly over flame, and fry until it is crisp. Add onion and fry it until it is a light yellow. Remove boiler from flame and place in bottom part of double boiler, add flour, stir, then add milk, stirring constantly. Cook until it has thickened. Add cooked potato and water to the sauce, then add parsley. Taste and serve.

STAND UP TO LIFE

GOOD POSTURE IN 4-H



AS THE TWIG IS BENT, THE TREE WILL GROW

STAND UP TO LIFE

"I took a piece of plastic clay
And idly fashioned it one day,
And as my fingers pressed it still
It moved and yielded to my will.

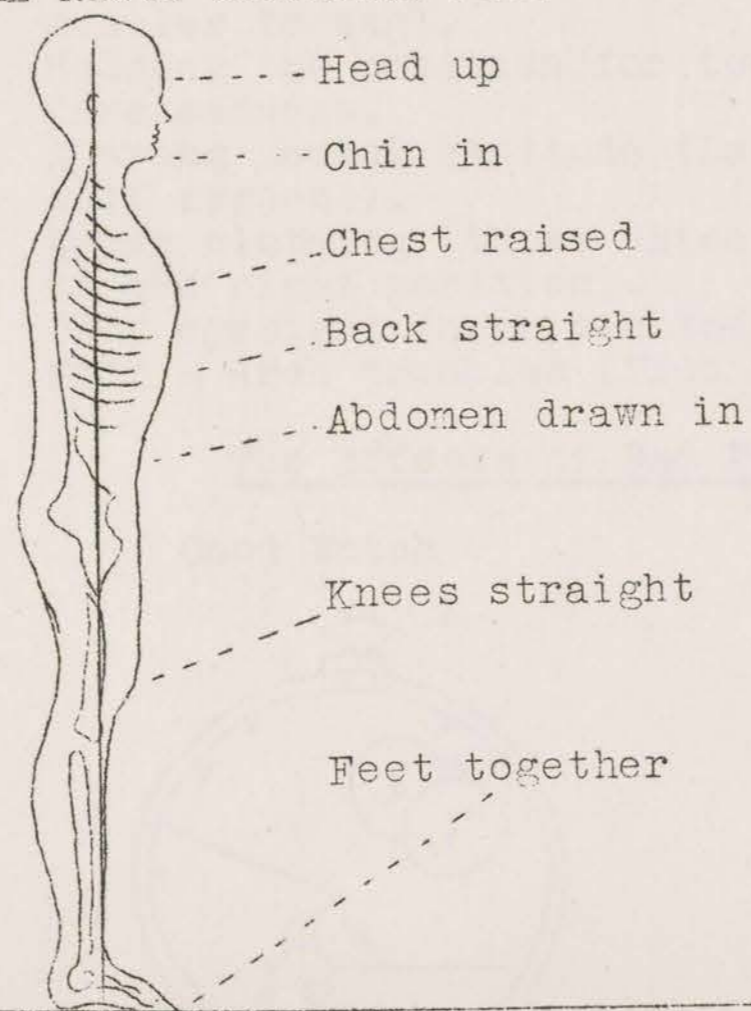
I came again, when days were passed.
That bit of clay was hard at last.
The form I gave it, still it bore,
And I could change that clay no more."

Posture means the carriage of the body in standing, walking, sitting and lying.

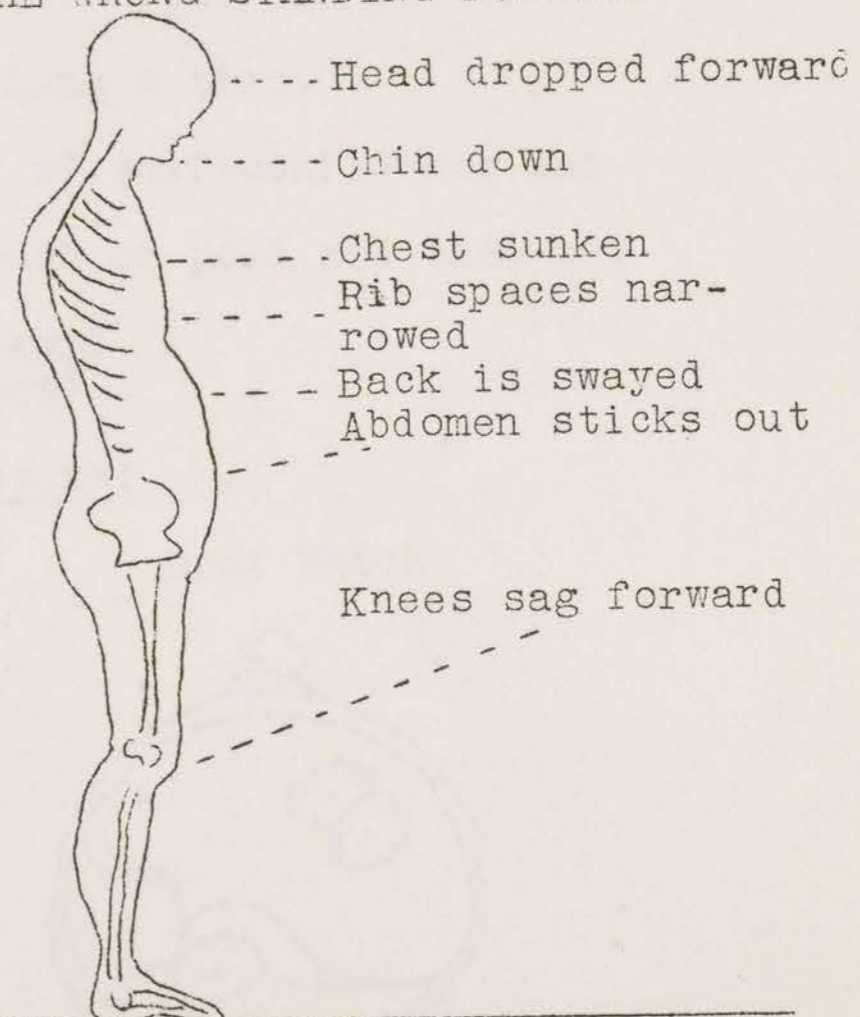
People who stand and sit straight are more likely to be healthy because the organs of the body, such as the heart, lungs, kidneys, etc., are held in the right position to do their work.

When standing correctly, the organs of digestion are not sagging or squeezed together out of position. Correct posture helps the food to pass more easily through the stomach and intestines and makes the body more vigorous and the mind more alert.

THE RIGHT STANDING POSTURE



THE WRONG STANDING POSTURE

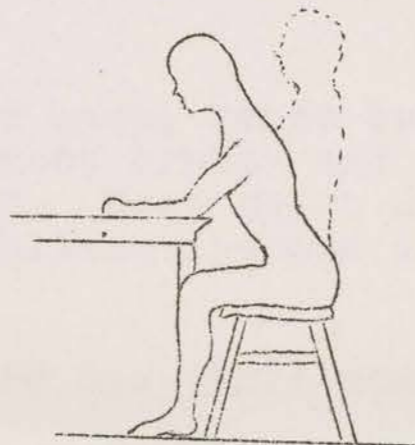


To stand correctly, a person should stand as tall as possible without rising on the toes, the head up, the chin in, the shoulders squared evenly, the chest out, the spine as straight as possible, the arms hanging naturally at the sides, the abdomen in and the knees straight without strain.

With the chin drawn in and the feet straight ahead, the body's weight rests upon the full length of the thighs and on the balls of the feet. A LINE DROPPED FROM THE EAR CROSSES THE MIDDLE OF THE TIP OF THE SHOULDER, THE MIDDLE OF THE HIP-BONE AND PASSES JUST IN FRONT OF THE KNEES, REACHING THE FLOOR OPPOSITE THE MOST PROMINENT PART OF THE OUTER SIDE OF THE FOOT.

To sit correctly the same straight position of the trunk should be maintained. In bending forward over work, bend the body at the hips and not in the middle of the back or shoulders.

The correct position in sleeping is with the body straight on a hard, even mattress without a pillow or with a very small one.

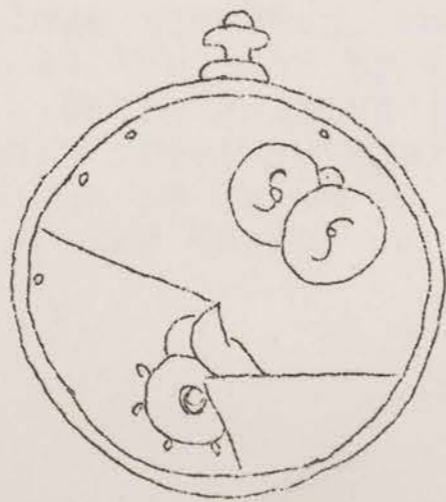


Causes of Wrong Posture:

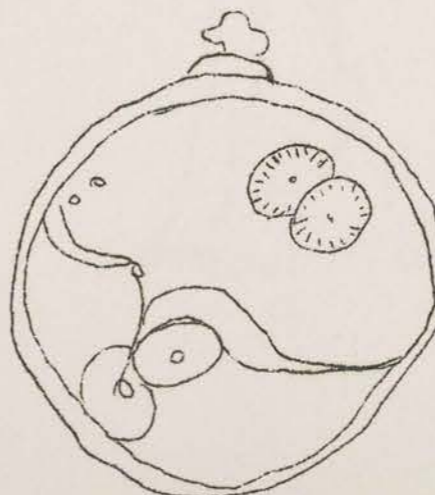
1. Malnutrition (general weakness of the body due to improper food and lack of enough weight).
2. Fatigue (lack of sleep and rest causes all of the muscles to sag).
3. Holding one position for too long a time.
4. Carelessness.
5. A wrong mental attitude (lack of self-confidence and self respect).
6. Wrong clothing (those which push or pull the body out of the right position).
7. Poor eyesight (near sightedness).
8. Foot - arch troubles (flat feet).

The Effects of Bad Posture:

Good Watch



Bent Watch



When the case of a watch is not bent the works are in place and the watch keeps good time. When the case is bent, the works are pushed out of place and the watch cannot keep good time.

If the bony framework of the body is out of place some of the organs are crowded out of their natural position and cannot do their work properly. Each organ of the body must work with the others. If one is out of order, or out of place, the others are effected also.

Stooped shoulders crowd the heart and lungs.

A sideways slouch throws the hips out of place.

Poor posture causes poor circulation, shallow breathing, bad digestion and poor action of the bowels.

Exercises for Posture:

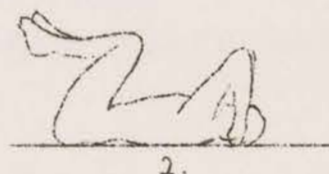


1. Lying on the back, hands back of neck take a deep breath and raise chest high. Keep chest up and exhale by pulling abdomen in hard.

2. Same position, knees bent, feet pulled up. Pull abdomen in hard and then relax part way.



3.



2.

3. To correct round shoulders, clasp hands behind back at waist line. Roll shoulders back and down; then relax.



4.

4. Practice walking with right arm down at side and left arm placed across all of back grasping right arm just above the elbow.

Exercises for Flat Feet:

1. Stand with the toes of both feet close together, raise the weight on the toes by lifting the heels. While raising the heels, push them forcibly apart so that the weight is borne on the outer edges of the toes.



1.

2. Sit with the feet squarely on the floor straight in front and parallel; try to place the soles of the feet together.
3. Walk on the toes with the weight on the outer side of them.



Health Habits Necessary for Developing Good

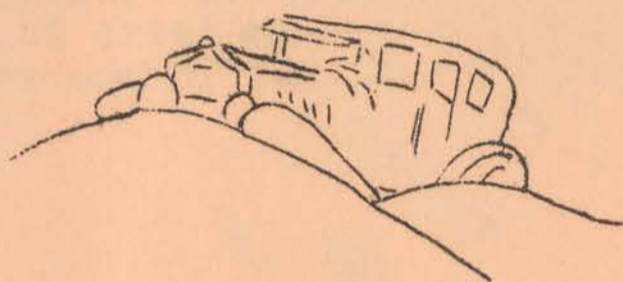
Posture:

1. Proper food: milk for building strong bones; vegetables, fruit every day and meat and eggs every day for building strong muscles.
2. At least nine hours sleep so that the body will be well rested.
3. Practice standing straight and tall with head erect, shoulders thrown back, abdomen drawn in and weight on balls of feet.
4. Breathing deeply.
5. Fresh air day and night.
6. Sunshine at least two hours daily.
7. Play - not too strenuous exercise. Tennis, ball and other games out of doors are good. Walking is excellent.
8. Proper clothing - not too tight or binding in any way.
9. Proper shoes - low flat heels, straight soles and rounded toes.
10. Self- confidence and self respect.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF NEVADA
ELKO, NEVADA

Page 128

Dear Keep Growing Boys and Girls:



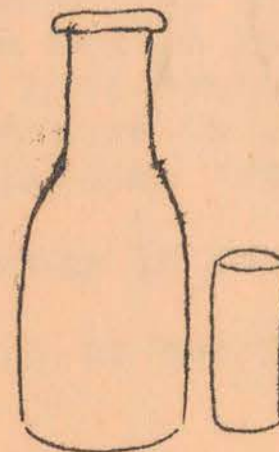
Snowed under! I guess we all are. We're glad the snow is going to give us enough water to grow good gardens this spring, but it surely is hard to get around to see you with so much snow on the ground. My little pony just can't make the drifts. I need an airplane for times like these. Wouldn't it be fun to have an airplane land in your school yard?

When I do get back to see you, I wonder how much you will have grown. You will be taller and I hope you are gaining a whole lot so that nearly everybody will be up to weight. I shall expect you to have strong muscles just like the little boy here. You remember what you are to do to build strong bodies and to KEEP GROWING.

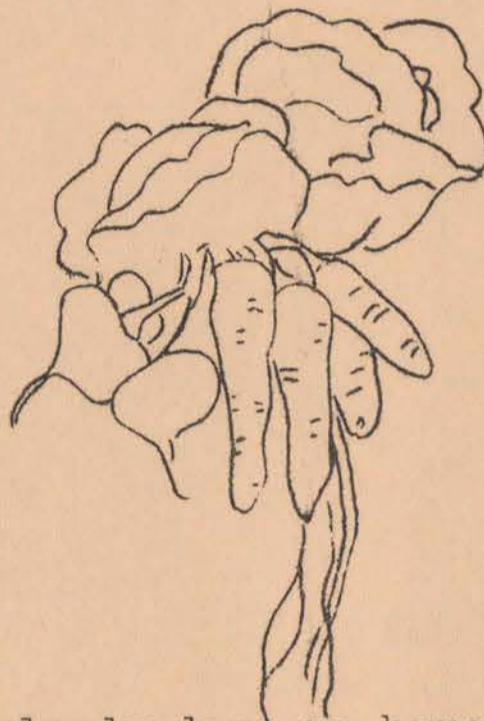


1. Keep up the hot lunches. These days are too cold; you need hot soup or hot cocoa at noon. Bring it in a bottle and warm it up in a pan of hot water on the stove at school if you have no other way.

2. Drink your milk every day - three cups or better still - four. There is nothing like it to build bones and teeth. Canned milk is nearly as good for you as fresh milk so use it if you don't have the other. A good tooth is worth a thousand dollars. How much are your teeth worth? It pays to take care of teeth and the best way to take care of them is to eat teeth building foods.



3. Vegetables. Are you getting two every day? We need them so much in the winter to keep us well. Carrots and cabbage and canned tomatoes are our old standbys at this time of year. Try your carrots raw. They are fine!

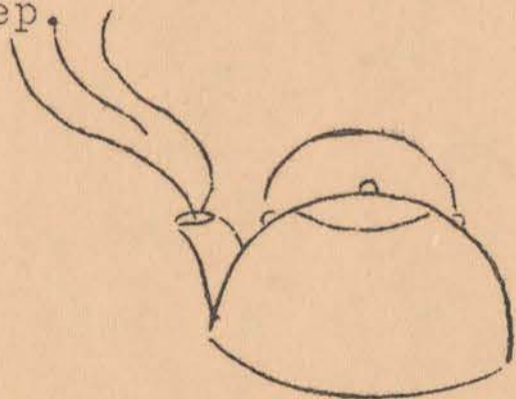


4. "An apple a day keeps the doctor away". And nearly everybody can have apples. Eat lots of them. Did you know dried prunes build blood? They are one of our best foods.



5. With cloudy days we haven't much sunshine, but isn't it wonderful that we can get sunshine out of a bottle? There isn't anything in the world that wards off flu and colds like cod liver oil. Take some this winter and let's have the best record Elko County has ever had. You just can't gain when you have a bad cold. To keep growing take cod liver oil.

6. Sleeping time is growing time. Ten hours every night are sure to help you grow. That means an early bedtime too. Seven-thirty for the little folks and eight o'clock for older school children. Be sure to get plenty of sleep.



7. How is the hand washing progressing? Are the two hands that you bring to school every day clean? Flu germs don't live on clean hands. Keep your tea kettle full of water if you don't have other running water, and be sure to use plenty of soap and individual towels.

Lets all work to be the healthiest county in Nevada in 1932.

As soon as I can, I'm going to come out to see you and I hope you have grown and grown and GROWN!

Sincerely yours,

Margaret Brenner
Margaret Brenner
County Extension Agent

(r) Child Training and Care.

GOOD GROWTH AND DEVELOPMENT

The Pre-school Child

Home Demonstrations.

There has been a great deal of interest this year in the county in work with the pre-school child, and if there were sufficient time this might grow to be one of the most active projects. Many mothers have brought their pre-schoolers to the schools where the Keep Growing project is being carried on and have asked that their youngsters be weighed, measured and examined. At Montello, Wells and Lee, the women's organizations have added to their group study, child training and care.

In addition to child feeding and weighing and measuring the work has this year included health habits, emotional habits, thumb sucking, toilet training, play equipment, etc.

The following communities have been reached in this project this year: Montello, Carlin, Wells, Starr Valley, Contact, Metropolis, Lee, Jiggs, Elburz, Ryndon, Halleck. At Montello, a physical examination of thirteen pre-school youngsters was made by Doctor H. Earl Belnap, the local physician. It is not always possible to have a physician make the examination much as it is desired. This was one of the best and most complete meetings held in the county.

The great distances between communities and a crowded schedule have made it impossible for the agent to see all of the children regularly, but an effort is made to keep up contacts through correspondence. Two hundred eighteen bulletins on child training and care have been distributed in Elko County this year.

Summary of results:

Communities participating.....	11
Leaders assisting.....	11
Days devoted to project by agent.	5 $\frac{3}{4}$
Home visits made.....	11
Method demonstrations held.....	8
Result demonstrations carried on.	55

The Pre-school Child - Home Demonstrations (continued)

At Lee, the Homemakers' Club has included the pre-school child in the year's program. A demon-

stration was given on children's toys just before Christmas and two others on child feeding and child health in the spring and late summer.



Figure No. 23. Pre-schoolers at Lee.

The Wells Relief Society is much interested in the study of the pre-school child in their work. A demonstration was given at one of their meetings on child feeding and child

health. Individual conferences were held with the mothers and habit training problems were discussed in many cases.



Figure No. 24. The pre-school group at Wells.

(r) Child Training and Care.

GOOD GROWTH AND DEVELOPMENT

The Pre-school Child

Prepare for School Round Up

For two years Elko County has carried on a project with the pre-school child who is about to enter school. This work has been carried on along with the Keep Growing project. The children were weighed and measured and inspected for physical defects in April when the school children were also examined. Then in the fall when these children enter the first grade they are again weighed and measured. During the summer months the parents are urged to have any possible defects in their children corrected.

With the assistance of the field nurse, Mrs. Ebba D. Bishop, of the Nevada Public Health Association, twenty-three children were examined under this project this year. The following communities took part in the work: Carlin, Wells, Metropolis, Contact, Lee, Starr Valley, Elburz and Ryndon.

Summary of results:

Communities participating.....	8
Leaders assisting.....	8
Days devoted to work by agent.....	2½
News articles published.....	3
Home visits.....	5
Method demonstrations held.....	5
Result demonstrations carried on.....	23

(s) Clothing.

Clothing Selection and Construction

Little has been done this year on adult clothing selection and construction due to lack of interest. Ready made clothing has been so low priced that the woemn have not thought it profitable to make their clothing.

However, through the government emergency relief measures, plans are being made for the distribution of 5,000 yards of cotton yard material to destitute families in the county. This material comes from the American Red Cross and is to be distributed to the very needy families only. In Elko the distribution will be handled by the community chest and out in the county it will be distributed by the Farm Bureau. A survey of the needs of the county were first made and out in the county fifteen communities responded. In each community a leader has been appointed to work with the local needs. It is estimated that 150 families will receive aid from this relief measure out in the county.

This project is scarcely organized at present. The cotton materials have been requisitioned and as soon as they come will be distributed among the communities according to the needs. Where the family cannot make up the material into clothing, Homemakers' Clubs and other women's organization will cooperate in making garments. The materials ordered include prints, gingham, muslin, outing flannel and birdseye.

The communities which will receive this relief are as follows: Contact, Carlin, Elko, Jarbridge, Charleston, Wells, Halleck, Deeth, Tuscarora, Midas, Clover Valley, Ruby Valley, Jiggs, Lamaille and Montello.

Communities included.....	15
Leaders assisting.....	15
Days devoted to project by agent.....	5 ³ / ₄
News articles published.....	0
Home visits.....	0
Method demonstrations held	0
Result demonstrations carried on.....	150

(s) Clothing.

Children's Clothing.

Not very much has been done on this project this year due to the newness of the work, and to an already crowded schedule; however, some of the goals set up have been reached. Two requests for patterns advised by the Bureau of Home Economics have been received and filled and two families are adapting improved practices in the selection and construction of children's clothing. It is hoped that more work can be done on this project next year.

(s) Clothing.

CLOTHING

4-H Clothing Club

Only two standard clothing clubs were organized in the county this year, but the work was carried on in six communities. At Contact, Sprucemont, Deeth, and Fort Halleck, the girls were enrolled as lone club members since there was not enough to form standard clubs. Due to the lack of leadership in all of the communities the 4-H clothing work has suffered. Much of the work has fallen on the agent who with a crowded schedule has not been able to do justice to the clubs. The result has been a lowered quality of work and a decrease in interest in the subject. If conditions cannot be improved next year it may be necessary to dispense with a 4-H clothing project.

The work has been carried on in the following communities in 1932:

<u>Community</u>	<u>Members</u>	<u>Leaders</u>
Contact	2	none
Deeth	2	none
Elko (white girls)	8	none
Elko (Indian girls)	4	Mrs. M. Foster
Fort Halleck	2	Mrs. J. Dyer
Owyhee (Indian girls)	10	Mrs. Ross Lyle
Sprucemont	3	Mrs. Brig Lewis
Total	31 ...	4

Nine of the clothing girls attended the State 4-H club camp at Reno in August. Faye Lewis of Sprucemont won first in first year clothing exhibit, and Kathleen Dyer won second in clothing judging.

Summary of results:

Communities participating.....	6
Members enrolled.....	31
Completions.....	25 or 80.64%
Clothing projects started.....	36
Project completed.....	27 or 75%
Leaders assisting.....	4
Demonstration teams trained.....	2
Judging teams trained.....	2
Days devoted to work by agent.....	27 $\frac{1}{4}$
News articles published.....	5
Home visits made.....	54
Method demonstrations held.....	16

(t) Home Management.

NUTRITION

Buy Health with Your Food Money

Again nothing has been done on this project in Elko County. There has been no demand for the work and when the project was offered, the women's organizations were not interested. Perhaps after another year of economic trials there will be some demand for the work.

(u) Home Furnishings.

HOME IMPROVEMENT

Interior

Little emphasis has been placed upon this project in Elko County this year due to the lack of funds among demonstrators to carry out any plans in interior home improvement.

However, there has been some individual demand for information on this subject. The goals set up were to work in four communities, to remodel or rearrange eight rooms including one kitchen, and to have eight families obtaining labor saving equipment.

In one home at Jiggs, a woman has remodeled her kitchen and living room. This woman has built in new cupboards in the kitchen and a bookcase in the other room, has painted the woodwork in the kitchen a cream ivory thus bringing more light to the room, has put in attractive wainscoting in the living room and has papered both rooms.

Summary of results:

Communities participating.....	1
Rooms remodeled or rearranged.....	4
Kitchens rearranged.....	1
Families obtaining labor saving equipment	0
Leaders assisting.....	0
Days devoted to work by agent.....	2
News articles published.....	0
Home visits.	2
Method demonstrations held.....	2
Result demonstrations carried on.....	7

(u) Home Furnishings.

HOME IMPROVEMENT

4-H Home Improvement Club

Just one girl in the county enrolled this year in home improvement. This girl has completed one year of the project and her achievement story tells how much she has accomplished at a very small outlay of cash.

In the one year this girl has complied with the requirements of the first year home improvement hand book and has refinished a beautiful old spool bed, has made new curtains for a bookcase, new drapes, and a cover for a trunk. The cost of improving this girl's room was:

Unbleached muslin.....	\$0.25
Cretonne.....	.50
Paint remover.....	<u>.30</u>
Total.....	\$1.05

Summary of results:

Communities participating.....	1
Club members enrolled.....	1
Club members completing.....	1 or 100%
Leaders assisting.....	0
Days devoted to work by agent.....	4½
Rooms improved.....	1
News articles published.....	1
Home visits made.....	10
Method demonstrations held.....	0

4-H Home Improvement Club (continued)

WHAT MY CLUB WORK HAS MEANT TO ME

by

Helen Westfall

This is my fourth year of club work. I have done first year sewing, first year cooking and first year gardening. This year I joined the Home Improvement club. I have had to work by myself, for I was the only one who took up this project.

I did not join the club last year because I had so much to do with my school work that I did not have time. However, as I was not going to take so many subjects this year, I made my plans to join.

As a preliminary to fixing my room, I calcimined the hall, for I wanted to have the place leading to my room look nice too. I did this last summer before the club year really started. After I had finished the hall, I began on my room. It really looked hopeless then. The walls were covered with heavy building paper which had faded from a pretty blue to a dull gray. This paper was torn loose from the tacks in many places, and altogether the room was a dreary place.

We had attempted calcimining this paper before and found that it worked like a charm. So I decided to calcimine the ceiling. First I taked it on better, the walls as well as the ceiling. Then I was ready to go to work. The calcimine cost me nothing, for several years ago a man who was painting a house across the street had some calcimine left over, and gave it to us. It was all mixed up. My sister used it in her room and then we let the rest dry up and since then, any time we have wanted some calcimine we have used some of this by dissolving these chunks. Then we got it, it was a deep cream, but as my sister wanted it green she put green diamond dyes in it and produced a lovely pale green. That that I used had faded into an almost neutral color with a slight greenish cast.

4-H Home Improvement Club (continued)

WHAT MY CLUB WORK HAS MEANT TO ME (continued)

After the ceiling was calcimined we bought wall-paper for just one dollar and I helped my mother paper the walls. When this was done the room really looked quite well. I was now ready to begin my project.

As you can see from the picture, I had an enameled metal bed in my room at first. However, my mother had an old Jenny Lind bed which she gave me permission to trade for the one in my room. This bed is at least sixty years old and first belonged to my grandfather. It had several coats of white paint on it and I decided to remove these. I thought I would have to stain it walnut for my mother said that it was just pine, but when I came to get some of the paint off, I found that it was maple. It has been quite a job, but I have now removed most of the paint from one end of the bed. I will try to finish the other end in time to report it at the end of this club year.

My dresser is quite appropriate with this bed, for it is an old wash stand of the same period. It was in this house when we came and is probably forty or fifty years old. When it was painted up and an oval mirror which belonged to my mother thirty years ago hung above it, it made a very pretty dresser.

Two of the pictures in my room also come from this period. They are companion pictures called "Wide Awake" and "Fast Asleep". They are pictures of a little girl. While I have seen prettier pictures, I have never seen more interesting ones and they are most appropriate with the other furnishings of my room. Another picture which I like is by Jessie Wilcox Smith of the "Little Women", or "Meg, Jo, Beth and Amy". This is my favorite book and so I like to have this picture.

I have a white spread, or if I wish, I may use an old quilt, which is about the same age as the bed. It is an eight-point star and was pieced by my great-aunts. Even though it is so old it has been kept in perfect condition.

4-H Home Improvement Club (continued)

WHAT MY CLUB WORK HAS MEANT TO ME (continued)

The only expenditures which I made were twenty-five cents for five yards of unbleached muslin, and fifty cents for five yards of cretonne. I also spent thirty cents for paint remover. The total cost was one dollar and five cents.

The muslin and cretonne I used to make a trunk cover, a laundry bag, a shoe bag, bookcase curtains, a dresser scarf and other required articles. The rings for the shoe bag I made myself with some very strong wire my brother gave me from his shop, shaping it with pliers. I faced some old curtains and they look more appropriate than the others I had.

The door stop I made from an old can filled with sand and dressed up to look like a little old-fashioned lady. She matches the rest of my room nicely for her dress is made of cretonne and muslin. I did not think of this in time to make it by myself and so my sister who is more of an artist than I made the face and my mother helped with the dress.

I intend to go on with my project next year. I shall paper the closet, paint the woodwork, re-finish the dresser and do any other improvements that are necessary.

4-H Home Improvement Club (continued)



No. 25. Helen's room before improving.



No. 26. Helen's room after improving.

(w) Community Activities.

4-H Club, County-wide

The organization of the standard 4-H club has not changed in the county. Where there have been at least five members the club has organized with a president, vice-president, secretary-treasurer, and song and yell leader. This year the leadership in 4-H work has been very poor and only two communities have had a definite organization. Since no leader could be obtained at Wells, Contact, Fort Halleck and Sprucemont, the girls have been lone club members. This has not been as successful as it might have been, but it has kept some club work in communities which otherwise would not have had it.

In Starr Valley and in Elko the clubs have worked to raise funds to be used in paying expenses of members and leaders to club camp. In Elko the girls made a quilt and raffled it off, gave food sales and gave dances to raise money. The Elko Homemakers gave \$25.00 toward the cause.

The Deeth club in Starr Valley sold ice cream and lemonade at several community picnics and raised about \$32.00.

Local achievement days were held in the club at Deeth, and in the two Foods clubs in Elko where the girls entertained their mothers at tea or at an informal dinner. The Deeth club held a demonstration team contest in which every girl in the club competed. The two winning girls then competed in the contest at the county achievement day.

Six demonstration teams were trained. The one at Sprucemont used a demonstration on mending clothing, the clothing team from Elko gave a demonstration on the removal of stains, the foods team from Elko gave one on the 4-square breakfast while the Deeth team demonstrated making graham muffins. The muffin demonstration won both the county and state contests, and were sent to Portland, Oregon, to represent Nevada in the demonstration contest at the Pacific International Livestock Exposition at Camp Plummer. The girls, although from five to nine years younger than all other contestants, won third place.

4-H Club, County-wide (continued)

Thirty club girls and leaders attended the State Junior Farm Bureau Camp, at Reno, in August. The following shows the achievements of the Elko County girls:

Demonstration team.....	1st
Canning exhibit.....	1st
	2nd
First year clothing exhibit.....	1st
Canning exhibit judging.....	1st
First year clothing exhibit judging....	2nd
	3rd
Oratorical contest.....	3rd

Summary of results:

Communities carrying on project.....	6	
Leaders and assistants.....	5	
Club members enrolled.....	70	
Club members completing.....	59	or 84.29%
P rojects started.....	80	
Projects completed.....	61	or 76.25%
Demonstration teams trained.....	6	
Judging teams trained.....	30	
Club members attending club camp.....	27	
Leaders attending club camp.....	3	
Days devoted to work by agent.....	103	
News articles published.....	23	
Home visits.....	192	
Method demonstrations held.....	42	

4-H Club, County-wide

4-H club recreation at State club camp at Reno.



Figure No. 27. Everybody enjoyed a launch ride at Lake Tahoe.



Figure No. 28. Half of the Elko County's girls' delegation at Camp.

4-H Club, County-wide

The State 4-H club officers were all from Elko County.



Figure No. 29. Left to right: Genevieve Hansen, Frank Winchell and Jessie Sabala, who were elected president, vice-president and secretary by popular ballot at the 1931 State club camp. These officers served until the State club camp session in 1932.

(w) Community Activities.

FARM BUREAU COOPERATION

The Extension Service of the State of Nevada cooperates very closely with the county and state Farm Bureaus since the agents are largely dependent upon the organized Farm Bureau groups for leadership and for carrying on the various Extension projects.

Community meetings were held this year at Starr Valley, Metropolis, Pole Canyon, Lee, Lamoille, Jiggs and Halleck. Considerable Farm Bureau organization work was accomplished in June when Mrs. Florence Bovett, secretary of the State Farm Bureau, visited the county and talked before these seven groups. Entertainment was provided at these meetings by the Extension force.

Eight meetings have been held by the Board of Directors at which they have studied plans for re-organization and have taken up matters of cooperative marketing, tax reduction, weed control and child health.

The annual County Farm Bureau picnic was held in the Lamoille grove in June with more than five hundred people attending. The annual Elko County Farm Bureau meeting took place in Elko, October 29, with fifty persons attending. At this meeting the agents gave oral reports of their work and Farm Bureau members held committee study groups which drew up resolutions regarding tax reductions, organization and credentials, weed control and 4-H club work. Director C. W. Creel, and assistant directors Mary S. Buol and Thomas Buckman were present at the meeting. The 1933 budget was presented at this meeting by Director Creel and passed by the delegates.

Summary of results:

Communities having Farm Bureau organizations.	7
Community chairmen acting as leaders.....	7
Days devoted to work by agent.....	16 $\frac{1}{2}$
News articles published.....	11
Home visits made.....	29
Method demonstrations held.....	11
Member enrolled (including Homemakers).....	98

(w) Community Activities.

FAIRS AND EXHIBITS

In an effort to cut down on county costs during these stressing times, the Elko County Fair Board dispensed with the County Fair and Flower Show for 1932.

The State Fair Board also discontinued the State Fair and the Nevada State Livestock Show for this year for the same reason.

Perhaps another year will bring greater prosperity and these fairs and exhibits will be continued.

The agent spent two days revising the premium list of the women's department of the fair this year.

(w) Community Activities.

RECREATION

In the goals set up this year four communities in adult work and four in 4-H club work were to be reached. Through the Farm Bureau groups and Homemakers' clubs, Metropolis, Starr Valley, Pole Canyon, Halleck, Elko, Lamoille, Lee and Jiggs have had some recreational activities. There has been quite a little demand for games, stunts, simple plays, etc. this year since the people have had little money to go outside their communities for amusement.

At Deeth and in Elko the 4-H clubs have provided recreation for the children. Almost each month in Elko a young people's dance is held. There is always an attendance of from fifty to seventy-five children.

Summary of result:

Communities participating.....	8
Leaders assisting.....	0
Days devoted to recreation by agent...	9 $\frac{1}{2}$
News articles published.....	4
Method demonstrations held.....	

V. OUTLOOK AND RECOMMENDATIONS.

Outlook: Looking forward into 1933 brings encouragement. Last year the long drouth was broken by a severe winter, and it is hoped that the coming winter will provide more moisture so that next year the fine record of gardens and crops will be repeated. A recent improvement in market prices seems to indicate that perhaps the next twelve months will bring a change for the better in agricultural economics. The stressing times have increased the need for and the interest in child health work both for the pre-school and the school child and for low cost but adequate meals for the family. The quality of the 4-H club work is increasing in the county and it is hoped that a better program including the four-fold significance of 4-H club activities will be carried out in 1933 in all of the communities in the county now having some of the work.

Recommendations:

- (1). Home Gardens.
 - (a). Stress adequate gardens again and achieve as fine results as in 1932.
- (2). Home Grounds Improvement.
 - (a). Continue contests in same manner in Elko, Wells and in county rural districts for one more year thus completing the five year demonstration.
 - (b). Encourage requests for specialists' help in landscaping, selection and care of trees, shrubbery, etc.
- (3). Foods and Nutrition.
 - (a). Increase emphasis on the low cost, but adequate dietary.
 - (b). Follow the new plan of judging state of nutrition which includes posture, muscle tone and color in the Keep Growing project.
 - (c). Have 100% of the children involved in this project inspected for physical defects by the State field nurse.
 - (d). Correct at least 25% of the defects among the school children.

- (3). Foods and Nutrition (continued).
- (e). Continue four 4-H Food Selection and Preparation Clubs.
 - (f). Have two 4-H Food Preservation Clubs.
- (4). Child Care and Training.
- (a). Continue the Prepare for School Work.
 - (b). Continue the Home Demonstrations.
- (5). Clothing.
- (a). Increase the quality of 4-H clothing work.
 - (b). Secure more and better trained leaders.
- (6). Home Management.
- (a). Increase interest in food budgeting and food cost records.
- (7). Home Improvement.
- (a). Meet demands and interests of individuals in the county.
- (8). Community Activities,
- (a). Assist in furthering the growth of the Farm Bureau.
 - (b). Assist in making the County Fair and Flower Show, efficient and educational institutions, if they are held next year.
 - (c). Assist in promoting interest in recreation in the various communities of the county.

VI. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS

1. Gardens.

Nineteen communities with a total of 58 cooperators participated. Fifty-two test plots of green leafy vegetables were planted. Fifty-eight families improved their gardens in at least one respect.

2. Yard Improvement.

Three contests were held with two divisions: one for non-improved yards and one for those yards which had had previous improvement. Thirty-seven yards were entered in these contests.

3. Food Selection and Preparation.

This year ten bulletins and circulars have been written by the agent on the subject of nutrition and health. Emphasis has been in low cost dietaries and health.

4. Food Preservation.

There has been much interest in canning this year. Eighty-five women have preserved food for their family's use.

5. The Keep Growing Project.

This project was carried on in twenty-one communities with a total of 624 children. There has been an increase of nearly ten per cent in the number of children in the normal weight range this year and a decrease of nearly seven per cent among those dangerously underweight. Nearly 86% of the schools have hot lunches for the children.

6. Child Care and Training.

This work has increased in the county. The Prepare for School project was carried on in eight communities and the pre-school home demonstrations in seven communities.

7. Clothing.

Most of the clothing work has been confined to the 4-H clubs. There have been six communities reached in this project.

VI. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS (continued)

8. Home Improvement.

Little has been done in home improvement due to lack of funds. Two women cooperators and one club girl have carried on the work.

9. 4-H Club Work.

4-H club work has been offered in seven communities. In Elko and Deeth the projects have been carried on through standard clubs. Seventy girls enrolled and 59 completed. Six demonstration teams and thirty judging teams were trained.

10. Farm Bureau Cooperation.

During the year eight meetings were held by the Farm Bureau directors. An annual County Farm Bureau picnic was held in June and the annual business meeting was held on October 29.
