

University of Nevada
Agricultural Extension Division

CECIL W. CREEL, Director



ANNUAL REPORT

OF

ELKO COUNTY

MARGARET BRENNER, County Extension Agent

FOR

1933

AC 00 89/1/44

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, 1932 to November 1, 1933

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/44

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

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

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

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

NARRATIVE SUMMARY

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

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

SUGGESTIVE OUTLINE OF ANNUAL NARRATIVE REPORT

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

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

STATISTICAL SUMMARY

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

DEFINITIONS OF TERMS USED IN THIS REPORT

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

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

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

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

GENERAL ACTIVITIES

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

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

Margaret Brenner County Extension Agent 10 1/2
(Name) (Title) (Months of service this year)

Helen Tremewan County Extension Agent 1/2 month

2. County extension organization or association.

(a) Name Elko County Farm Bureau and Homemakers' Clubs 2

(b) Number of members: (1) Men 26, (2) Women 73

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

4. Number of above communities in which the extension program has been cooperatively worked out by extension agents and local committees 28 4

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

(a) Adult work and Keep Growing 70: (1) Men 7, (2) Women 63
(b) 4-H Club work 9: (1) Men 0, (2) Women 8, (3) Older club boys 0, (4) Older club girls 1

6. Number of clubs or other groups organized to carry on adult home demonstration work and Keep Growing 32 6

7. Members in above clubs or groups 813 7

8. Number of 4-H Clubs 6 8

9. Number of different 4-H Club members enrolled: (a) Boys 0, (b) Girls 59 9

10. Number of different 4-H Club members completing: (a) Boys 0, (b) Girls 52 10

11. Number of different 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 0 11
(b) Girls 59 19 21 10 8 0 1 11

12. Number of different 4-H Club members enrolled according to age. 12

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	6	14	13	10	6	2	2	3	2	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.
NOTE.—In counties where more than one extension agent is employed, each agent making a report should include under questions 9, 10, 11, 12, and 13 only those boys and girls whom the agent has directly supervised.

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 58 Out of school 1 13

14. Number of 4-H Club teams trained: (a) Judging 20, (b) Demonstration 12 14

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

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

17. Total number of farm visits² made in conducting extension work 0 17

18. Number of different farms visited 0 18

19. Total number of home visits² made in conducting extension work 280 19

20. Number of different homes visited 178 20

21. Number of calls relating to extension work: (a) Office 303, (b) Telephone 295 21

22. Number of days agent spent in office 111 22

23. Number of days agent spent in field 172 1/2 23

24. Number of news articles or stories published³ 84 24

25. Number of individual letters written 345 25

26. Number of different circular letters prepared (not total copies mailed) 80 26

27. Number of bulletins distributed 2407 27

28. Number of radio talks made 0 28

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

30. Training meetings held for local leaders or committeemen: (a) Adult work: (1) Number 3, (2) Total men leaders attending 0, (3) Total women leaders attending 18; (b) 4-H Club: (1) Number 38, (2) Total leaders attending 170 30

31. Method demonstration meetings held (do not include meetings reported under No. 30): (a) Number 130, (b) Total attendance 2617 31

32. Meetings held at result demonstrations: (a) Number 41, (b) Total attendance 670 32

33. Tours conducted: (a) Adult work: (1) Number 0, (2) Attendance 0; (b) 4-H Club: (1) Number 0, (2) Attendance 0 33

34. Achievement days held: (a) Adult work: (1) Number 11, (2) Total attendance 1127; (b) 4-H Club: (1) Number 3, (2) Total attendance 283 34

² List as farm or home visit according to principal purpose of visit.
³ Include county and State press, agricultural journals, and home magazines. Do not count items relating to notices of meetings only.

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

35. Encampments held (Do not include picnics, rallies, or short courses, as these should be reported under other meetings.)	(a) Farm women	(1) Number	0
	(2) Total members attending	(2) Total attendance	0
	(3) Total others attending	(3) Total attendance	0
	(1) Number	(1) Number	0
	(2) Total boys attending	(2) Total attendance	0
	(3) Total girls attending	(3) Total attendance	0
	(4) Total others attending	(4) Total attendance	0
	(b) 4-H Club	(a) Number	84
		(b) Total attendance	2747
36. Other meetings of an extension nature participated in and not previously reported	(a) Adult work & K. G.	(1) Number	98
		(2) Total attendance	2630
	(b) 4-H Club	(1) Number	36
		(2) Total attendance	278

8-5146

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	Number of leaders or committee-men assisting	Days specialists helped with line of work	Days agents devoted to line of work	No. meetings held in relation to line of work	No. news stories published	No. circular letters issued	No. farm or home visits made	No. office calls made	No. result demonstration completed or carried thru year	No. meetings at result demonstrations	No. method demonstration meetings	QUESTION NUMBER
	Home Gardens and Variety Tests	16	0	2½	7¼	2	0	4	12	6	33	0	2	
	Home Grounds Improvement	4	0	5	½	0	0	0	0	0	21	0	0	
43	Sub-total Home Gardens	20	0	7½	8¼	2	0	4	12	6	54	0	2	43
	Food Selection and Preparation	5	0	0	8½	3	4	0	0	0	83	0	3	
	Food Selection and Preparation 4-H	2	3	0	37	69	14	17	49	70	31	10	15	
	Food Preservation	16	0	0	13½	7	1	2	7	11	73	1	5	
	Food Preservation 4-H Club	3	2	0	10	31	7	14	28	11	7	3	7	
	Keep Growing	22	22	12	71¼	132	10	5	40	10	585	15	53	
	Specialist work				(5)									
54	Sub-total Nutrition	48	27	12	140¾	242	36	38	124	102	779	29	83	54
	Prepare for School Round Up	6	6	0	1	6	0	0	4	0	23	0	6	
	Preschool Home Demonstrations	6	0	5	5¼	10	0	0	2	1	47	0	10	
55	Sub-total Child Training & Care	12	6	5	6¼	16	0	0	6	1	70	0	16	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.

7
PROGRAM SUMMARY
(Nevada Substitute)

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

QUESTION NUMBER	LINE OF WORK (Name and Number of Project) Sheet No. <u>2</u>	Number communities or other units participating (a)	Number of leaders or committee-men 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 demonstration completed or carried thru year (j)	No. meetings at result demonstrations (k)	No. method demonstration meetings (l)	QUESTION NUMBER
	Clothing Selection & Construction	20	22	0	37	32	5	3	57	51	158	3	4	
	Clothing Selection & Construction ^{4-H}	5	4	0	27½	71	11	16	33	43	19	7	12	
56	Sub-total Clothing Selection & Construction	25	26	0	64½	103	16	19	90	94	177	10	16	56
	Nevada Live-at-Home Plan	4	2	0	2	2	1	0	(24)	0	17	0	2	
	Sub-total Nevada Live-at-Home Plan	4	2	0	2	2	1	0	0	0	17	0	2	57
	Home Improvement, Interior	2	0	0	(2)	0	0	0	(6)	(3)	4	0	0	
	Home Improvement, 4-H Club	1	0	0	1¾	6	0	6	3	4	1	1	3	
58	Sub-total Home Furnishings	3	0	0	1¾	6	0	6	3	4	5	1	3	58
	Recreation	(8)	(8)	0	(3)	(8)	0	0	0	(3)	8	(8)	(8)	
	Relief Work	(20)	(22)	0	(37)	(32)	(5)	2	(3)	(57)	(19)	(51)	(158)	(3) (4)
	Farm Bureau Cooperation	7	7	2	9¼	(1)	13	0	0	38	99	0	0	
	Homemakers Cooperation	3	3	0	(4½)	(7)	(1)	(1)	(2)	11	19	(73)	1	8

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

QUESTION NUMBER	LINE OF WORK (Name and Number of Project) Sheet No. <u>3</u>	Number communities or other units participating	Number of leaders or committee-men assisting	Days specialists helped with line of work	Days agents devoted to line of work	No. meetings held in relation to line of work	No. news stories published	No. circular letters issued	No. farm or home visits made	No. office calls made	No. result demonstration completed or carried thru year	No. meetings at result demonstrations	No. method demonstration meetings	QUESTION NUMBER
		(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	(l)	
	Fair Board Cooperation	16	13	0	20 $\frac{1}{4}$	6	9	3	2	43	0	0	0	
60	Sub-total Community Activities	26	23	2	36	59	29	3	32	108	107	1	8	60
	Miscellaneous Organization & Extension	0	0	13	23 $\frac{1}{2}$	0	2	10	13	18	0	0	0	
61	Sub-totals Miscellaneous	0	0	13	23$\frac{1}{2}$	0	2	10	13	18	0	0	0	61
	GRAND TOTALS	32	84	32	283$\frac{1}{2}$	430	84	80	280	333	1209	41	130	

(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 (a)	Number of leaders or committeemen assisting (b)	Days specialists helped with line of work (c)	Days agent devoted to line of work (d)	Number of meetings held in relation to line of work (e)	Number of news stories published (f)	Number of different circular letters issued (g)	Number of farm or home visits made (h)	Number of office calls received (i)
38. Cereals (page 8).....									38
39. Legumes and forage crops (pages 9, 10).....									39
40. Potatoes, Irish (page 11).....									40
41. Cotton (page 11).....									41
42. Tobacco and other special crops (page 11).....									42
43. Home gardens and home beautification (page 12).....									43
44. Market garden and truck crops (page 12).....									44
45. Fruits (page 12).....									45
46. Forestry (page 13).....									46
47. Rodents and miscellaneous insects (page 13).....									47
48. Agricultural engineering (page 14).....									48
49. Poultry (page 15).....									49
50. Dairy (page 15).....									50
51. Other livestock (page 15).....									51
52. Farm management (page 16).....									52
53. Marketing—farm and home (page 17).....									53
54. Foods and nutrition (page 18).....									54
55. Child training and care (page 19).....									55
56. Clothing (page 20).....									56
57. Home management (page 21).....									57
58. House furnishings (page 22).....									58
59. Home health and sanitation (page 23).....									59
60. Community activities (page 24).....									60
61. Miscellaneous (page 24).....									61
62. Building extension program of work 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

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 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.

LEGUMES AND FORAGE CROPS—Continued

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

Item	(g)	(h)	(i)	(j)	(k)	(m)
	Soy beans	Cowpeas	Velvet-beans	Field beans	Peanuts	Other ¹
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 ²	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. lbs.		75
76. Number of 4-H Club members enrolled.....	{ (1) Boys					76
	{ (2) Girls					
77. Number of 4-H Club members completing.....	{ (1) Boys					77
	{ (2) Girls					
78. Number of acres grown by club members completing.....						78
79. Total yield of crops grown by club members completing ²	{ bu. tons	{ bu. tons	{ bu. tons	{ bu. lbs.		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 crop by name.
² Indicate whether yield is bushels of seed or tons of cured forage.

POTATOES, COTTON, TOBACCO, AND OTHER SPECIAL CROPS

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

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

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

¹ Indicate crop by name.
² Report yield of cotton in pounds of seed cotton.

FRUITS, VEGETABLES, AND BEAUTIFICATION OF HOME GROUNDS

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

Item	(a) Home gardens	(b) Market gardening, truck, and canning crops	(c) Beautification of home grounds	(d) Tree fruits	(e) Bush and small fruits	(f) Grapes	
88. Number of method demonstration meetings held.....	2	2	0	0	0	0	88
89. Number of adult result demonstrations completed or carried into the next year.....	33	0	21	0	0	0	89
90. Total number of acres included in adult result demonstrations.....	xxxxx	19	xxxxx	0	0	0	90
91. Average increased yield per acre on adult result demonstrations due to recommended practices.....	xxxxx	0 bu.	xxxxx	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	xxxxx	0	0	0	94

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

FORESTRY

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

95. Number of method demonstration meetings held.....		95
96. Number of adult result demonstrations completed or carried into the next year.....		96
97. Number of 4-H Club members enrolled.....	(a) Boys.....	97
	(b) Girls.....	
98. Number of 4-H Club members completing.....	(a) Boys.....	98
	(b) Girls.....	
99. Number of transplant beds cared for by club members completing.....		99
100. Number of acres of farm woodland managed by club members completing.....		100
101. Number of new areas reforested by planting with small trees according to recommendations.....		101
102. Acres involved in preceding question.....		102
103. Number of farms assisted in forest or woodland 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
107½. Number of farmers cutting timber on farm for construction or repair of buildings on recommendation of agent.....		107½

(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 next year..... 112
- 113. Number of adults completing training in terracing and other engineering extension schools, or completing plans for some major engineering improvement..... 113
- 114. Number of 4-H Club members enrolled.....
 { (a) Boys..... } 114
 { (b) Girls..... }
- 115. Number of 4-H Club members completing.....
 { (a) Boys..... } 115
 { (b) Girls..... }
- 116. Number of units improved by 4-H Club members:
 (a) Acres terraced..... (c) Articles made..... } 116
 (b) Machines or equipment repaired..... (d) Equipment installed..... }

Engineering activities	Principal improvements being made	(a) Number of farms	(b) Number of units	(c) Total value of service or savings
117. Terracing and erosion control.....			acres.	\$..... 117
118. Drainage practices.....			acres. 118
119. Irrigation practices.....			acres. 119
120. Land-clearing practices.....			acres. 120
121. Better types of machines.....			mach. 121
122. Maintenance and repair of machines ¹			mach. 122
123. Efficient use of machinery.....			x x x x x 123
124. All buildings constructed ²			bldgs. 124
125. Buildings remodeled, repaired, painted ²			bldgs. 125
126. Farm electrification ² 126
127. Home equipment ² 127
128. Total of columns (a) and (c).....	x x x x x		farms	\$..... 128

- ¹ 129. Number of machines repaired as reported in question 122, by types:
- (a) Tractors..... (c) Harvesters and threshers..... } 129
 - (b) Tillage implements..... (d) Other..... }

- ² 130. Number of building and equipment improvements as reported in questions 124, 125, 126, 127, by types:
- (a) Dwellings constructed according to plans furnished.....
 - (b) Dwellings remodeled according to plans furnished.....
 - (c) Sewage systems installed..... (h) Dairy buildings.....
 - (d) Water systems installed..... (i) Silos..... } 130
 - (e) Heating systems installed..... (j) Hog houses.....
 - (f) Lighting systems installed..... (k) Poultry houses.....
 - (g) Home appliances and machines..... (l) Other..... }

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

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

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

¹ Where less than half the membership resides within the county, do not report the circle, club, or association, but report the membership within the county under following questions.

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 farm 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 (Use best judgment in making conservative estimate).....	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 ¹ organized during the year.....								160
161. Number of cooperative-marketing associations or groups ¹ previously organized assisted by extension agent this year.....								161
162. Membership in associations organized and assisted (161 and 162).....								162
163. Value of products marketed by all associations worked with.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....
164. Value of supplies purchased by all associations worked with.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....
Number of cooperative-marketing associations or groups assisted with problems of—								
165. Preliminary analysis.....								165
166. Organization.....								166
167. Accounting and auditing.....								167
168. Financing.....								168
169. Business policies.....								169
170. Production to meet market demand.....								170
171. Reduction of market losses.....								171
172. Use of current market information.....								172
173. Standardizing.....								173
174. Processing or manufacturing.....								174
175. Packaging and grading.....								175
176. Loading.....								176
177. Transporting.....								177
178. Warehousing.....								178
179. Keeping membership informed.....								179
180. Merging into larger units.....								180
Number of farms or homes not in cooperative associations or groups assisted with problems of—								
181. Standardizing.....								181
182. Packaging and grading.....								182
183. Use of current market information.....								183

(Use space below for State questions not listed above)

¹ Include independent local associations, units of federations, branches of centralized organizations, terminal sales agencies, production associations which do buying or selling, and curb and home demonstration club markets.

FOODS AND NUTRITION

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

184. Number of method demonstration meetings held.....	83	184
185. Number of adult result demonstrations completed or carried into the next year.....	741	185
	Food selection and preparation	Food preservation
	(a)	(b)
186. Number of 4-H Club members enrolled.....	(1) Girls..... 34	11
	(2) Boys..... 0	0
187. Number of 4-H Club members completing.....	(1) Girls..... 31	7
	(2) Boys..... 0	0
188. Number of homes assisted in planning family food supply for a year.....	Food Preservation 46	188
189. Number of homes budgeting food expenditures for a year.....	0	189
190. Number of homes balancing family meals.....	378	190
191. Number of homes improving home-packed lunches according to recommendations.....	263	191
192. Number of schools following recommendations for a hot dish or school lunch.....	17	192
193. Number of children involved in preceding question.....	411	193
194. Number of homes using improved methods in child feeding.....	461	194
195. Number of individuals adopting recommendations for corrective feeding (such as weight control, anemia, pellagra, and constipation).....	713	195
196. Number of jars of canned products preserved by 4-H Club members.....	539	196

Keep Growing

(Use space below for State questions not listed above)

Number of communities.....	22
Number of children.....	585
Percentage increase in number of children in good nutritional condition.....	-15.36%
Percentage decrease in number of children in poor nutritional condition.....	+ 5.72%
Percentage children in good nutritional condition.....	56.47%
Percentage children in poor nutritional condition.....	10.66%
Number physical defects corrected.....	220
Percentage children showing evidence of physical defects at end of school year.....	81%
Number schools having hot supplement to school lunch.....	17
Number schools having supervised lunch.....	22

CHILD TRAINING AND CARE

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

197. Number of method demonstration meetings held.....	16	197
198. Number of adult result demonstrations completed or carried into the next year.....	70	198
199. Number of groups devoting major part of program to child training and care.....	0	199
200. Membership in these groups.....	0	200
201. Number of 4-H Club members enrolled.....	(a) Girls..... 0	} 201
	(b) Boys..... 0	
202. Number of 4-H Club members completing.....	(a) Girls..... 0	} 202
	(b) Boys..... 0	
202½. Number of 4-H Club members not in special child training and care clubs who participated in definite child training and care work.....	(a) Girls..... 0	} 202½
	(b) Boys..... 0	
203. Number of homes improving habits of school children (other than reported under "Foods and Nutrition" and "Home Health and Sanitation").....	32	203
204. Number of homes substituting positive methods of discipline for negative ones.....	13	204
205. Number of homes providing recommended play equipment.....	9	205
206. Number of homes making recommended physical adjustments to better meet children's needs.....	27	206
207. Number of homes adopting better adult habits with respect to development of children.....	7	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..... 158 209
- 210. Number of 4-H Club members enrolled.....
 - (a) Girls..... 24
 - (b) Boys..... 0
 } 210
- 211. Number of 4-H Club members completing.....
 - (a) Girls..... 19
 - (b) Boys..... 0
 } 211
- 212. Number of individuals following recommendations in improving construction of clothing.....
 - (a) Women..... 14
 - (b) Girls..... 24
 } 212
- 213. Number of individuals using a clothing budget.....
 - (a) Women..... 0
 - (b) Girls..... 24
 - (c) Boys..... 0
 } 213
- 214. Number of individuals making garments for themselves.....
 - (a) Women..... 122
 - (b) Girls..... 24
 } 214
- 215. Number of individuals improving children's clothing according to recommendations.....
 - (a) Women..... 5
 - (b) Girls..... 2
 } 215
- 216. Number of individuals following recommendations in improving care, renovation, and remodeling of clothing.....
 - (a) Women..... 5
 - (b) Girls..... 18
 } 216

(Use space below for State questions not listed above)

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HOME MANAGEMENT

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

- 217. Number of method demonstration meetings held..... 2 217
- 218. Number of adult result demonstrations completed or carried into the next year..... 17 218
- 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
- 220½. Number of 4-H Club members keeping personal accounts..... 24 220½
- 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..... 11 223
- 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..... 2 228
- 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..... 0 231
- 232. Number of adult result demonstrations completed or carried into the next year..... 4 232
- 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..... 4 } 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..... 3 } 237
 - (b) Girls..... 1 }
- 238. Number of individuals following recommendations in improving arrangement of rooms (other than kitchens).....
 - (a) Women..... 0 } 238
 - (b) Girls..... 0 }
- 239. Number of individuals improving treatment of walls, woodwork, and floors.....
 - (a) Women..... 2 } 239
 - (b) Girls..... 1 }

(Use space below for State questions not listed above)

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HOME HEALTH AND SANITATION

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

- 240. Number of method demonstration meetings held..... 33 240
- 241. Number of adult result demonstrations completed or carried into the next year..... 629 241
- 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..... 59 } 244
 - (b) Boys..... 0 }
- 245. Number of individuals having health examination on recommendation of extension workers.....
 - (a) 4-H Club members..... 15 } 245
 - (b) Others..... 596 }
- 246. Number of individuals improving health habits according to recommendations..... 638 246
- 247. Number of individuals improving posture according to recommendations..... 426 247
- 248. Number of individuals adopting recommended positive preventive measures to improve health (immunization for typhoid, diphtheria, smallpox, etc.)..... 27 248
- 249. Number of homes adopting better home-nursing procedure according to recommendations..... 23 249
- 250. Number of homes installing sanitary closets or outhouses according to recommended plans..... 0 250
- 251. Number of homes screened according to recommendations..... 0 251
- 252. Number of homes following other recommended methods of controlling flies, mosquitoes, and other insects..... 0 252

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

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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.....	0	254
255. Number of community groups assisted with organizational problems, programs of activities, or meeting programs.....	20	255
256. Number of communities developing recreation according to recommendations.....	7	256
257. Number of community or county-wide pageants or plays presented.....	11	257
258. Number of community houses, clubhouses, permanent camps, or community rest rooms established.....	0	258
	0	
259. Number of communities assisted in improving hygienic or public-welfare practices.....	23	259
260. Number of school or other community grounds improved in accordance with plans furnished.....	0	260
261. Number of 4-H Clubs engaging in community activities, such as improving school grounds, conducting local fairs, etc.....	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)

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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) Other clubs	
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	

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, 1932

to

November 1, 1933

TABLE OF CONTENTS

	<u>Page</u>
I COVER AND TITLE PAGE.....	1
II TABLE OF CONTENTS.....	2 - 5
Foreword.....	6
County Project Map.....	7
Chart Showing Distribution of Agent's Time.....	8
III STATUS OF COUNTY EXTENSION ORGANIZATION.....	9
(1) Function of Organization.....	9
(2) Function of Different Bodies in the Development of Program of Work.....	9
(3) General Policies.....	10
IV PROGRAM OF WORK.....	11
GOALS AND COMPLETIONS.....	12 - 17
(f) Home Gardens and Home Beautification.....	18 - 21
1. Adequate Gardens.....	18
(including green vegetable variety tests)..	19
2. Home Grounds Improvement.....	20 - 21
Elko and Wells Yard Improvement.....	20
County-Wide Farm Yard Improvement.....	21
(q) Foods and Nutrition.....	22 - 107
1. Food Selection and Preparation.....	22
2. 4-H Club Food Selection and Preparation.....	23

TABLE OF CONTENTS (continued)

	<u>Page</u>
(Problems in Meat Cookery) Handbook Written by Agent for Foods Project.....	24 - 56
3. Food Preservation.....	57
4. 4-H Food Preservation Club.....	58 - 76
Figure 1 Canning Exhibit.....	59
News Story Halleck Girl Wins Scholarship.....	60
Figure 2 Florence Walthers with Canning.....	60
Food Preservation 4-H Club Handbook Written by Agent.....	61 - 76
5. Keep Growing.....	77 - 107
Keep Growing Report of Elko County.....	77 - 104
Achievement Story of Two Best Schools in County.....	105 - 106
Letter from Sprucemont Teacher.....	107
(r) Child Training and Care.....	108 - 112
Pre-school Home Demonstrations.....	108 - 111
Case Histories of Three Children.....	109 - 110
Figures 3, 4, 5, and 6 Snaps of Youngsters in the Pre-school.....	111
Prepare for School Round Up.....	112
(s) Clothing.....	113 - 120
Clothing Selection and Construction.....	113

TABLE OF CONTENTS (continued)

	<u>Page</u>
Children's Clothing.....	114
4-H Club Clothing Selection and Construction.....	115 - 120
Achievement Story of a 4-H Club Winner Genevieve Hansen.....	116 - 119
Figure 7 Genevieve Hansen in Winning Costume.....	116
Figure 8 Contestants in the National Style Dress Revue.....	120
Figure 9, 10, 11, 12, 13, 14 Indian Girls also Have a 4-H Club..	121
(t) Home Management.....	122 - 124
Nevada's Live-at-Home Pantry Card Prepared by Agent.....	123
Achievement Story "The Thurston Family Lives At Home".....	124
(u) Home Furnishings.....	125 - 126
Interior Home Improvement.....	125
4-H Club Home Improvement.....	126
(w) Community Activities.....	127 - 137
Recreation.....	127
Fairs and Exhibits.....	128 - 129
News Story.....	129
County-Wide 4-H Clubs.....	130 - 134
Figures 15, 16, 17, and 18 4-H Demonstration Teams.....	132 - 133
News Story Elko Delegation Wins 4-H Grand Prize at Camp.....	134

TABLE OF CONTENTS (continued)

	<u>Page</u>
Farm Bureau Cooperation.....	135
Relief Work.....	136 - 137
Figure 19 Extension Agent Loaded With Relief Materials.....	137
V OUTLOOK AND RECOMMENDATIONS.....	138 - 139
VI SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS.....	140 - 141

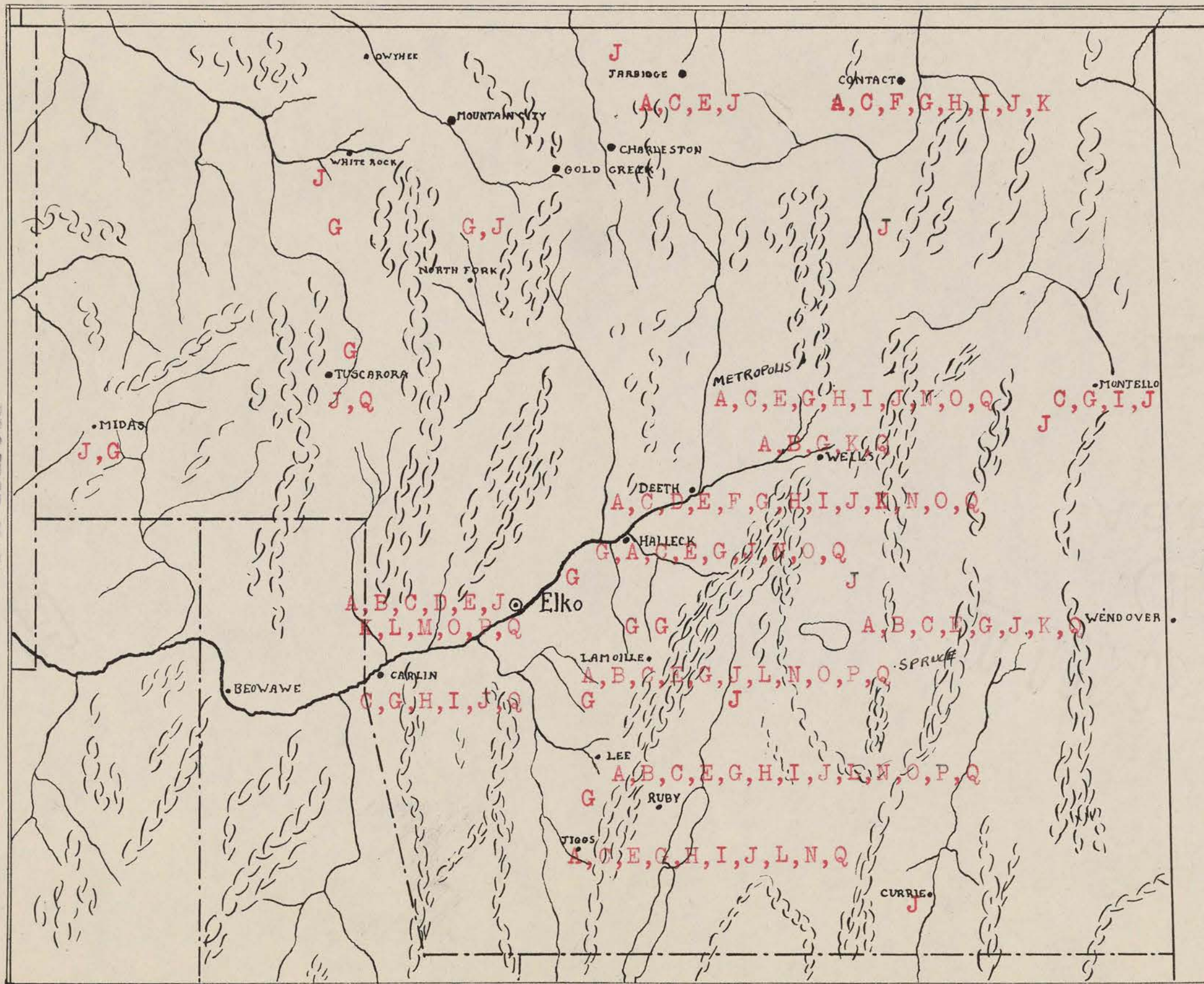
FORWARD BY EXTENSION AGENT

An explanation to account for the short year spent by the agent on home economics Extension work in Elko County is due the readers of this report.

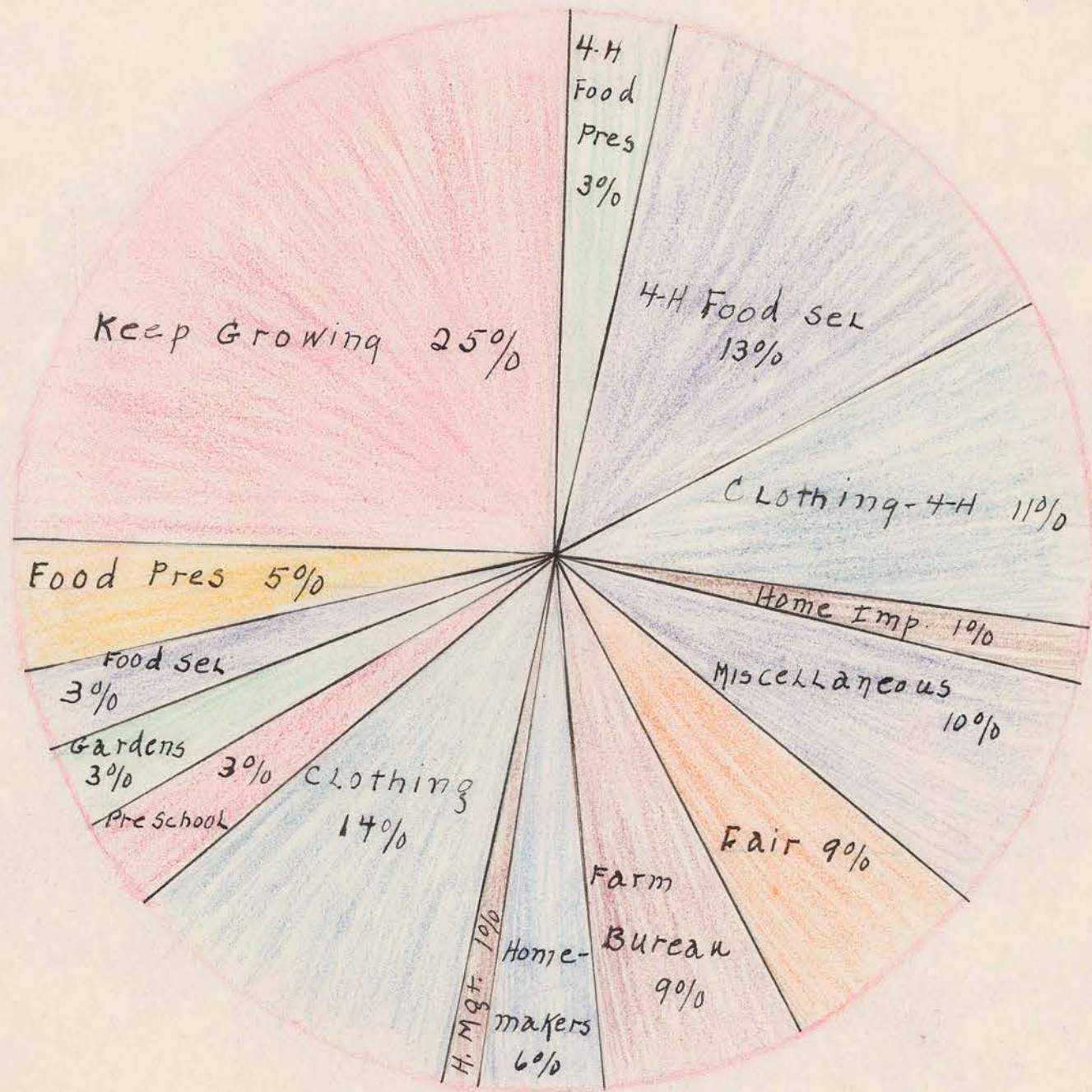
Three months convalescence following an eye injury which occurred August 29 when a glass jar of corn exploded during a canning demonstration, has prevented my completion of the year's work as I had planned. After eight weeks of inability to tolerate even a small amount of light and with the ever present danger of losing the sight in both eyes, it is with inexpressable gratitude that I feel I can go on with a normal life, thankful that the misfortune brought no more than impaired vision.

Sincere appreciation is here expressed for the kind and constant assistance of my co-workers in the local and state Extension offices and to my many cooperating friends out in the county.

Margaret Brenner
County Extension Agent



- | | | | |
|-------------------------|----------------------|-------------------------|--------------------|
| A Gardens | E Food Pres. | I Pre school Home Dem. | M Home Imp. 4-H |
| B Yard Imp. | F Food Pres. 4-H | J Clothing Sel. & Const | N Recreation |
| C Food Sel. & Prep. | G Keep Growing | K Clothing Sel. & Const | 4HO Farm Bureau |
| D Food Sel. & Prep. 4-H | H Prepare for School | L Home Imp. | P Homemaker's Club |
| | | | Q Fair |



DIVISION OF AGENT'S TIME

Keep Growing.72 days	Homemakers Clubs	5 1/2 days
Adult Food Pres.13 1/2 "	Farm Bureau.	20 1/2 "
Food Sel. & Prep.	8 1/2 "	Fair	20 1/4 "
Gardens & Yd. Imp.	8 1/4 "	4-H Home Imp.	1 3/4 "
Pre school Work.	6 3/4	4-H Clothing	28 "
Adult Clothing37 "	4-H Foods	36 "
Home Management.	2 "	4-H Food Pres.	10 "
		Miscellaneous.23 1/2 days

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. Director C. W. Creel, serves in a supervisory capacity, Assistant Director, Mary S. Byol, also supervises the women's 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 Federal Building.

III. STATUS OF COUNTY EXTENSION ORGANIZATION (continued)

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 (Campaign Stage)
State office #37, County #2

<u>Goals</u>	<u>Completions</u>
15 communities.....	16
30 adequate garden result demonstrations..	33
200 families adopting improved practices...	152
work with families securing Red Cross garden seeds. (No seeds secured)	

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

<u>Goals</u>	<u>Completions</u>
20 test plots (2 each) for:	
Spinach.....	8
Tender Greens.....	20
Kale.....	4
Broccoli.....	2
Peppers.....	2
Asparagus.....	0
Corn Salad.....	6
Endive.....	8
Chard.....	10

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

<u>Goals</u>	<u>Completions</u>
1 community contest in Elko.....	0
1 community contest in Wells.....	0
20 contestants in these contests.....	0
4 new result demonstrations established..	3
25 homes adopting improved practices.....	28

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

<u>Goals</u>	<u>Completions</u>
2 communities.....	2
6 result demonstrations.....	6
2 new result demonstrations.....	2
flower show.....	1

GOALS AND COMPLETIONS (continued)

(q) Foods and Nutrition

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

<u>Goals</u>	<u>Completions</u>
4 communities.....	5
10 result demonstrations.....	83
300 families following Live-at-Home Plan... Emphasis on low cost meals, covered dish meals, use of left-overs, casserole dishes, use of glandular meats.....	196 comp.
Work with relief committees on marketing lists.....	0

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

<u>Goals</u>	<u>Completions</u>
3 communities.....	2
4 clubs.....	5
30 members.....	31
4 demonstration teams.....	10
85% completions.....	91.17%

3. Food Production and Preservation
(Demonstration Stage) State
office #38, County #3.

<u>Goals</u>	<u>Completions</u>
5 communities canning with pressure cooker.....	5
5 communities canning with tin.....	2
5 communities evaporating products.....	5
20 result demonstrations.....	73
15 result demonstrations in food pre- servation budgets.....	11
80 families adopting improved practices... Emphasis on cheese, making, soap making, canning in pressure cooker, and canning in tin.....	106 comp.
300 families adopting Live-at-Home plan....	153

GOALS AND COMPLETIONS (continued)

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

<u>Goals</u>	<u>Completions</u>
1 community.....	2
1 club (county-wide).....	1
6 members.....	11
85% completions.....	63.63%

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

<u>Goals</u>	<u>Completions</u>
21 communities.....	22
550 children involved.....	585
10% children free from physical defects....	10.00%
50% children in good nutritional condition.	56.47%
12 Gold Star schools.....	2
15 achievement days.....	9

(r) Child Training and Care

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

<u>Goals</u>	<u>Completions</u>
6 communitites.....	6
30 children involved.....	23

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

<u>Goals</u>	<u>Completions</u>
4 communities.....	8
10 children involved.....	47
20 families adopting improved practices....	27

(s) Clothing

1. Clothing Selections and Construction State office #58, County #23

<u>Goals</u>	<u>Completions</u>
16 communities.....	20
125 result demonstrations.....	158
Cooperation with relief agencies.....	comp.
Emphasis on remodeling.....	comp.

GOALS AND COMPLETIONS (continued)

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

<u>Goals</u>	<u>Completions</u>
4 communities.....	5
3 clubs.....	2
30 members.....	24
3 demonstration teams.....	1
10 judging teams.....	9
85% completions.....	79.9%

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

<u>Goals</u>	<u>Completions</u>
5 communities.....	5
10 result demonstrations.....	6
15 families adopting improved practices.....	16

(t) Home Management

1. Buying Problems, State
office #241, County #48

<u>Goals</u>	<u>Completions</u>
5 communities.....	4
5 result demonstrations.....	17
10 families adopting improved practices.....	17

(u) Home Furnishings

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

<u>Goals</u>	<u>Completions</u>
No goals set up, however 2 kitchens were planned and carried out. 6 other rooms refurnished with draperies, window treatment, wall decoration etc.	

2. 4-H Home Improvement, State
office #56, County #21.

<u>Goals</u>	<u>Completions</u>
1 club member.....	1
100% completions.....	100%

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>
5 communities.....	5
67 members.....	59
6 clubs.....	7
85% completions.....	88.13%

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

<u>Goals</u>	<u>Completions</u>
No goals set up, however County Fair and Flower Show were held.	
No. exhibitors of Women's Department.....	211
No. entries.....	637
No. prizes.....	327
No. exhibitors of Flower Show.....	47
No. entries.....	119
No. prizes.....	63

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

<u>Goals</u>	<u>Completions</u>
5 board meetings.....	5
7 community meetings.....	9
1 county picnic.....	1
1 annual meeting.....	1
2 regional meetings.....	2
60 memberships.....	23

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

<u>Goals</u>	<u>Completions</u>
7 communities (adult).....	7
4 communities (4-H).....	3

5. Relief Work, State office
#242, County #49

GOALS AND COMPLETIONS (continued)

<u>Goals</u>	<u>Completions</u>
1 county relief community.....	1
1 county-wide Red Cross organization....	1
16 communities reached.....	20
125 families involved.....	158
15 communities reached in garden work....	16

(f) Home Gardens and Home Beautification

ADEQUATE GARDENS

The year 1933 provided a good season for gardens, but since the moisture was less, was not quite as good as the preceding year. The Nevada Live-at-Home Plan has done much to increase interest in every farm family growing as much of its food supply as possible, and Elko County people have improved and increased their gardens as never before.

The usual early frosts in the late summer curtailed the amounts of vegetables which might have been canned and stored; however, our farm families all have a good supply which is going to help tide them through the coming winter.

The Garden project has been carried on in 16 communities with the cooperation of 33 demonstrators. The following communities were involved: Elko, Lee, Jiggs, Halleck, Elburz, Wells, Metropolis, Contact, Sprucemont, Independence Valley, Midas, Ryndon, Clover Valley, O'Neill, Carlin, Deeth and Fort Halleck.

Summary of results:

16 communities
2½ days devoted to work by agent.
7 days devoted to work by specialist.
0 news articles published.
12 home visits.
2 method demonstrations held.
33 result demonstrations.

(f) Home Gardens and Home Beautification

NUTRITION

Adequate Gardens

Variety Tests Green Leaf Vegetables

Again we have had an excellent year for the growth of green leafy vegetables and every family has had several varieties of these important vegetables. Spinach, head lettuce, Swiss Chard, kale and corn salad are popular and do well in this climate.

Distribution of varieties among the test plots were as follows:

Spinach.....	8	Peppers.....	2
Tender greens..	20	Corn Salad.....	6
Kale.....	4	Endive.....	8
Broccoli.....	2	Chard.....	10

The following communities were involved in this project: Elko, Wells, Deeth, Halleck, Elburz, Fort Halleck, O'Neill, Carlin, Independence Valley, Jarbidge, Lamoille, Lee and Jiggs.

Summary of results:

- 13 communities carried on work.
- 2 3/4 days were devoted to project.
- 0 news articles published.
- 12 home visits.
- 2 method demonstrations held.
- 33 result demonstrations.

(f) Home Gardens and Home Beautification

HOME GROUND IMPROVEMENT

Elko and Wells

No contests were held in Elko and Wells this year for yard improvement as has been the practice for the past four years because all families interested in such improvement had qualified in the past contests and the enrollment was so small it seemed not worth while to conduct the project in this way. However, considerable work in home beautification has been carried on in both towns, and many calls on the agent and specialist indicate that the families are continuing their yard improvement.

Summary of work:

2 communities carried on work.
 $\frac{1}{2}$ day devoted to project by agent.
5 days devoted to project by specialist.
0 news articles published.
0 method demonstrations held.
17 result demonstrations carried on.

(f) Home Gardens and Home Beautification

HOME GROUNDS IMPROVEMENT
County-wide Farm Yard Improvement

The usual county-wide yard improvement contest was not carried on this year because of lack of interest in an organized means of carrying on the project. However, several farm homes requested help in selecting and arranging their plantings which shows that farm families are interested in making their homes more attractive through yard beautification.

Summary of work:

2 communities (Lamoille and Starr Valley).
 $\frac{1}{2}$ day devoted to project by agent.
0 news articles published
0 method demonstration held.
4 result demonstrations carried on.

(q) Foods and Nutrition

NUTRITION

Food Selection and Preparation

With increasingly limited incomes in the County due to inability to sell farm produce a great problem has been to feed the family adequately on what could be provided at home. This project of Food Selection and Preparation has been one of the important phases of the Nevada Live-at-Home Plan and there has been much interest shown in providing and preserving the family food supply.

About one third of the year's work has been spent on this project among the women and 4-H club girls. This work has been carried on in the following communities: Lee, Lamaille, Elko, Starr Valley and Metropolis. It is also integrated in the Keep Growing work in the twenty-two schools where that project is carried on.

Emphasis has been placed on covered dish meals, low cost dietaries, use of glandular meats, and on the production of food at home. To off-set possible deficiencies in meager diets among the school and pre-school children, there has been a campaign on the use of cod liver oil. Special dietary advice has been given to 713 persons on weight control, nutritional anemia, thyroid and constipation.

Summary of results:

- 5 communities carried on the project.
- 0 leaders assisted.
- 8½ days were devoted to work by the agent.
- 5 days were given to specialist writing.
- 4 news articles were published.
- 3 method demonstrations were held.
- 83 result demonstrations were carried on.

(q) Foods and Nutrition

NUTRITION

4-H Food Selection and Preparation Club

Again this year Foods Selection and Preparation had been the most popular project among Elko County 4-H Club girls. Thirty-four girls have been enrolled in this project, thirty-one completing, which gives a completion of over 91%. The new 4-H club handbook for third year foods work was written by the agent for the State, and is based on problems in meat cookery. This subject seemed practical since Nevada is essential a meat producing State.

At the County Fair in September nearly all these foods club members entered exhibits of cakes, biscuits and muffins.

Ten demonstration teams were trained in this phase of 4-H club work, and twenty judging teams. At the State club encampment Elko County Foods club girls placed first, second, third, fourth and fifth in the State meat judging contest.

Summary of results:

- 2 communities carried on work.
- 3 leaders assisted.
- 34 club members were enrolled in four clubs.
- 31 members completed or 91.14%.
- 37 days were devoted to project by agent.
- 14 news articles were published.
- 49 home visits were made.
- 15 method demonstrations were held.
- 69 meetings were held.
- 31 result demonstrations were completed.

PROBLEMS IN MEAT COOKERY

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

4-H Food Enterprise
Demonstration III

by

Margaret Brenner
County Extension Agent

March, 1933.

Name _____

Post Office Address _____

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TABLE OF CONTENTS

	<u>Page</u>
TITLE PAGE.....	1
TABLE OF CONTENTS.....	2-2a
INTRODUCTION.....	3
THIRD YEAR FOODS CLUB REQUIREMENTS.....	4
CHAPTER I.* FIRST MEETING: THE HEALTH OF THE 4-H CLUB GIRL.....	5-7
CHAPTER II. SECOND MEETING: WHY MEAT IS HEALTHFUL. QUICK PROCESS MEATS.....	8-10
CHAPTER III. THIRD MEETING: KINDS & QUALITIES OF MEAT	11-12
CHAPTER IV.* FOURTH MEETING: CUTS OF MEAT.....	13-16
CHAPTER V.* FIFTH MEETING: COOKING TENDER CUTS.....	17-19
CHAPTER VI.* SIXTH MEETING: COOKING VERY TENDER CUTS: SOUPS AND STEWS.....	20-23
CHAPTER VII. SEVENTH MEETING: COOKING LESS TENDER CUTS; POT ROASTS, SWISS STEAKS, ETC.....	24-26
CHAPTER VIII. EIGHTH MEETING: COOKING GLANDULAR ORGANS: LIVER, HEART, ETC.....	27-29
CHAPTER IX. NINTH MEETING: PREPARING AND COOKING FISH	30-32
CHAPTER X. TENTH MEETING: PREPARING AND COOKING POULTRY.....	33-35
CHAPTER XI.* ELEVENTH MEETING: ATTRACTIVE MEAT LEFT- OVERS.....	36-38
CHAPTER XII.* TWELFTH MEETING: PLANNING A SIMPLE COMPANY DINNER.....	39-42
CHAPTER XIII.* THIRTEENTH MEETING: ACHIEVEMENT DAY: SERVING A COMPANY DINNER.....	43-45
CHAPTER XIV.* FOURTEENTH MEETING: RESULTS OF THE YEAR'S WORK.....	46

* The chapters which are starred are required in this year's Foods Club work.

TABLE OF CONTENTS (con't)

	<u>Page</u>
APPENDIX.....	47-48
Personal Preparation for Cooking.....	47
Directions for Working.....	47
Directions for Washing Dishes.....	47-48
Directions for Measuring.....	48
Table of Abbreviations.....	48
Table of Oven Temperatures.....	48
HEALTH SCORE SHEET FOR FAMILY.....	49
SUMMARY OF POINTS YOU SHOULD HAVE LEARNED THIS YEAR.....	50
SUGGESTIONS FOR CLUB STORY.....	51
CLUB WORK RECORD SHEETS.....	52-55

INTRODUCTION

Since Nevada is primarily a livestock State, it is well that a 4-H club project for girls be devoted entirely to the subject of meat selection and cookery. This booklet, accordingly, is presented in the hope that it will help our 4-H club girls to select and prepare meats so that they will be nutritious, economical, palatable and attractive.

The cheaper cuts are emphasized in the hope that the 4-H girl will learn to feed her family not only well but economically.

Meat is valuable as a food because it contains a large amount of protein which is used by the body to build and repair muscle tissue. We also obtain muscle building materials from eggs, milk and dried beans and peas. The best sources of this material are animals and for this reason, meat, milk and eggs are better muscle building foods than vegetables. The fat, vitamins, and minerals in meats are also valuable in the diet. Meat once a day is advocated for every body.

If meat is well selected and prepared and is served with an abundance of vegetables, it is easily digested by the normal healthy person. Because it is a concentrated food it should be served with other more bulky foods.

It has been said that only a good cook can cook meat well. It is hoped that this booklet on meat cookery will help the 4-H club girls of our State to learn to be "good cooks".

THIRD YEAR FOODS CLUB REQUIREMENTS

1. Number of Meetings.

Each club shall select and carry out at least eight of the meetings listed in the Table of Contents. The meetings which are starred (1,4,5,6,11,12,13,14) 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 80 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 it 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 it in to your Extension agent.

Note: All these requirements must be fulfilled in order to secure credit for this year of work, and to 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: THE HEALTH OF THE 4-H CLUB GIRL.

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 Health of the 4-H Club Girl.

You have learned in your first and second years of 4-H Foods club work how important your health is and how much your every day living habits affect your health. Check up on your health again this year according to the following score card:

HEALTH SCORE CARD

	Ideal Score	Actual Score
Good color as shown in rosy cheeks and in mucous membrane.....	10	
Firm, strong muscles.....	10	
Erect, straight body.....	10	
Strong clean teeth.....	10	
Good appetite for a variety of foods and a good digestive system.....	10	
Weight in "Safe Zone" (+20% to -6%).....	10	
Ability to sleep soundly and regularly.....	10	
Freedom from chronic fatigue.....	10	
Good resistance to disease.....	10	
Freedom from physical defects.....	10	
Good self control.....	10	
A clean mind and body.....	10	
A happy, hopeful attitude toward life and work.....	10	
Total Score.....	130	

To secure and keep this state of health, every 4-H club girl must have the right food, cleanliness, fresh air, rest, sleep and exercise. A living habit score card shows what she must do to achieve and maintain positive good health. Score your living habits with this score card.

LIVING HABIT SCORE CARD

	Ideal:	Actual
	Score:	Score
A 4-H Club Girl Should Have Every Day:		
Not less than 2 cups of milk.....	10	:
Two vegetables besides potatoes.....	10	:
Two fruits (one raw if possible).....	10	:
One salad including a raw vegetable.....	5	:
A good breakfast (this may include a fruit, cereal, bread, milk or cocoa).....	10	:
Whole grain bread or cereal.....	5	:
One egg.....	5	:
Meat.....	10	:
Hot noon meal.....	10	:
Two hours sunshine.....	10	:
At least nine hours sleep.....	10	:
Every Week:		
Two or more baths.....	10	:
Twice a Year:		
A dental examination and cleaning.....	10	:
Once a Year:		
A physical examination.....	10	:
Total Score.....	125	:

If either your health or your living habits falls short on these scores, try to improve them in your 4-H club work this year. Report the progress you make in your health in your club story when you finish the year's work.

Home Work

Score your family as a whole by the health score card given in the Appendix. Encourage all of the family to practice good health habits all year and at the end of the year use this score card again to find out how much your family has improved.

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.
Directions for measuring.
Table of oven temperature.

Next Meeting

1. Subject: Why Meat is Healthful.
2. Date: _____
3. Place: _____
4. Roll Call: Report on health score card of family.
5. Supplies Needed: Cooking apron, towel, instruction book, pork chop, lamb chop, small steak or hamburger.

CHAPTER II.

SECOND MEETING: WHY MEAT IS HEALTHFUL. REVIEW OF QUICK PROCESS MEATS.

Business Meeting

Roll Call: Report on the health score of your family.

Method Demonstration: Why Meat is Healthful.

This year you are going to learn how to prepare and cook different kinds and cuts of meat so that they will be nutritious, palatable and attractive.

First you should know what is meat, why it is healthful, and how much we should eat. Meat is the flesh of animals. A list of the chief kinds of meat includes beef, pork, lamb or mutton, veal, poultry and fish. Generally speaking, when we think of kinds of meat, we think of beef, pork, lamb or mutton, or veal. Meat is our most important muscle building food and the red meats, such as steaks, liver and kidneys also are blood building food, since they are rich in iron.

Other muscle building foods are milk, eggs, cheese, dried beans, and nuts. These goods, as well as meat, are called protein foods. The best protein foods come from animal sources. This is why meat, milk, eggs and cheese are better muscle builders than beans and nuts. Our rule of meat once a day usually gives us the amount we need. About one-fourth pound is an average serving. More than a half pound may put too great a strain on the kidneys to prove healthful. However, there is not so much danger of eating too much meat if one eats plenty of vegetables and fruit every day to balance the diet.

Review of Quick Process Meats

In your first year Foods club work you learned how to cook the "quick-process" meats. Such a meat is one which can be cooked quickly; that is, in less than half an hour. Examples are bacon, hamburger, sausage, chops, and steaks. The methods used in cooking these meats are broiling, pan broiling and sautéing.

Broiling is cooking by direct contact with heat. The usual method is in a broiling oven. On a picnic, when you hold a steak on a stick over the fire, you are broiling it. No fat is used in broiling.

Pan-broiling is like broiling except that you place the meat in a hot pan over the fire. The pan may be greased just enough to prevent sticking.

Sauteing is cooking in a small amount of hot fat. Sometimes this is called frying, but frying usually calls for much fat.

Prepare at least one of these meats:

Broiled Steak or Chops

Choose a tender steak at least one inch thick, or lamb or pork chops. Wipe the meat with a clean, damp cloth. Place the meat on a broiling rack which has been oiled by rubbing with a piece of fat. Sear, using a high temperature (400° to 500° F.); then turn and sear the other side. Reduce the heat, and continue cooking with frequent turning until meat is puffy, brown, and sufficiently cooked. Avoid puncturing the meat with a fork while cooking, as it causes the juices to escape. Allow from 8 to 15 minutes cooking for a one-inch steak, according to whether it is to be rare or well done, and from 15 to 30 minutes for lamb and pork chops. Remove to a hot serving dish, season with salt and pepper.

Pan-broiled Steak or Chops

Prepare as for broiled steak. Rub a bit of fat over the bottom of a smoking-hot frying pan. Place the meat in the pan and sear first on one side, then on the other. Reduce the heat and turn every minute or so until cooked to the desire degree. Serve as broiled steak.

Score your product according to the following score card:

SCORE CARD FOR QUICK PROCESS MEATS

	Ideal Score	Actual Score
Selection of meat.....	30	:
Choice of cut for quick cooking (is it tender?).....	15	:
Quality, good red color and tender texture.....	15	:

SCORE CARD FOR QUICK PROCESS MEAT (con't)

	Ideal:	Actual
	Score:	Score
Preparation.....	60	:
Tender texture maintained in cooking....	15	:
Moistness (is the meat moist & juicy?)..	15	:
Taste (has a good flavor been developed		:
in cooking?).....	20	:
Seasoning to bring out best flavor.....	10	:
<hr/>		
Attractiveness in serving.....	10	:
<hr/>		
Total score.....	100	:

Home Work

Keep a record of the protein food you eat each day for a week:

- Sunday _____
- Monday _____
- Tuesday _____
- Wednesday _____
- Thursday _____
- Friday _____
- Saturday _____

Prepare quick process meats at home at least three times.

Next Meeting

1. Subject: Kinds and Qualities of Meats.
2. Date: _____
3. Place: _____
4. Roll Call: Report on protein foods eaten during the week and on quick process meats prepared at home.
5. Supplies Needed: _____

CHAPTER III.

THIRD MEETING: THE KINDS AND QUALITIES OF MEAT.

Business Meeting

Roll Call: Report on list of protein foods eaten during week and on quick process meats prepared at home.

Method Demonstration: The Kinds and Qualities of Meat.

In order to know how to select and prepare meat for the family table, every 4-H club girl should know the kinds of meat, the common cuts, and the difference between good and poor quality meat. She should also know how to care for meat.

If possible, your club should visit a meat market at this meeting and your local butcher will, no doubt, be glad to show you the different kinds and qualities of meat. The Fourth Meeting might be combined with this one and you could also ask the butcher to show the different cuts of beef, veal, pork and lamb.

Can you recognize the five common kinds of meat?

The following table may help you to learn to identify them:

Kind	Characteristics	Source
Beef	very red lean, creamy white, firm fat	cattle
Veal	pale pinkish lean, creamy white fat, more tender than beef. Lean is somewhat spongy.	very young calves
Mutton	dark red lean, creamy white, very hard fat. Distinct odor.	sheep
Lamb	dark red lean, creamy white, hard fat. Odor not as strong as mutton.	young sheep
Pork	pale red, short fibered lean, soft oily, very white fat.	hogs

Every 4-H club girl should learn how to tell the difference between good and poor quality meats. There are four grades of meat. They are: "Prime", "Choice", "Medium" and "Poor". Good beef is firm, well mottled or

marked with fat, and has a bright red color. The fat is creamy white and firm. Beef which is a dark red color and which has a yellow, soft fat is of poor quality.

Home Work

If possible, select the meat for the family table for a week. Every time meat is slaughtered or cut up at home or purchased, and every time you go to the meat market, learn all you can about kinds and qualities of meat.

Next Meeting

1. Subject: Common Cuts of Meat.
 2. Date: _____
 3. Place: _____
 4. Roll Call: Report on meats selected for your family.
 5. Supplies Needed: _____
-

CHAPTER IV.

FOURTH MEETING: THE COMMON CUTS OF MEAT.

Business Meeting

Roll Call: Report on meats selected for the family during the week.

Method Demonstration: The Common Cuts of Meat.

Every 4-H club girl should learn the common cuts of meat so that she can select wisely for the family table. Visit the butcher shop and actually study all of the cuts of beef, lamb and pork. Ask your butcher questions about them. He will be glad to help you. Study the three charts in this lesson until you know the different cuts. These charts also tell how the cuts may be cooked. If all your meat is butchered at home, have your father show you the different cuts.

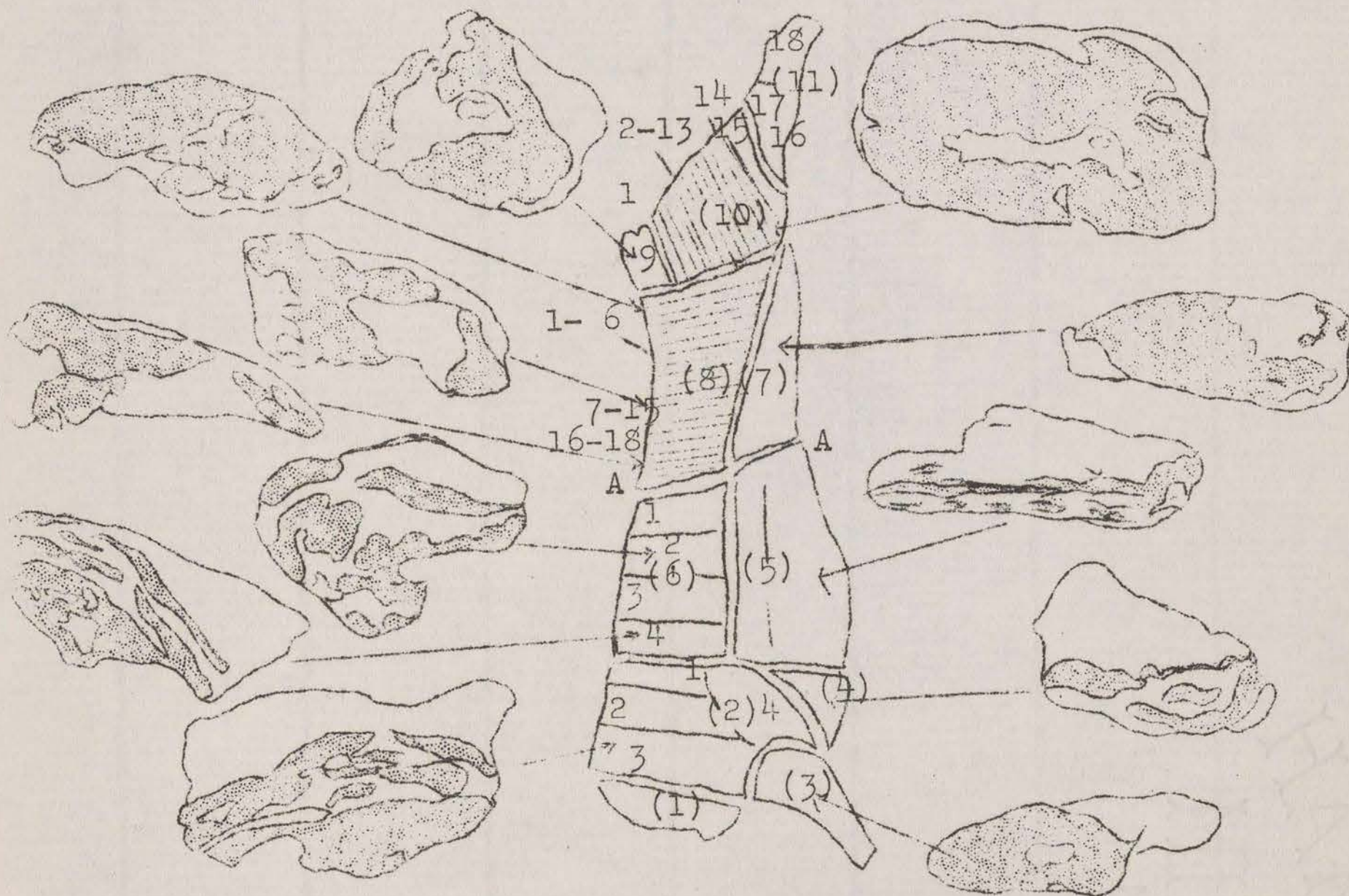
Home Work

If possible select all of the meat for your family for another week.

Next Meeting

1. Subject: Cooking Tender Cuts of Meat.
2. Date: _____
3. Place: _____
4. Roll Call: Report on health progress, and also on selecting meats for the family.
5. Supplies Needed: _____

BEEF CUTS



AA- Above this line is hind quarter; below is fore quarter.

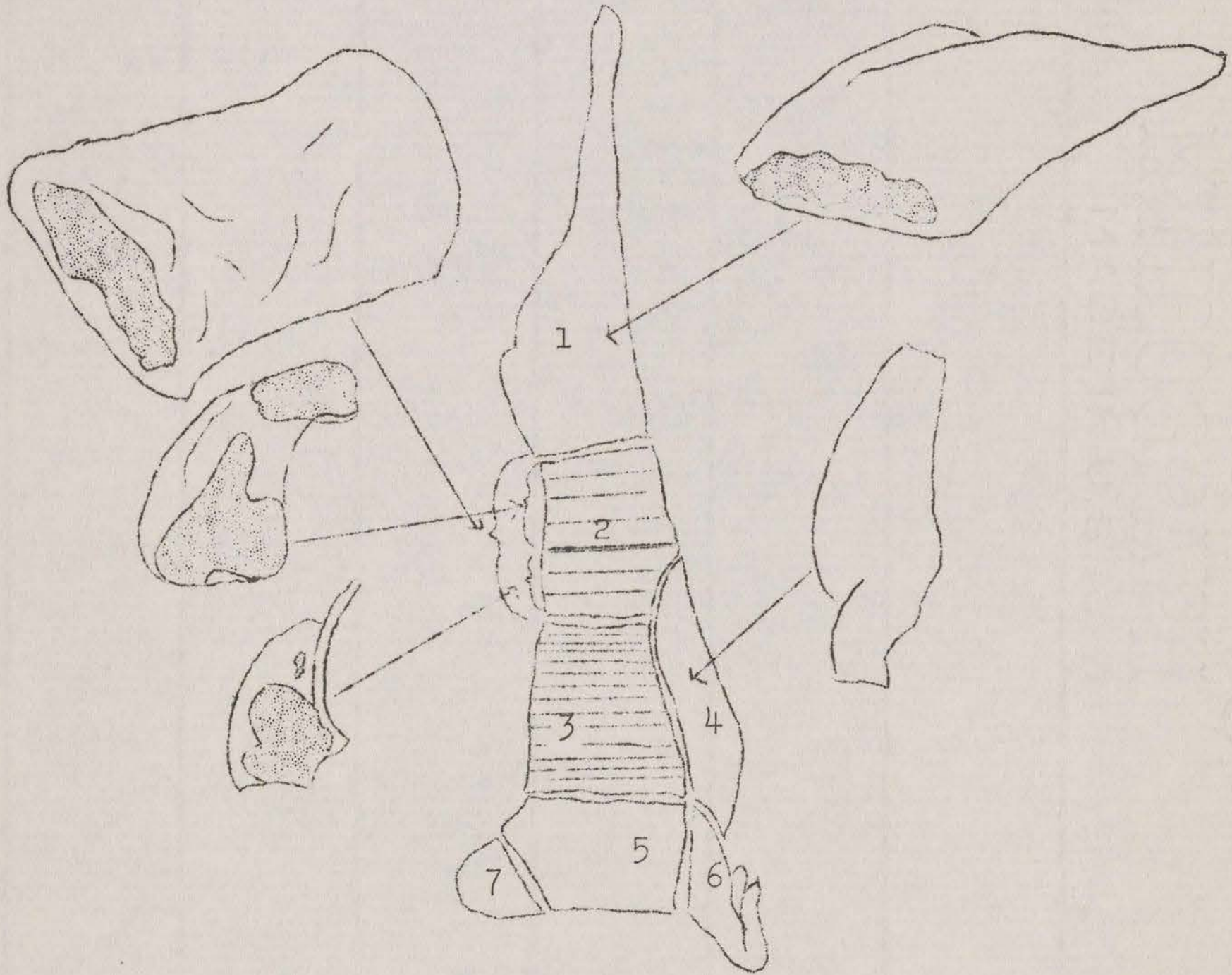
FORE QUARTER

HIND QUARTER

- 1. Neck.
- 2. Whole Chuck.
 - 1. 5th rib roast.
 - 2. Chuck steak.
 - 3. Pot roast.
 - 4. Clod.
- 3. Fore Shank.
- 4. Brisket.
- 5. Plate.
 - 1. Navel.
 - 2. Rib ends.
- 6. Rib.
 - 1. 11th & 12th rib roast.
 - 2. 9th & 10th rib roast.
 - 3. 7th & 8th rib roast.
 - 4. 6th rib roast.

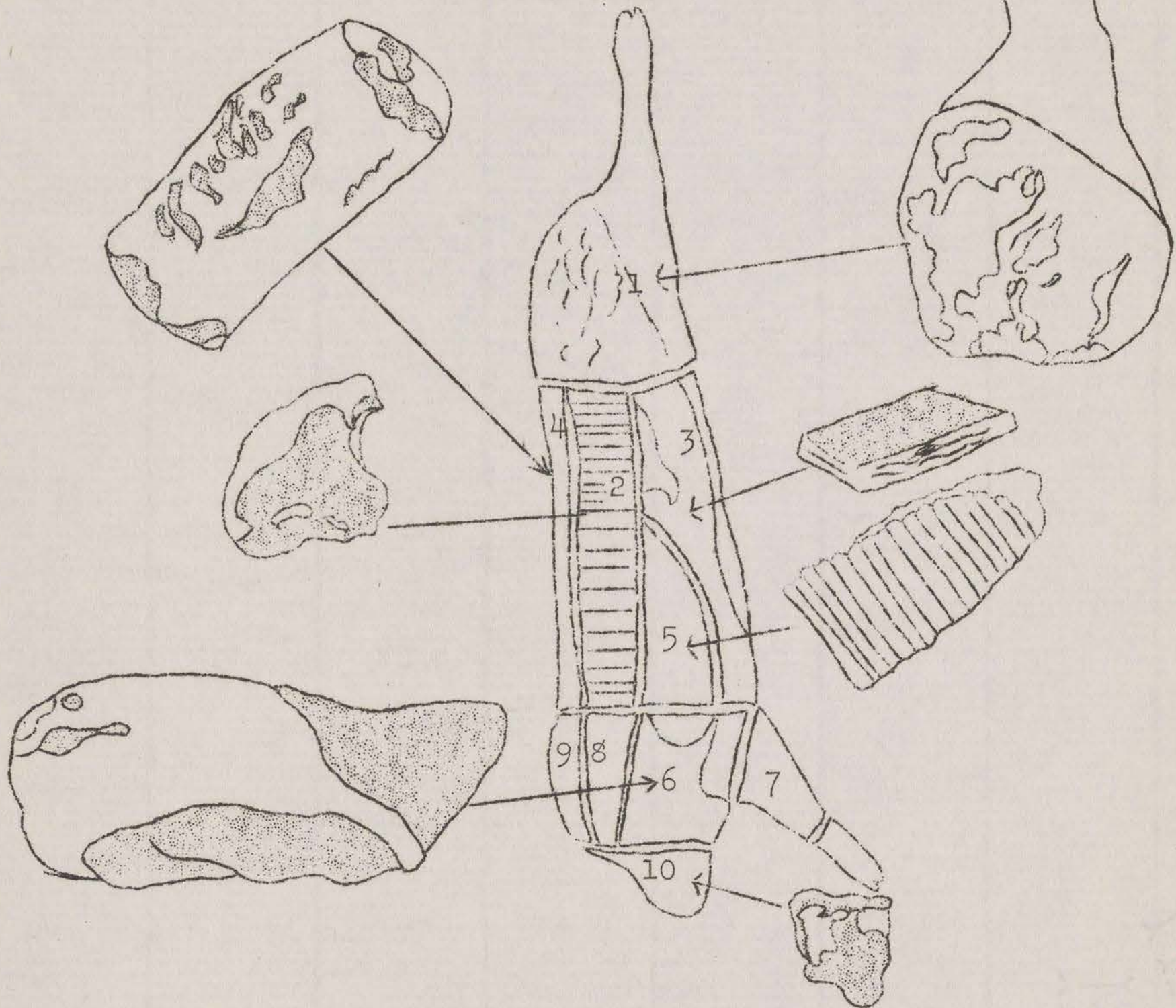
- 7. Flank.
 - 1. Flank steak.
 - 2. Stew
- 8. Loin.
 - 1. Butt end sirloin.
 - 2. Wedge bone "
 - 3. Round bone "
 - 4. Flat bone steaks.
 - 5. Flat bone steaks.
 - 6. Pin bone steaks.
 - 7 - 15. Porterhouse.
 - 16 - 18. Club steaks.
- 9. Rump.
- 10. Round.
 - 1. 1st cut round steak
 - 2-13. Round steak.
- 11. Hind Shank
- 12. Knuckle soup bone.
- 13. Pot roast.
- 14. Knuckle soup bone.
- 15. Pot roast.
- 16 - 17. Soup bone.
- 18. Hock Soup bone.
- Delmonico T-bone.

LAMB CUTS



1.	Leg.....	Roasts
2.	Loin.....	Roasts and Chops
3.	Ribs (or hotel rack).....	Roasts and Chops
4.	Breast.....	Roasts and Stews
5.	Chuck (shoulder).....	Roasts and Stews
6.	Shank.....	Broth, Soups and Stews
7.	Neck.....	Broth, Soups and Stews

PORK CUTS



1. Ham - It is more economical to buy a whole ham. The butt can be baked, the center sliced and fried or broiled, the shank boiled, and the rind used for seasoning.
2. Loin - Roasts and chops.
3. Belly - Used for bacon. The best grade of bacon, "Certified" brand is the heart of this cut.
4. Fat Back - Smoked or pickled.
5. Spare Ribs.
6. Picnic Butt (shoulder) - Roasts, steaks, chops, hams.
7. Hock - Stewed and pickled.
8. Boston Butt - Steaks and roasts.
9. Clear Plate - Smoked, salted, pickled.
10. Jowl - Used for cheap bacon and generally cooked with baked beans.

CHAPTER V.

FIFTH MEETING: COOKING TENDER CUTS OF MEAT.

Business Meeting

Roll Call: Report on health progress and on selecting meat for the family for a week.

Method Demonstration: Cooking Tender Cuts of Meat.

The tender cuts are from the parts of the animal where the muscles are used least. These cuts are chiefly from the rear quarter of the beef. The tenderloin, across the back of the animal, is the most tender part. Tender cuts are more juicy and less fibrous than the tougher cuts, and therefore cook more quickly. Although more desirable because they are more tender, these cuts are expensive, but do not have any greater food value than a tougher cut. The tender cuts are required for broiling, pan broiling, and roasting.

In cooking these cuts of meat the problem is to keep the juices in and to develop the flavor. Using a high temperature at first to sear the surface helps to keep the juices in and develops flavor. The temperature must then be lowered enough to cook the inside of the meat without burning the outside. No salt is added until late in the cooking as salt draws out the juices. Tender meats can be made tough and dry by poor cooking.

You have already learned how to broil, pan-broil and saute' steaks and chops. At this meeting prepare an oven roast of beef, lamb or pork.

Oven Roast of Beef

For an oven roast a tender cut, as prime ribs or loin of beef is best. Wipe, trim into a neat shape, tying or skewering as needed. Place on a rack in a roasting pan and sear in a hot oven. Then sprinkle with salt and pepper, cover closely and complete the cooking in a moderate oven. Allow 15 minutes per pound for rare, 25 minutes for medium, and 30 minutes for well-done beef. With these cuts, no water or fat need be added as the meat will cook in its own juices and fat.

Chuck, rump, or round are apt to be tough when roasted so are scarcely suitable for oven roasts. If chosen, they should be cooked a longer time and with the addition of water so that the fiber will soften.

Roast Veal

Suitable cuts for roasting are loin, leg, rack, or ribs, shoulder and breast. Wipe; dredge with salt, pepper and flour; brown in a little hot fat. Roast as for beef, allowing 20 to 30 minutes per pound. Always serve well done.

Roast Mutton or Lamb

Prepare and cook as for Roast Beef. Lamb should be cooked well done. If desired, the meat may be rubbed with salt and pepper, then dredged with flour before searing.

Roast Pork

Prepare as for Roast Beef, cooking well done, allowing about 30 minutes to the pound.

Score your roast according to the following score card:

SCORE CARD FOR ROASTS

	Ideal Score	Actual Score
Selection of meat.....	30	:
Choice of tender cut for roasting.....	15	:
Quality, good color and tender texture..	15	:
Preparation.....	60	:
Proper tying or skewering.....	10	:
Searing so as to prevent loss of juices.	10	:
Tender texture of roast when done.....	10	:
Taste, good flavor developed in cooking.	20	:
Seasoning, to bring out best flavor.....	10	:
Attractiveness in serving.....	10	:
Total Score.....	100	:

Home Work

Prepare at least three roasts at home for your family.

Next Meeting

1. Subject: Cooking Very Tough Cuts of Meat: Soups and Stews.
2. Date: _____
3. Place: _____
4. Roll Call: Report on roasts prepared at home.
5. Supplies Needed: _____

CHAPTER VI.

SIXTH MEETING: COOKING VERY TOUGH CUTS OF MEAT: SOUPS AND STEWS.

Business Meeting

Roll Call: Report on Roast prepared at home.

Method Demonstration: Cooking Very Tough Cuts of Meat: Soups and Stews.

The tougher cuts of meat are much less expensive than the more tender cuts, but have just as high food value if properly prepared. In keeping down food costs, it is advisable to use these inexpensive cuts of meat. Every 4-H club girl is interested in getting the most for her money and will want to know how to make palatable meat dishes at low cost.

We have learned that muscles which are used a great deal become tough. It is the fibers of the used muscle which make meat tough. If meat is heated in water or steam, these fibers soften, and the meat becomes tender. Chopping meat into small bits also helps to make it tender. The method of cooking very tough meat is the opposite of the method used in cooking tender cuts, for in this case it is desirable to get all of the juices and flavor out of the meat. For soups and stews the meat is cut in small pieces and the bones are covered with cold water to which salt is added. This mixture is cooked at a low temperature for a long time.

Make one or two of the following recipes at this meeting:

Brown Soup Stock

6 lb. shin of beef	1/3 C diced carrots
3 qt. cold water	1/3 C diced turnips
1/4 t pepper corns	1/3 C diced celery
4 cloves	1/3 C diced onions
1/4 bay leaf	Salt
2 sprigs parsley	

Choose a tough cut of meat, as shank, with some bone and fat as well as lean. Wipe the meat, cut into one inch cubes to permit the juices to escape. Brown part of the meat in a little hot fat. Saw the bone into small pieces. Allow 2 cups or more of cold water to each pound of meat and bone. Soak one hour or longer. Then, heat gradually

to the simmering point and cook at this temperature from 4 to 6 hours. Add the vegetables during the last hour of cooking. The seasonings are added at this time too. Strain if desired or leave with the vegetables in it and cool quickly if not to be used at once. Keep in a cool place. Do not remove the fat until ready to use the soup. The coating of fat helps to keep the soup better.

Meat Stew with Dumplings

2½ lb. chuck or other tough cut of meat, including some fat and bone	1/3 C turnips cut into ½ inch pieces
2 C diced potatoes	½ C sliced onion
½ C carrots cut into ½ inch cubes	Flour
	Salt
	Pepper

Wipe the meat, remove the lean, and cut into 1½ inch cubes. Season with salt and pepper and dredge with flour. Brown in hot fat. Put into a kettle, rinse the frying pan with boiling water and add to the meat in order that none of the juices will be lost. Add the fat and bone; cover with boiling water; boil 5 minutes; lower the temperature and simmer until the meat is tender - from 3 to 4 hours. Add the carrots, turnips and onion for the last hour of the cooking and the potatoes for the last 15 minutes. It may be necessary to add more water during the cooking. When done, remove the bone and large pieces of fat. Thicken the liquid with flour and season to taste. Serve with dumplings which may be made as follows:

Dumplings

2 C flour	3 T fat
3 t baking powder	1 - 1¼ C milk
1 t salt	

Sift the dry ingredients together twice. Work in the fat with a fork or cut it in with two knives held back to back while working. Add the milk gradually, mixing with a spoon. The dough should be a thick drop batter. An egg may be added if desired. Drop by spoonfuls on top of stew, cover tightly, and boil about 12 minutes without lifting the cover. Remove the dumplings and serve at once arranging as a border around the stew.

Savory Beef

3 - 4 lb. chuck, rump or brisket	1 C sliced carrots
Flour	1 C sliced onions
3 T fat, preferably from salt pork	1 C chopped celery
	1 C sliced turnips

If the meat is not in a solid piece, skewer or tie into shape, wipe with a damp cloth and roll it in flour. Heat the fat in a frying pan or Dutch oven. Put in the meat and brown on all sides. If the frying pan is used, transfer the meat, after it is brown, to a kettle deep enough to hold the beef and vegetables when the cover is on. Cover tightly and let simmer slowly for 4 or 5 hours, turning twice. Add the vegetables during the last hour of cooking. After removing the meat and vegetables, thicken the gravy by adding one to two tablespoons of flour mixed with cold water for each cup of broth.

Irish Stew

2 lb. neck or breast of lamb	1 turnip sliced
2 onions, sliced	2 - 3 medium potatoes
Water or stock	2 carrots, sliced
	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 boil. Add sliced onion, lower heat and allow to simmer for about 2 hours. Add potatoes and carrots and cook more rapidly until vegetables are done. Thicken liquid with flour and season. Serve stew with dumplings.

Score your meat with the following score card:

SCORE CARD FOR STEWS AND SOUPS

	Ideal:	Actual
	Score:	Score
Selection of meat.....	30	:
Tougher cut with bone.....	15	:
Quality, good color.....	15	:
Preparation.....	60	:
Cooked so as to draw out juices.....	25	:
Taste, good flavor developed in cooking.....	25	:
Seasoning, to bring out best flavor.....	10	:
Attractiveness in serving.....	10	:
Total Score.....	100	:

Home Work

Prepare at least two tough cuts of meat for your family at home.

Next Meeting

1. Subject: Cooking Less Tender Cuts of Meat: Pot Roasts, Swiss Steaks, etc.
2. Date: _____
3. Place: _____
4. Roll Call: Report on meat dishes prepared at home.
5. Supplies Needed: _____

CHAPTER VII.

SEVENTH MEETING: COOKING LESS TENDER CUTS OF MEAT: POT ROASTS, SWISS STEAKS, etc.

Business Meeting

Roll Call: Report on preparation of meat dishes at home.

Method Demonstration: Cooking Less Tender Cuts of Meat: Pot Roasts, Swiss Steaks, etc.

Less tender cuts are from those parts of the animal that are not tender enough for roasting or broiling, but which may be prepared in many palatable dishes. A combination of the methods of cooking tender and tough meats must be used in cooking these cuts. Such cuts are round, rump and chuck. The meat is first seared to develop the flavor, and is then stewed for a long time in order to be made tender. The liquid added is small in quantity and is served as a part of the finished dish.

Prepare one or two of these recipes:

Pot Roast

Select a roast weighing at least 4 pounds from the round, rump or chuck. Wipe, trim, tie or skewer into a compact shape. Dredge with salt, pepper and flour, rubbing the mixture well into the cut surfaces. Brown all over in some of the meat fat in a hot frying pan, or the kettle in which the meat is to be cooked. Place in a kettle, if not already there; add hot water to one-fourth the depth of the meat; cover tightly; simmer slowly until tender. It will require 4 to 5 hours for a 4 pound roast. Turn several times during the cooking. Remove the meat, thicken the liquid for gravy allowing 2 T flour for each cup of broth. Sliced carrots, onions, celery, turnips, etc. may be added during the last hour of cooking.

Swiss Steak

1½ lb. round of beef	1 t salt
about 1 inch thick	1/8 t pepper
Bacon fat	Flour

Pound flour, salt and pepper into both sides of steak with the edge of a saucer. Saute' steak in bacon fat until brown. Cover with water or meat stock; cover the pan; let simmer on top of stove; simmer for one hour or until meat is tender.

Creole Spanish Steak

- | | |
|--|----------------|
| 1½ lb. round of beef
about 1 inch thick | 2 slices onion |
| 2 T bacon grease | ½ t salt |
| 2 C cooked or canned
tomatoes | 1/8 t pepper |
| | 1/8 bay leaf |
| | 3 whole cloves |

Sear steak in pan greased with bacon fat. Pour tomatoes over it and add water to cover; add spices, and cook on stove or in oven one hour.

Score your meat according to this score card:

SCORE CARD FOR POT ROASTS AND SWISS STEAK

	Ideal Score	Actual Score
Selection of meat.....	30	:
Choice of cut (semi-tender cuts are used, but finished product is tender).....	15	:
Quality: good color and texture.....	15	:
Preparation.....	60	:
Cooked so as to make tender but retain juices.....	25	:
Taste, good flavor developed in cooking.	25	:
Seasoning.....	10	:
Attractiveness in serving.....	10	:
Total Score.....	100	:

Home Work

Prepare one of these recipes at least twice or two of them at least once at home.

Next Meeting

1. Subject: Cooking Glandular Organs.
2. Date: _____
3. Place: _____
4. Roll Call: Report on meats cooked at home and also report on health progress.

5. Supplies Needed: _____

CHAPTER VIII.

EIGHTH MEETING: COOKING GLANDULAR ORGANS: LIVER, KIDNEY, HEART.

Business Meeting

Roll Call: Report on meats cooked at home.

Method Demonstration: Cooking Glandular Organs: Liver, Kidney, Heart.

Since the glandular organs are such important foods in building blood, every 4-H club girl should learn how to cook liver, kidney, heart, and other such organs.

Calves' liver is more tender and more delicate in flavor than either beef or pork liver, and therefore is more desirable.

Prepare at least one of these organs at your club meeting.

Liver and Bacon

Cut liver into $\frac{1}{2}$ inch slices and cover with boiling water. Let stand 5 minutes to draw out the blood. Drain, wipe, remove the outer skin and veins. Season with salt and pepper, dredge with flour, sauté slowly in bacon fat. Serve with bacon cooked until crisp.

Liver and Onions

Prepare as when served with bacon. Sear in bacon fat, cover with sliced onions and allow to cook until both onions and liver are tender. Use a lid on the frying pan after the onions and liver have begun to brown.

Stuffed Heart

Remove the veins and arteries from a heart. Wash. Simmer for one hour; drain; stuff with a meat dressing. Rub with salt and pepper, using 1 T salt to one pound, and dredge with flour. Brown. Place in a baking dish, add stock in which the heart was cooked to half the depth of the meat. Cover and bake slowly two hours, or until tender. Remove the heart, thicken the liquid with flour to make a medium gravy and serve hot.

Dressing for Heart

4 C stale bread cut into $\frac{1}{2}$ inch cubes	2 t salt
1 - $1\frac{1}{2}$ C boiling water or water and stock	$\frac{1}{4}$ t pepper
4 T fat - more if all water is used.	Sage, if desired
	1 small onion finely chopped

Add the seasonings and onion to the bread crumbs. Mix lightly. Finely chopped celery may be added if desired. Melt the fat in the water and mix lightly with the bread.

Score your product with the following score card:

SCORE CARD FOR GLANDULAR MEAT DISHES

	Ideal:	Actual
	Score:	Score
Selection of meat.....	30	:
Quality (good color, odor, tender texture)		:
.....	15	:
Suitability of meat to method of pre-		:
paration.....	15	:
Preparation.....	60	:
Tenderness of finished product.....	25	:
Taste.....	25	:
Seasoning.....	10	:
Attractiveness in serving	10	:
Total Score.....	100	:

Home Work

Prepare at least two dishes using glandular organs for your family.

Next Meeting

1. Subject: Preparing and Cooking Fish.
2. Date: _____
3. Place: _____

4. Roll Call: Report on meats cooked at home.

5. Supplied Needed: _____

CHAPTER IX.

Business Meeting

Roll Call: Report on meats cooked at home and on health progress.

Method Demonstration: Preparing and Cooking Fish.

Serve fish often, particularly seafood because it contains iodine, it is well for the 4-H club girl to learn how to prepare and cook fish.

Cleaning and dressing. Clean the skin of the fish thoroughly. Non-scaly fish, as cat fish are scraped. Scaly fish must have the scales removed. To scale a fish, work with a blunt knife, beginning at the tail and working toward the head. Wipe the fish to remove the loosened scales. Remove the head unless the fish is to be served whole. Open the fish on the under side and remove the insides. Wash inside and out, drain and wipe dry. Fish should be kept on ice since it spoils very easily.

Remove the fins. Cut a narrow strip of skin down the full length of the back. Cut the skin around the gills, loosen and draw it off from one side of the fish.

Prepare fish in two or three of the following ways:

Boiled Fish

Choose a fat fish such as salmon or halibut. If it is small, leave it whole; cut a large fish into thick pieces. Use enough water to cover the fish. Add 1 t salt and 1 T lemon juice to 2 qt. water. These give flavor and keep the flesh firm. Use a kettle with a frying basket or tie the fish in a piece of cheese cloth. Place the fish in warm water, bring quickly to the boiling point, then reduce the temperature, and simmer until the fish separates readily from the bones. Allow 5 to 8 minutes to a pound according to the thickness of the fish. Serve with a sauce.

Hollandaise Sauce

$\frac{1}{2}$ C butter divided into thirds	1 T lemon juice
2 egg yolks	$\frac{1}{8}$ t salt
	Spk. cayenne

Place the egg yolks in the top of the double boiler, add the lemon juice and $\frac{1}{3}$ of the butter. Cook over hot - not boiling - water, stirring constantly until the thickening begins. Add the second piece of butter and

allow the mixture to thicken again. Then add the third piece of butter and seasonings. Serve as soon as thickened. If the sauce separates, cream may be beaten into it.

Broiled Fish

Split the fish down the back and wipe as dry as possible. Sprinkle with salt and pepper; place skin side down in a well-oiled broiler. Broil, turn skin side up just long enough to make dry and crisp. Serve spread with melted butter and chopped parsley.

Saute' Fish

Leave small fish whole. Cut large fish into individual servings. Sprinkle with salt and papper, roll in flour, cornmeal or fine bread crumbs. Saute'.

Fried Fish

Prepare as for Saute' Fish, sprinkle with salt and pepper, roll in egg, then crumbs, and fry.

Score your fish with this score card:

SCORE CARD FOR FISH

	Ideal:	Actual
	Score:	Score
Selection of fish,.....	30	:
Quality: color, odor, freshness.		:
Preparation.....	60	:
Suitability of kind of fish to method of cooking.....	25	:
Taste, good flavor developed by cooking.	25	:
Seasoning.....	10	:
Attractiveness in serving.....	10	:
Total Score.....	100	:

Home Work

Prepare fish at least two ways at home for your family.

Next Meeting

1. Subject: Preparing and Cooking Poultry.
2. Date: _____
3. Place: _____
4. Roll Call: Report on fish cooked at home.
5. Supplies Needed: _____

CHAPTER X.

TENTH MEETING: PREPARING AND COOKING POULTRY.

Business Meeting

Roll Call: Report on fish cooked at home.

Method Demonstration: Preparing and Cooking Chicken.

Chickens are sold as broilers, fryers and fowls. A broiler is a very young chicken, usually about three months old. A fryer is a larger chicken, three to six months old and fowls are full grown chickens.

A 4-H club girl should know every step in dressing a chicken. These steps are killing, picking and drawing. Usually a father or brother will kill the chicken for you. Chickens are scalded for picking, but ducks, turkeys and geese are picked dry. The pin feathers are removed by pressing with a knife. The hairs are then singed by holding the bird over a low flame, or a flame from burning paper. Removing the internal organs of the chicken is called drawing. The feet and neck are cut off first and the oil sack is always removed from the end of the back. Slit the skin at the back of the neck from the base toward the head, and pull it loose from the neck and crop. Cut off the neck at the base of the head, and pull out the crop and wind pipe, cutting them off as far down as possible.

Wash the chicken well. Scrub with a scrubbing brush.

Broiling

Split very young chickens open down the side of the back with scissors or a sharp knife and remove the insides. Save the heart, liver and gizzard. The chicken is flattened for cooking, with the tip of each wing folded between the wing and the body.

Rub surface of dressed chicken with butter or chicken fat and a little flour seasoned slightly with salt and pepper. Broil over hot coals, under direct gas flame, or in a moderate oven (375° F.) until tender, basting about every 5 or 10 minutes with melted butter.

Fried Chicken

Cut choice pieces: 2 drumsticks, 2 thighs, 1 wish bone, and 2 sides of breast. Cut less choice pieces: 2 wings, 1 back, 1 shoulder piece, 1 neck. The drumsticks, thighs and wings are removed first. The chicken is then cut under the breast between the legs. The insides are loosened and pulled out. The wish bone is cut out next,

and the shoulder separated from the breast. The breast is usually cut into two pieces.

Salt, pepper and roll in flour. Fry in hot fat, covered. Brown well. Do not cook with a high fire, for chicken requires long cooking to be well done.

Baked or Roast Chicken

Prepare the chicken according to the following directions. An incision may be made from the vent toward the breast bone about $1\frac{1}{2}$ to 2 inches long. The insides are loosened and pulled out gently. Save the giblets. The liver, gizzard and heart are called giblets. The green gall bladder should be removed whole from the liver because if its contents touch the meat it gives it a bitter flavor. To clean the gizzard remove the fat, then cut through the thick outer muscle and turn the gizzard inside out, discarding the inner sack. To clean the heart remove the fat and cut the arteries and veins from it.

Rub the skin with fat and a little flour seasoned slightly with salt and pepper. Place the chicken in a roasting pan with about $\frac{1}{2}$ C boiling water; sear; cover; cook in moderate oven (350° - 375° F.) basting occasionally with juices or with hot water and melted butter. Remove cover when meat is tender in order to brown the chicken well. Turn bird on its breast long enough to brown back. The giblets may be added to the dressing or to the gravy as desired.

To stuff a chicken for roasting, fill the inside of the bird loosely with a bread dressing as described in Lesson Eight. The cavity is sewed up when filled. The wings should be folded so that the tip comes under the wing joint and the legs should be pulled down to the tail and tied with a cord. The skin of the neck is pulled back and sewed or fastened to the back.

Chicken Gravy

Pour off most of the fat from the pan in which roast, broiled or fried chicken has been cooked. Add white flour (2T to each C gravy desired) and stir until browned. Add $\frac{1}{2}$ to $\frac{3}{4}$ C milk and stir until it thickens; add remaining milk or liquor from the giblets and cook until thickened.

Prepare chicken according to one or more of the methods given, at your meeting.

Score your product according to the following score card:

SCORE CARD FOR COOKED FOWL

	Ideal Score	Actual Score
Selection of fowl..... (Quality: color, tenderness, odor, etc.)	30	:
Preparation.....	60	:
Preparation for cooking.....	10	:
Searing or browning.....	10	:
Texture of fowl when done.....	15	:
Taste.....	15	:
Seasoning.....	10	:
Attractiveness in serving.....	10	:
Total Score.....	100	:

Home Work

Cook chicken at least twice for your family.

Next Meeting

1. Subject: Attractive Meat Left-overs.
2. Date: _____
3. Place: _____
4. Roll Call: Report on your health progress and also on meats cooked at home.
5. Supplies Needed: _____

CHAPTER XI.

ELEVENTH MEETING: ATTRACTIVE MEAT LEFT-OVERS.

Business Meeting

Roll Call: Report on health progress and on meats cooked at home.

If you have a demonstration, use this meeting to give the demonstration before your club.

Method Demonstration: Attractive Meat Left-overs.

Perhaps none of us like to use left-overs. Nevertheless, there are times when we all have them. The problem then, is to make them so attractive and palatable that the family will enjoy them as much as other dishes.

Prepare one or two of these dishes which are made from left-over meats.

Creamed Meat on Toast

1½ C diced, cooked meat	6 slices buttered
1 C medium brown sauce	toast
(part tomatoe juice, if desired)	

Reheat meat in the sauce and serve on toast.

Casserole of Beef

Cut cold roast beef and cold broiled steak or lamb (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 C 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, ½ t salt and 1/8 t pepper. Cover and bake one hour; then add 1 C peas, beans or mushrooms (canned or fresh) and 1 C potato balls or cubes. Cover again and cook 30 minutes, or until potatoes are soft. Serve from casserole.

Meat Pie

1 inch cubes of cold, cooked meat	Salt
1 onion, sliced	Pepper
Boiling water	Potatoes cut into ¼ inch cubes

Flour

Simmer the meat with the onion in water to cover for about one hour, or until tender. Thicken the liquid with flour, allowing $1\frac{1}{2}$ T to 1 C liquid. Season to taste. Add the potatoes which have been parboiled for 8 minutes. Put into an oiled baking dish, cover with small Baking Powder Biscuits, or Plain Paste. Bake in a hot oven until the biscuits are done - about 15 minutes.

The sliced potatoes may be omitted and mashed potatoes or boiled rice used on top instead of biscuits or paste.

Fish and Vegetable Casserole

2 C flaked cooked fish	$\frac{1}{2}$ C cooked lima or string beans
$\frac{1}{2}$ C soft bread crumbs	1 T chopped parsley
$\frac{1}{2}$ C grated cheese	1 T chopped onion
1 C cooked peas	3 eggs beaten
1 t salt	$1\frac{1}{2}$ C milk
$1/8$ t pepper	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° F., for about $1\frac{1}{2}$ 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:

Green Pea Sauce

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 all-spice. Simmer 20 minutes. Press through a sieve and add $\frac{1}{2}$ C medium white sauce, heat thoroughly and serve. Serves six.

Score your left-over meat dishes with this score card:

SCORE FOR LEFT OVERS

	Ideal:Actual	
	Score:Score	
Combination of left-overs.....	15	:
Contrasts in texture.....	5	:
Contrasts in color.....	5	:
Contrasts in flavor.....	5	:

SCORE CARD FOR LEFT-OVERS (con't)

	Ideal Score	Actual Score
Nutritive value (is the food nourishing and wholesome?).....	30	
Economical value (is the dish worth what it costs in material, time and effort).....	25	
Preparation.....	30	
Taste.....	15	
Attractiveness in serving.....	15	
Total Score.....	100	

Home Work

Prepare at least two dishes for your family using meat left-overs.

Next Meeting

1. Subject: Planning a Company Dinner.
2. Date: _____
3. Place _____
4. Roll Call: Report on left-over meat dishes prepared at home.
5. Supplies Needed: _____

CHAPTER XII.

TWELFTH MEETING: PLANNING A SIMPLE COMPANY DINNER.

Business Meeting

Roll Call: Report on left-over meat dishes prepared at home. Practice a demonstration at this meeting. Start filling out your final record book.

Method Demonstration: Planning a Company Dinner.

This year you have learned how to cook meats and since meat forms the principle part of a meal, it might be well for your club to serve a simple company dinner on your achievement day. At this meeting you should make all of your plans for such a dinner.

For a simple company dinner you will want to serve a three or four course meal, and one of your club members may act as waitress when the meal is served. First, you should plan the menu in order to be able to plan the service. The following dinner plan may be used:

First Course: Soup or fruit cocktail.

Main Course: Roast, potatoes, vegetable, bread and butter.

Third Course: Salad.

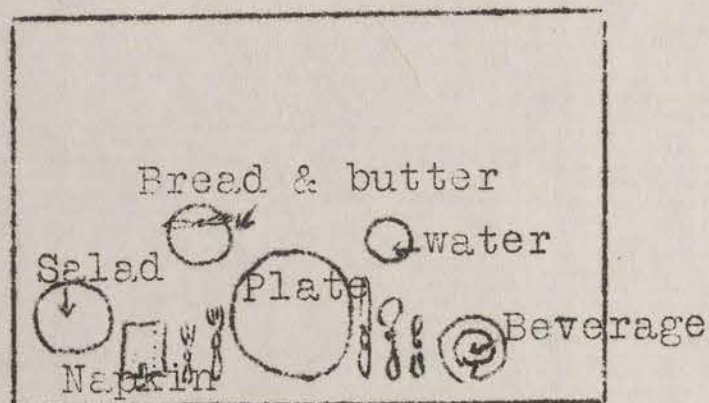
Fourth Course: Dessert and beverage.

It is the western custom to have the salad course just before the meat course. If your club wishes to serve the salad then, it may. In simple dinners the salad course may take the place of the first course. Decide at this meeting just what you will serve and make a very careful division of work. You should have your members organized into committees. One committee will have charge of the preparation and service of the food, another will set the table, and there should be another to act as hostesses. The hostesses also invite the guests. It will be well for your club to review lessons Twelve and Thirteen in the first year 4-H Foods book and Eleven, Twelve and Thirteen in the second year Foods book.

Let us review setting the table. At this meeting, you should practice setting the table just as you plan to do it at your dinner. You should also practice serving and waiting on the table. Some general rules to consider in setting the table are as follows:

1. To be attractively set, a table should have clean linen, polished silver, glassware, china and some flowers.
2. The table cloth is placed over a soft pad so that the table will be protected from heat and moisture. Napkins should be simply folded so that the open corner is toward the guest.
3. The lines of the table should be as few in number as possible, and should be lengthwise or crosswise, never diagonal. Lines on tables are made by the creases or the weave of the table linen, and by the manner of placing silver, dishes, glasses and other articles.
4. Avoid crowding the table. Space the "covers" (a "cover" is the place to be occupied by one person) equal distances apart. Do not try to serve too many dishes at one time. A small table near by will help to solve this problem.
5. The table must be well balanced to conserve space, and to look well. An orderly arrangement of dishes and silver helps to give this balance.

A "cover" should be a space from 20 to 24 inches. The silver and dishes should be placed about one inch from the table edge, and are arranged in straight orderly lines. The silver which is used in the first course is placed on the outside. In arranging your cover follow the diagram below:



A "Cover".

The plate is the center of the cover, and should be directly in front of the chair. As a rule, knives, spoons, and glasses are placed on the right hand; forks, bread and butter plates, napkins and salad plates are placed on the left. Knife blades are turned toward the plate; forks and spoons are placed with tines and bowls turned up.

How to Serve A Simple Company Dinner

You will want to make this a more formal meal than any you have served before so you may use maid service, one or two club members to act as waitresses. The first course is usually served when the meal is announced. The salad and dessert are brought in individually from the kitchen by the waitress while the main course and the beverage are served by the host or hostess. This service can be used without a maid, in which case, the hostess or a member of the family brings the courses in from the kitchen as they are needed.

Immediately before the meal is announced the glasses should be filled with water, the pitcher filled about three-fourths full, and butter placed on the bread and butter plates. Jelly, pickles, olives, celery and crackers may be placed on the table before the meal begins. In filling glasses do not remove them from the table.

Rules For Waiting On The Table

One person can serve eight persons quite easily. Left hand service is simplest, and is generally used. Dishes are placed, passed, and removed from the left of the guest. Beverages are placed from the right in order that there shall be no reaching in front of the guest. The waitress uses the hand which is farthest away from the guest. If serving from the left use the left hand; if serving from the right use the right hand.

In serving the waitress enters the dining room carrying two served plates; one in her right hand, and one in her left hand. She places the one from the left hand before a guest then transfers the one from the right to the left hand, placing it before another guest. If the host serves the plates the waitress takes them as they are filled and placed them before the guests. The hostess may be served first or the guests, whichever is preferred.

In removing dishes from the table, the food is first removed, then the soiled dishes, glasses and silver in order. The table is crumbed just after the main course, if it needs it. A plate and a folded napkin are used.

The rules for table service are best understood, and remembered, if they are learned through demonstration and practice. At this meeting, practice a mock table service.

Organize your work for the dinner which is the next meeting. Be sure that every girl knows just what her duties will be, and what she is to furnish for the dinner.

Home Work

Practice setting the table at home at least three times.

Next Meeting

1. Subject: Serving A Simple Company Dinner.
2. Date: _____
3. Place: _____
4. Roll Call: Report on health progress of family, and on setting the table at home.
5. Supplies Needed: _____

6. Duties: _____

CHAPTER XIII.

THIRTEENTH MEETING: ACHIEVEMENT DAY: SERVING A SIMPLE COMPANY DINNER.

Business Meeting

You will need to make this short, so that you can give as much time as possible to your dinner. If necessary, it may be omitted entirely.

Method Demonstration: A Simple Company Dinner.

This dinner is the achievement day for your club, and demonstrates to your guests some of the things you have learned this year. Carefully follow these suggestions:

1. Be sure you have in mind just what it is you are to do.
2. Arrive EARLY, for you have much to do.
3. Bring ALL the supplies assigned to you.
4. Go to work at whatever is your particular duty as quietly and quickly as possible.
5. Use all your thought and energy in doing your part of the work perfectly. DON'T WASTE ANY TIME IN NEEDLESS CONVERSATION.
6. Follow your leader's suggestions with courtesy and promptness.
7. Do all in your power to see that your guests enjoy themselves.
8. 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.
9. The girls selected to act as hostesses should meet 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. They also seat the guests at the table.
10. BE SURE to have your rooms in order and the dinner on time.

11. After the dinner the guests will probably stay a half hour or longer. When they are ready to leave the hostesses should give them their wraps, but should not appear to hurry them away.
12. When the guests leave, the hostesses and the leader should stand near the door to acknowledge the guests' appreciation for the good time they have had, and to bid them good-bye.
13. Every club member should help to clean up. Follow the directions listed in 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.
14. Score your party according to the score card given here.

SCORE CARD FOR COMPANY DINNER

	Ideal:	Actual
	Score:	Score
Organization of work and plan for dinner.....	25	:
Appointment of chairmen for different		:
phases of work.....	15	:
Appointment of committee members.....	5	:
Equal distribution of work.....	5	:
<hr/>		
Selection and preparation of food.....	30	:
Good combination of foods.....	5	:
Texture (contrasts in texture).....	5	:
Flavor (contrasts in flavors).....	5	:
Attractiveness on plate (color and		:
arrangement).....	5	:
Preparation of food.....	10	:
<hr/>		
Attractiveness in serving.....	30	:
Appearance.....	10	:
Table.....	3	:
Food.....	4	:
Persons serving.....	3	:
Promptness.....	10	:
Quietness.....	5	:
Ease and courtesy in serving.....	5	:

SCORE CARD FOR COMPANY DINNER (con't)

	Ideal Score	Actual Score
Atmosphere and hospitality.....	10	:
Conduct of club members.....	5	:
Enjoyment of guests.....	5	:
Cleaning up afterwards.....	10	:
All rooms left in good order, food cared for, dishes washed, etc.....	5	:
Leader thanked for her interest and assis- tance.....	5	:
Total Score.....	100	:

Home Work

Complete the record of your family's health progress, and complete your own health record.

Next Meeting

1. Subject: Results of the year's work.
2. Date: _____
3. Place: _____
4. Roll Call: Final report on year's work. The most important thing you have learned. Number of hours of home work completed. The result of your health work.
5. Hand in your record book completed.

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 six. 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 health record you have been keeping on your family.

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 eighty 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 your demonstration book and your record book to the Extension agent.

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. Work quickly, and with as few waste motions as possible. Plan your work so as to save steps.
8. Keep your work table orderly and neat so that it will look well, and you will not have to search for equipment.
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 should be soaked 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 clothes, leaving them spotlessly clean. Hang them up to dry, preferably in the sun.

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 sifter, fill the cup gently. Be 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 Abbreviations

C..... cupful	Spk..... speck
t..... teaspoon	B. P..baking powder
T.....tablespoon	Lb..... pound

Table of Oven Temperatures

	Thermometer	White Paper Test
Slow.....	250°- 350° F.	Delicate brown color in 5 minutes
Moderate.....	350°- 400° F.	Medium brown color in 5 minutes.
Hot or quick.....	400°- 450° F.	Dark brown color in 5 minutes.
Very hot.....	450°- 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.

HEALTH SCORE CARD FOR FAMILY*

	Ideal:	Actual Score	
	Score:	1st score:	2nd score
Good color as shown in cheeks and lips.....	10	:	:
Firm muscles.....	10	:	:
Good posture, erect strong body	10	:	:
Sound clean teeth.....	10	:	:
Good appetite for a variety of foods.....	10	:	:
Weight in "Safe Zone" (+20% to -6%).....	10	:	:
Ability to sleep soundly and regularly.....	10	:	:
Freedom from physical defects..	10	:	:
Freedom from chronic fatigue...	10	:	:
Good resistance to disease.....	10	:	:
Good self control.....	10	:	:
Gets at least 2 hours sunshine daily.....	10	:	:
Eight to 12 hours sleep.....	10	:	:
Two baths per week.....	10	:	:
Total Score.....	140	:	:

* Ideally all members of the family should score equally; if one person is low, subtract his share of the score from the family score.

SUMMARY OF POINTS YOU SHOULD HAVE LEARNED THIS YEAR IN
YOUR 4-H CLUB WORK

1. Characteristics of a healthy, happy 4-H club girl.
2. Why meat is healthful.
3. How to know kinds and qualities of meat.
4. How to know common cuts of meat.
5. How to cook and serve tender cuts well.
6. How to cook and serve tougher cuts of meat.
7. The value of glandular organs to health and how to prepare them.
8. How to prepare and cook fish.
9. How to prepare and cook poultry.
10. How to prepare and serve attractive meat left-overs.
11. How to plan and serve a company dinner.
12. How to keep a record of work accomplished.
13. How to work with others in a group.
14. How to be of service to your club and to your community.

SUGGESTIONS FOR YOUR CLUB STORY

A short story of your club work is a valuable addition to your club record. A good club story helps your club and your community by increasing interest in club work. Such stories receive considerable publicity through the newspapers and the reports of the Extension agents, and so help the 4-H club work of the entire State. Try to make your story as interesting as possible.

The following suggestions may be of use to you in bringing out the important points in your club story:

1. Tell how you came to take up club work, and how long you have been doing club work.
2. Tell what kind of club work you did this year.
3. Tell the three most important things you have learned to do this year.
4. Why were they important?
5. Tell how club work has helped you and your family.
6. Tell of the demonstrations you gave, and how they were helpful.
7. Tell of your achievement day, exhibit and tours.
8. Tell of the good times you had in club work.
9. Tell of club camp.
10. Tell how club work has helped your community and your county.
11. What are you planning to do next year?

(q) Foods and Nutrition

NUTRITION

Food Preservation

Decreased production of garden vegetables due to the unusually short season has meant a little less food preservation this year than last. However, every farm home has made a greater attempt to produce more of its food at home this year as a part of the Nevada Live-at-Home Plan, and we find farm women canning meats, making vinegar and cheese and soap as well as preserving fruits and vegetables for the winter supply.

Emphasis has been placed on canning in the pressure cooker, and on canning in tin. This work has been carried on in the following communities: Elko, Wells, Carlin, Jiggs, Lee, Jarbidge, Elburz, Ryndon, Halleck, Fort Halleck, Spruce-mont, Metropolis, Clover Valley, Independence Valley, North Fork and Lamoille.

Seventeen specific cases in the Nevada Live-at-Home campaign report the following production and preservation:

1871 quarts fruit	617 quarts vegetables
465 glasses jelly	73 quarts meat
300 quarts preserves	8 gallons vinegar
322 quarts pickles	400 pounds meat cured
52 quarts marmalade	325 pounds vegetables evaporated
60 pounds cheese	500 bushels vegetables stored
80 pounds butter	

In the entire project over 10,100 quarts of food were canned which are placed at a value of \$5,050.

Summary of results:

16 communities carried on the project.
 46 homes were assisted in planning the food supply.
 212 bulletins were distributed.
 13½ days were devoted to work by agent.
 1 news article published.
 7 home visits were made.
 5 method demonstrations were held.
 73 result demonstrations were carried on.

(q) Foods and Nutrition

NUTRITION

4-H Food Preservation Club

Again this project has been carried on as a county-wide club since in only one community were there as many as five members to form a standard 4-H club. Eleven club members enrolled early in the year, and seven completed the work.

At the state 4-H club encampment, Clara Walthers won first on canning exhibit and her sister Beulah won third while Esther Marian Weathers, another Elko County girl, won second on canning judging. Two club members entered exhibits in the International Canning Contest at Chicago.

The seven girls who completed the project canned 539 quarts of food and evaporated 33 pounds of fruits and vegetables.

The 4-H club Food Preservation handbook was rewritten for the State by the agent this year.

Summary of results:

- 1 club organized.
- 11 members enrolled, 7 completing, or 63.63%.
- 539 quarts of food were preserved.
- 33 pounds food were evaporated.
- 3 communities were reached in this project.
- 2 leaders assisted.
- 10 days were devoted to work by agent.
- 7 news stories were published.
- 28 home visits were made.
- 7 method demonstrations were held.

CANNING EXHIBIT PREPARED BY STATE CLUB WINNER FOR THE NATIONAL
CANNING CONTEST 1933.



Figure 1 Exhibit prepared by Clara Walthers, State winner.

Clara Walthers has had two years as a 4-H club member in the Food Preservation project and this year canned over 300 quarts of fruits, vegetables and meats for her family. Her exhibit placed first in the county and state contests which qualified her to enter the national 4-H club canning contest at Chicago.

FOOD PRESERVATION 4-H CLUB WORK

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.

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. Skim 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 45° 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 paraggined 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 - 1 $\frac{1}{2}$ lb. sugar
2 lemons sliced thin
1 C chopped nuts

Cut young, tender rhubarb into $\frac{1}{2}$ 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 ($\frac{1}{2}$ 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 $\frac{1}{4}$ to $\frac{1}{2}$ 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 into 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

4 C cabbage
2 C chopped white onion
2 C chopped sweet red pepper

4 T mustard seed
2 T crushed celery seed
 $\frac{3}{4}$ 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)

$\frac{1}{2}$ pk. green tomatoes chopped	$\frac{1}{2}$ C salt
1 medium sized head cabbage chopped	$\frac{3}{4}$ qt. vinegar
10 large green cucumbers chopped	$\frac{3}{4}$ lb. brown sugar
15 small white onions chopped	$\frac{1}{4}$ C turmeric
2 T pepper corns	1 oz. celery seed
$\frac{1}{2}$ C custard seed	$\frac{3}{4}$ 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	2 red peppers
Vinegar	Horseradish

Wash and wipe the cucumbers. Cover with boiling brine ($\frac{1}{2}$ 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	$\frac{1}{2}$ C currant or cranberry jelly
1 large onion	2 C sugar
3 green peppers	$\frac{1}{2}$ C lemon juice
1 red pepper	1 T brown ginger root
2 C vinegar	1 T salt
$\frac{1}{2}$ T cayenne	

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	$\frac{1}{4}$ T whole allspice
$\frac{1}{2}$ T salt	$\frac{1}{4}$ T whole cloves
1 T sugar	$\frac{1}{4}$ T stick cinnamon
$\frac{1}{2}$ T powdered mustard	$\frac{1}{4}$ T whole pepper
$\frac{1}{2}$ C vinegar	$\frac{1}{4}$ T celery seed
$\frac{1}{2}$ small red pepper chopped (seeds removed)	

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.

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.

(q) Foods and Nutrition

KEEP GROWING

Elko County Nutrition Report 1932-33

Summary of County Results

With the initiation of the new program of the Keep Growing demonstrations this year, Elko County had made another good showing in child health interest and achievement, and it is generally recognized in all of the communities that the project is offering a better service than ever before.

Twenty-two communities have been involved in the work this year with a total of 572 children completing the demonstration. Hot lunches have been available for the school children in seventeen of these communities. In twelve of the communities, the underweight children were served milk as mid-morning nourishment. Child Health day was celebrated in nine communities by a health program given by the school youngsters with a total attendance of 1017 persons. All this shows the growth of interest and activity toward accomplishing a worthwhile program in child health and nutrition. Elko county has four Silver Star Communities this year since that many have at least 75% of their children in Good Nutritional Condition, and not more than 10% in Poor Nutritional Condition. Two communities--Boulder and Sprucemont have the distinction of being Gold Star Communities, since they not only have this same high nutritional standing but also have 10% or more of their children free from physical defects and have safe drinking water, sanitary toilets and good handwashing facilities.

Despite the fact that the percentage of children in Good Nutritional Condition decreased from 71.84% to 56.47% and those in Poor Nutritional Condition increased from 4.9% to 10.66% we still feel that Elko county as a whole has made very good progress during this year. The general food habits have continued to improve. A large number of the children took Cod liver oil during the winter months and there were decidedly fewer colds than in previous years. The fact that Elko county now has so few children in Poor Nutritional Condition is a clear indication of steady improvement. We are confident that when more physical defects are corrected there will be a decided increase in the number of children in Good Nutritional Condition.

The school children in eight of the communities were inspected for physical defects in March, by Mrs. Ebba D. Bishop, the state public health nurse. The county appreciates this service very much, and it is hoped that the other communities may also have the

(q) Foods and Nutrition

KEEP GROWING (continued)

privilege of having Mrs. Bishop inspect their children next fall. After such an inspection, all doubtful cases are referred to the family physician, and the result has been a marked increase in the number of corrections made. The county records show that 220 defects have been corrected since Mrs. Bishop visited our county a year and a half ago.

Sincere appreciation is extended to all teachers and local leaders in the Keep Growing demonstration who have so willingly carried on the work during the winter months, when weather and road conditions prevented the agent's 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 splendid health teaching in the schools.

Recommendations for the Coming Year:

1. Continue the fine program of health and nutrition education and the correction of physical defects.
2. Try to be a Silver Star county.

Summary of Results:

- 22 communities carried on project.
- 585 children were involved.
- 22 leaders assisted.
- 71 3/4 days were devoted to work by agent.
- 12 days were devoted to project by specialist.
- 132 meetings were held.
- 10 news articles were published.
- 40 home visits were made.
- 1138 bulletins were distributed.
- 53 method demonstrations were held.
- 56.47% of the children were in Good Nutritional Condition.
- 10.66% of the children were in Poor Nutritional Condition.
- 220 physical defects were corrected.
- 81% of the children showed physical defects at end of year.
- 17 schools had some form of hot lunches.
- 22 schools had supervised lunch.
- 9 schools observed Child Health Day with a health program.

ELKO COUNTY SUMMARY FOR THE YEAR 1932 to 1933
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	CHILDREN			ANNUAL STATE GOALS			ULTIMATE STATE GOALS		
	#Ex.	#Comp.	%Comp.	Increase in number of ch. in Good Nutri- tional Con- dition. State goal + 5%	Decrease in number of ch. in Poor Nutri- tional Con- dition. State goal - 5%	Number of physical defects corrected. State goal 10%	% of child- ren in Good Nutritional Condition. State goal 75%	% of child- ren in Poor Nutritional Condition. State goal 10% or less	% of child- ren who show evidence of physical de- fects. Temporary State goal 90% or less
Boulder**x	21	20	95	-10.24%	0.00%	14	85.00%	0.00%	80%
Carlin	146	135	92	-14.87	+ 5.00	37	58.52	11.85	88
Contact	46	43	93	-27.10	+11.63	27	51.16	11.63	67
Deeth		36	100	0.00	0.00	16	33.33	30.55	94
Elburz	7	7	100	+14.27	0.00	2	71.41	0.00	71
Fort Halleck*	8	8	100	+12.50	0.00	12	75.00	0.00	62
Halleck	8	8	100	-12.50	0.00	3	50.00	0.00	100
Island Mt.	6	0	--	--	--	--	--	--	--
Jack Creek	8	8	100	+62.50	0.00	1	75.00	12.50	75
Jiggs	6	6	100	+33.34	-16.67	8	66.67	16.66	50
Lee *x	5	5	100	0.00	0.00	1	100.00	0.00	40
Metropolis	30	29	96	+ 5.29	- 0.46	1	58.62	13.79	38
Midas	21	14	66	+ 9.53	- 2.38	not exam.	71.43	7.14	00
Montello	72	73	101	-25.67	+ 2.72	46	47.94	4.11	94
North Starr	9	9	100	-11.11	+22.22	1	33.33	22.22	100
Rabbit Creek	9	10	111	+ 4.45	- 3.33	1	60.00	30.00	60
Ryndon	12	11	91	+37.73	- 6.06	3	62.73	27.27	100
Smith Creek*x	4	3	75	0.00	0.00	0	100.00	0.00	66
South Fork *x	5	5	100	+20.00	0.00	0	100.00	0.00	60
Spanish Ranch	5	1	20	-40.00	0.00	1	0.00	0.00	100
Sprucemont*x	6	6	100	0.00	0.00	10	83.33	0.00	50
Wells	151	135	89	-28.79	+ 6.82	36	53.33	8.15	91
COUNTY TOTALS	585	572	97	-15.36%	+ 5.72%	220	56.47%	10.66%	81%

*Silver Star Community.

*x Star Community all year.

**Gold Star Community

(q) Foods and Nutrition

KEEP GROWING (continued)

BOULDER, Elko County
An All Year Gold Star Community

Number of children enrolled in the fall.21	
Number completing demonstration.20	or 95.24%
		Sept. 1932 May 1933
Number in Good Nutritional Condition	95.24%	85.00%
Number in Fair Nutritional Condition	4.76	15.00
Number in Poor Nutritional Condition	0.00	0.00
	100.00%	100.00%
Children having physical defects	28.57%	80.00%
Total number of defects corrected.14	

Boulder has the best health record in Elko County this year. It is an all year Gold Star Community because during the entire year 75% or more of its children have been in Good Nutritional Condition, and none have been in Poor Nutritional Condition. Boulder now has 85% of its school children in Good Nutritional Condition, no children in Poor Nutritional Condition, and 20% are free from physical defects. This is a remarkable record, and much credit is due the teacher, Mrs. Sylvia Upwall, for her splendid health teaching, and to the parents of the children for their fine cooperation. For the second year, this community has the distinction of having one of the best of dental corrections of any community in the state.

The children have improved their school lunches this year by bringing food in jars which they heated on the school room stove during the cold winter months. Practically every child brings milk to school. In their regular health lessons the children have learned the value of whole grain cereals and breads, green vegetables, fruits and milk; also the value of sleep, rest and exercise.

Since the school has scales, it has been possible for the children to be weighed regularly and the interest in health has been kept up every month.

Boulder school has the proud distinction of meeting all three of the new sanitation requirements; having safe drinking water, safe hand washing facilities and sanitary toilets.

Child Health Day was observed by Boulder school cooperating with Deeth and North Starr schools in a joint program.

Recommendations for the Coming Year:

1. Continue the fine health and nutrition program.
2. Have existing physical defects corrected, if possible.
3. Continue to be a Gold Star Community.

(q) Foods and Nutrition

KEEP GROWING (continued)

CARLIN, Elko County

Number of children enrolled in the fall.146	
Number completing the demonstration.135 or 92.46%	
		<u>Sept. 1932</u> <u>May 1933</u>
Number in Good Nutritional Condition	73.39%	58.52%
Number in Fair Nutritional Condition	19.86	29.63
Number in Poor Nutritional Condition	6.85	11.85
	<u>100.00%</u>	<u>100.00%</u>
Children having physical defects	55.48%	88.15%
Total number of defects corrected.	37	

Because the Carlin school children seemed to be in such Good Nutritional Condition last fall, the special nutrition class was not carried on this year. However, through the P.T.A. and the efforts of the Keep Growing leader, Mrs. W. C. Owens, Carlin has had a good health and nutrition program.

The decrease in percentage of children at Carlin in Good Nutritional Condition is due to the fact that no milk was served in school, the long cold winter and the general financial condition, and the existence of physical conditions.

During the spring there was an outbreak of mouth infection in the school, but those children affected have been placed under medical care, and the condition is much improved.

A May Day celebration is an annual event in Carlin, with the High School cooperating with the Grammar School. About 250 people attended this year.

The state health nurse, Mrs. Ebba D. Bishop, visited the school during the spring and reported a decided general improvement in the health of the children. During the year 37 physical defects were corrected; six of these were eye cases and twenty-one dental. The sanitation and cleanliness program of the last year has also left a permanent benefit to the school.

Recommendations for the Coming Year:

1. Continue the fine cooperation of local leader and P.T.A.
2. Secure more home cooperation.
3. Try to have more physical defects corrected.
4. Carry on the special nutrition class again next year.
5. Be a Gold Star school.

(q) Foods and Nutrition

KEEP GROWING (continued)

CONTACT, Elko County

Number children enrolled in the fall.46	
Number completing the demonstration. . . .	43 or 93.47%	
		Sept. 1932 May 1933
Number in Good Nutritional Condition	78.26%	51.16%
Number in Fair Nutritional Condition	21.74	37.21
Number in Poor Nutritional Condition	0.00	11.63
	<u>100.00%</u>	<u>100.00%</u>
Children having physical defects	43.48%	67.44%
Total number of defects corrected.	27	

Contact has a better record this year than ever before. With an abundant source of garden vegetables from Idaho last summer, and a few gardens right in the community, the people have had more vegetables in their diets. The children entered school last fall in really Good Nutritional Condition for the first time in the Keep Growing record.

Also, during the year the parents and teachers have cooperated splendidly with the Keep Growing leader, Mrs. L. L. Wilcox, in having as many physical defects corrected as possible. Eleven children have had tonsils and adenoids removed and five had dental corrections. This is a splendid record for this small community.

Although, the percent of children in Good Nutritional Condition decreased during the winter, Contact still has only 11.63% in Poor Nutritional Condition. This is very close to the ultimate state goal of 10% in this group.

Since most of the children live in Contact, they are able to go home at noon to a hot lunch. A few of those who come in to school on buses bring milk in their lunches. It is hoped this will become a more common practice.

Contact has clean, well cared for toilets and running water for drinking purposes. It is to be hoped that the hand washing facilities will be improved so that they meet all of the sanitation requirements.

A Child Health Day program was given in this community this year with 85 people attending.

The winter was unusually severe, and there has been no employment in Contact for more than a year and under these conditions the community is to be commended on maintaining as good a record as they have.

Recommendations for the Coming Year:

1. Continue the nutrition and health program.
2. Continue correction of physical defects.
3. Serve hot lunches at the school for those children who come in on buses.
4. Meet all of the sanitation requirements.
5. Be a Gold Star school.

(q) Foods and Nutrition

KEEP GROWING (continued)

DEETH, Elko County

Number of children involved in demonstration.	36
	March 1933
Number in Good Nutritional Condition	33.33%
Number in Fair Nutritional Condition	36.11%
Number in Poor Nutritional Condition	30.55%
	99.99%
Children having physical defects	94.44%
Total number of defects corrected.15

Deeth school was not enrolled in the Keep Growing demonstration until this spring when six of the mothers in the community requested the health nutrition work for the school, and a partial program was started, which showed the nutritional and health standing of the children of the community. The nutrition and health inspection made at this time by the state nurse and extension agent showed that only 33% of the school children were in Good Nutritional Condition, and 30% of them were in Poor Nutritional Condition. This presents a serious problem to the community of Deeth, but it is no more serious than that found in many other communities when they started the Keep Growing demonstrations. With whole-hearted effort decided improvement can be secured.

The children were examined in March by Mrs. Ebba D. Bishop, the state health nurse, and were found to have a great many physical defects. Right away a health committee was made up of several of the mothers, was organized and in the short time since March, a number of the children have had dental and throat corrections. Child Health Day was observed with a splendid health program and steps are being taken to provide cod liver oil and milk for the children at school next year. This shows what the fine cooperation of the mothers in a community can do. With this kind of a start, it is expected that the Deeth community will accomplish much in another year.

The Child Health Day observance at Deeth this spring was a joint program by the North Starr, Boulder and Deeth schools and was sponsored by the Starr Valley Progressive Club. About 150 people attended the program.

Recommendations for the Coming Year:

1. Continue the fine cooperative effort through the local committee.
2. Secure scales for the school.
3. Provide cod liver oil and milk for the underweight children.
4. Correlate the nutrition and health work with the regular school work.
5. Try to meet all of the sanitation requirements.
6. Try to be at least A Silver Star Community.

(q) Foods and Nutrition

KEEP GROWING (continued)

ELBURZ, Elko County

Number of children enrolled in the fall.7	
Number completing the demonstration.7 or 100%	
	Sept. 1932	April 1933
Number in Good Nutritional Condition	57.14%	71.41%
Number in Fair Nutritional Condition	42.86	28.59
Number in Poor Nutritional Condition	0.00	0.00
	100.00%	100.00%
Children having physical defects	71.41%	71.41%
Total number defects corrected2	

Elburz has easily met one state annual goal in the improvement of Nutritional Condition this year. The number of children in Good Nutritional Condition increased 14.27% which is nearly three times the state annual goal of 5% increase. This is a splendid improvement. At no time during the year were there any children in Poor Nutritional Condition, so no improvement could be made in this respect.

However, we are sorry to have to report that there has been very little improvement in the record of physical defects. The children need dental work and throat corrections badly, but as yet, nothing has been accomplished toward improving such conditions. We sincerely hope that something can be done to solve this problem in the near future. If some of the physical defects could be corrected, and if the hand washing facilities could be improved, Elburz could easily be a Gold Star Community.

All of the children at this school go home to a hot lunch, so the community does not have the problem of serving hot lunches at school.

Mrs. George Glaser, the Keep Growing leader, has done much in keeping the children interested in their own health, and in improving their nutrition by means of good food every day.

Recommendations for the Coming Year:

1. Continue the present nutrition program.
2. Secure the correction of physical defects.
3. Take up the sanitation phase of this work.
4. Observe Child Health Day.
5. Be a Gold Star Community.

(q) Foods and Nutrition

KEEP GROWING (continued)

FORT HALLECK, Elko County
A Silver Star Community

Number of children enrolled in the fall.	8	
Number completing the demonstration.	8 or 100%	
		Nov. 1932 April 1933
Number in Good Nutritional Condition	62.50%	75.00%
Number in Fair Nutritional Condition	37.50%	25.00%
Number in Poor Nutritional Condition	00.00%	00.00%
	100.00%	100.00%
Children having physical defects	62.50%	62.50%
Total number of defects corrected.	6	

The children at Fort Halleck have improved their nutritional condition a great deal this year, and met all the state goals this spring very easily. The community now rates as a Silver Star Community, having 75% in Good Nutritional Condition and none in Poor Nutritional Condition. The number of children in Good Nutritional Condition was increased 7.5% during the year. The state annual goal is to secure a 5% increase. At no time during the year were there any children in Poor Nutritional Condition. This is indeed a fine record.

Fort Halleck would be a Gold Star Community, were it not for the fact that the sanitation facilities at the school do not meet requirements. It is hoped that next year the school will secure a tea kettle and will make it possible for the children to wash their hands in a safe way while they are at school.

Few physical defect corrections have been secured in this community because of lack of funds. However, an outstanding accomplishment has been the recovery of one little girl who was suffering from a hip defect to the extent that she could not walk. This little girl was operated on at the Shriners' Hospital, and now, after more than a year's treatment, is back in her home a well child.

Some of the Fort Halleck children live near enough to the school house to be able to go home at noon to a hot lunch. It is hoped that a means of serving hot lunches at school will be worked out in another year for those children who must bring their lunch to school.

Recommendations for the Coming Year:

1. Continue the fine nutrition work.
2. Secure more corrections of physical defects.
3. Serve hot lunches at school.
4. Improve the hand washing facilities.
5. Observe Child Health Day by holding a community health program.
6. Be a Gold Star Community.

(q) Foods and Nutrition

KEEP GROWING (continued)

HALLECK, Elko County

Number of children enrolled in the fall.	8	
Number completing the demonstration.	8 or 100%	
	<u>Sept. 1932</u>	<u>March 1933</u>
Number in Good Nutritional Condition	62.50%	50.00%
Number in Fair Nutritional Condition	37.50	50.00
Number in Poor Nutritional Condition	00.00	00.00
	<u>100.00%</u>	<u>100.00%</u>
Children having physical defects	87.50%	100.00%
Total number of defects corrected.	3	

Halleck did not meet three of the state's goals on improvement of Nutritional Condition this year, but it does have the distinction of having no children who are in Poor Nutritional Condition, and this is something they can well be proud of.

Some of the children have brought milk to school this year, but most of them live near enough to the school so that they can go home at noon to a hot lunch. This is a great advantage. The rest of the requirements for Good Nutrition are carried out quite well.

The children were inspected for physical defects by the state nurse, Mrs. Ebba D. Bishop, in the spring, which accounts for the apparent increase in the number having physical defects. Few defects had been corrected and a few new ones had developed.

We feel sure that physical defects were largely responsible for a number of children dropping from the Good Nutritional Condition group. Not many physical defects have been corrected among these children, and this is likely the reason that the school is not at least a Silver Star Community. One girl was able to have her tonsils removed and as a result has gained twenty pounds in a year. Her state of nutrition has improved remarkably and when she has her eyes corrected, she will be a Gold Star pupil. This girl is an excellent example of the fact that having serious physical defects corrected does make children "free to gain".

Recommendations for the Coming Year:

1. Continue the present nutrition program.
2. Provide some means of hot lunches for those children who bring their lunches to school.
3. Secure correction of more physical defects.
4. Secure better hand washing facilities.
5. Observe Child Health Day with a health program.
6. Try to be a Gold Star school.

(q) Foods and Nutrition

KEEP GROWING (continued)

ISLAND MOUNTAIN, Elko County

Number of children enrolled in the fall.6
 Demonstration not completed.

	<u>October 1932</u>
Number in Good Nutritional Condition	33.33%
Number in Fair Nutritional Condition	66.67
Number in Poor Nutritional Condition	00.00
	<u>100.00%</u>

Children having physical defects2

Island Mountain is a new school up on the North Fork River, and Mrs. Beatrice Keating, who in the past few years has done such splendid health work at the Ryndon school, is the teacher. When Mrs. Keating went to this little community her first request was that the Keep Growing project be carried on in her new school.

In October, the agent visited the school, weighing and measuring the children and scoring them on nutritional condition.

It was hoped that the state nurse, Mrs. Bishop, would be able to also visit the school and give the physical inspections, but the heavy snows of the late winter, and the rainy spring made it impossible for anyone to reach this community. Since the school has not had scales, it has not been possible for Mrs. Keating to weigh the children to complete the year's report.

Although the work could not be finished this year, much has been accomplished by Mrs. Keating through regular health lessons in the school, and by serving hot lunches to the youngsters during the winter months. She has made excellent use of the material furnished by the extension agent and state nurse and reports that the children are much interested in the Keep Growing work.

Recommendations for the Coming Year:

1. Try to secure scales so that the children may be weighed regularly. This is really quite necessary, as closed roads in winter will probably always make the visits by the agent and the use of her scales very irregular.
2. Secure the services of the state nurse for an inspection of physical condition.
3. Continue the present fine health and nutrition instruction in the school.
4. Observe Child Health Day with a health program.
5. Try soon to be at least a Silver Star Community.

(g) Foods and Nutrition

KEEP GROWING (continued)

JACK CREEK, Elko County

Number of children enrolled in the fall.8	
Number completing the demonstration.8	or 100%
		Sept. 1932 May 1933
Number in Good Nutritional Condition	12.50%	75.00%
Number in Fair Nutritional Condition	75.00	12.50
Number in Poor Nutritional Condition	12.50	12.50
	100.00%	100.00%
Children having physical defects	75.00	75.00
Total number of defects corrected.1	

Jack Creek school was closed long before the roads were open this spring so that the agent could not reach the school during its regular term. However, in May the children agreed to come to the school house and all eight of them were weighed and measured and checked on nutritional condition.

Because of financial conditions, it has been impossible to have physical defects corrected in this community, but Mrs. Pio Achabal, the teacher and Keep Growing leader, has done much toward improving the nutritional condition by making it possible for the children to have hot lunches during the winter months, and to bring milk to school. She has also taught regular health lessons in the school curriculum.

As a result of this good effort an outstanding improvement was made. The number of children in Good Nutritional Condition increased 62.5% which is a little over twelve times the state annual goal, and a most unusual improvement to make in one year. We are sorry that no improvement was made in the Poor Nutritional Condition group, but are confident that there will be an improvement as soon as the physical defects can be attended to.

The sanitation conditions are well cared for in this school, due to the personal efforts and interest of the teacher.

Jack Creek is another community which does not yet have scales at the school, and due to the severe winters, it is impossible for the agent to reach the community more than twice a year. We wish that it might be possible to secure scales so that the children could be weighed more regularly.

Recommendations for the Coming Year:

1. Keep up the present nutritional program.
2. Try to secure scales. This is very important.
3. Try to have some physical defects corrected.
4. Observe Child Health Day by giving a health program.
5. Try to be a Gold Star Community.

(q) Foods and Nutrition

KEEP GROWING (continued)

JIGGS, Elko County

Number of children enrolled in the fall.	6	
Number completing the demonstration.	6 or 100%	
	Sept. 1932	April 1933
Number in Good Nutritional Condition	33.33%	66.67%
Number in Fair Nutritional Condition	33.33	16.66
Number in Poor Nutritional Condition	33.33	16.66
	<u>99.99%</u>	<u>99.99%</u>
Children having physical defects	16.66%	50.00%
Total number of defects corrected8	

Jiggs community has more school children this year than it has had in several years since it now has six pupils. Some of the children who came into the district last fall had never had any health and nutrition teaching before. Therefore, these children entered the Keep Growing demonstration with a Low Nutritional Condition. The children have made such splendid progress that they have exceeded one state annual goal over six times, having increased the number of children in Good Nutritional Condition by 33.33%, and decreased those in Poor Nutritional Condition by 16.67%, which is over three times the annual state goal. This is indeed a fine record.

The state nurse, Mrs. Bishop, was unable to reach this community this year because of lack of time and road conditions, so the number and seriousness of the physical defects are not known at Jiggs.

Mrs. Ralph Drown, the teacher at Jiggs and the Keep Growing leader has accomplished much in health and nutrition work by including hygiene to the school curriculum. The children have improved their posture a great deal, and through better health habits and food practices have improved their nutritional condition remarkably.

Sanitation conditions in the school are faulty. Good hand washing facilities might be improved through arranging for warm water for hand washing.

At the last day of school, a community picnic was held on the school grounds and an exhibit of the children's school work and health booklets and posters was shown.

Recommendations for the Coming Year:

1. Continue the present nutrition and health program.
2. Secure the correction of more physical defects.
3. Provide better handwashing facilities.
4. Observe Child Health Day with a health program.
5. Be a Gold Star school.

(q) Foods and Nutrition

KEEP GROWING (continued)

LEE, Elko County
A Silver Star Community

Number of children enrolled in the fall.	5	
Number completing the demonstration.	5 or 100%	
		Oct. 1932 April 1933
Number in Good Nutritional Condition	100.00%	100.00%
Number in Fair Nutritional Condition	00.00	00.00
Number in Poor Nutritional Condition	00.00	00.00
	<u>100.00%</u>	<u>100.00%</u>
Children having physical defects	40.00%	40.00%
Total number of defects corrected1

For eight years, Lee has been a Gold Star Community, but with the change this year in the system of carrying on the Keep Growing program, the school receives only a Silver Star Certificate; however, Lee fails to meet the requirements of a Gold Star Community in only one respect. Lee does not have very good hand washing facilities for the children. It is regretted that such an easy requirement should spoil the record of nine years' splendid work. But clean hands and a safe way of securing them are an important part of the State's present health and nutrition program, so this factor cannot be over looked. Next year, we are sure, this requirement can be met.

One hundred percent of the Lee children are rated in Good Nutritional Condition. Sixty percent are Gold Star children, and the entire group only has two physical defects. This is a very fine record of health, and the school may still be considered to have one of the highest nutrition and health ratings in the state. With very little more effort Lee will have a perfect health record. This school does not as yet meet the sanitation requirement.

The community cooperation and interest in nutrition and health has always been unusually fine at Lee, and no doubt in another year, the school will be eligible for a Gold Star certificate.

Recommendations for the Coming Year:

1. Continue present nutrition and health program.
2. Secure better handwashing facilities.
3. Secure more correction of physical defects.
4. Provide means to serve hot lunches at noon.
5. Observe Child Health Day with a health program.
6. Try to be a Gold Star Community.

(g) Foods and Nutrition

KEEP GROWING (continued)

METROPOLIS, Elko County

Number enrolled in the fall.		30
Number completing the demonstration.		29
	Nov. 1932	April 1933
Number in Good Nutritional Condition	53.33%	58.62%
Number in Fair Nutritional Condition	33.33	27.58
Number in Poor Nutritional Condition	13.33	13.79
	99.99%	99.99%
Children having physical defects	46.66%	38.45%
Total number of defects corrected.		1

The nutrition and health report for Metropolis is neither very favorable or very complete this year. Because of road conditions, the state nurse was unable to reach Metropolis when she was in Elko county, and the children have not had a physical inspection since the fall of 1931. No doubt, there are a number of children with physical defects not recorded. The winter has passed without much change in the health conditions of the school. The nutritional state is practically the same as last fall; however, the number in Good Nutritional Condition was increased 5.29% which a little more than meets the annual state goal.

There are several reasons why Metropolis has not progressed more rapidly in this work. The community does not have a Keep Growing leader to keep up the regular monthly weighings, stimulate the interest of the children, and to make contacts with the homes, thus securing the cooperation of the parents. The children ride long distances in buses to school; they leave home early in the morning and arrive home late at night. There is no hot lunch system, so these children have only cold lunches at noon. A great many of these children have defective throats, teeth and eyes, and therefore, are not "free to gain". It has been almost impossible to secure the correction of defects because of lack of funds.

In spite of these unfavorable conditions, we feel that something has been accomplished in the nutrition and health work in that the children have learned the value of milk and of vegetables in the diet. There is strong evidence that most of these youngsters do have good food habits in their homes. It is hoped that Metropolis can have a better Keep Growing program next year.

Recommendations for the Coming Year:

1. Secure a Keep Growing leader.
2. Plan to have some system of serving hot lunches.
3. Try to have the state nurse visit this community and inspect these children.
4. Try to have some physical defects corrected.
5. Try hard to meet the sanitation requirements.
6. Try to reach both state annual goals.

(q) Foods and Nutrition

KEEP GROWING (continued)

MIDAS, ELKO COUNTY

Number of children enrolled in the fall.21	
Number completing the demonstration	14 or 66.67%	
	Nov. 1932	April 1933
Number in Good Nutritional Condition	61.90%	71.43%
Number in Fair Nutritional Condition	28.57	21.43%
Number in Poor Nutritional Condition	9.52	7.14
	99.99%	100.00%
Children having physical defects	23.81%	Not examined
Total number of defects corrected.	2	

It has been impossible to reach the small mining town of Midas more than once this past winter because of the severe winter and road conditions. The state nurse, Mrs. Ebba D. Bishop, visited Midas in the fall of 1931, and at that time inspected the children for physical defects. However, the enrollment has changed considerably since then and as a result, the record of physical examination for the school is very incomplete. The teacher weighed and measured the children in the spring and sent in the report of their health progress.

While it has been difficult to have physical defects corrected at Midas, quite a little improvement has been made in health and nutrition habits. The school has had a campaign on dental hygiene and the children have learned to brush their teeth and to eat teeth building foods.

Nearly all of the Midas children live near the school, and can go home at noon to a hot lunch. One of the chief problems in this community is to secure a supply of milk. Most of the people in Midas are miners and depend upon canned milk for all the milk in their diets.

Considering all the unavoidable handicaps we are grateful that there has been the good improvement in the weight records. The number of children in Good Nutritional Condition was increased practically 10% which is twice the state annual goal. The number in Poor Nutritional Condition was decreased 2.37% which is nearly half the state annual goal. All during the year Midas more than met the ultimate state goal for this group. This is a fine record. Next year it is hoped that there will be other definite results in the Keep Growing program in this community. The school is kept very clean and except when the water supply gives out meets all the sanitation requirements.

Recommendations for the Coming Year:

1. Keep up the nutrition program, particularly in regard to health.
2. Secure correction of physical defects.
3. Provide better hand washing facilities.
4. Have physical inspection of the children by state nurse.
5. Observe Child Health Day by giving a health program.
6. Be a Gold Star school.

(q) Foods and Nutrition

KEEP GROWING (continued)

MONTELLLO, Elko County

Number of children enrolled in the fall.	72	
Number completing the demonstration.	73 or 101.39%	
		Nov. 1932 March 1933
Number in Good Nutritional Condition	73.61%	47.94%
Number in Fair Nutritional Condition	25.00	47.94
Number in Poor Nutritional Condition	1.39	4.11
	100.00%	99.99%
Children having physical defects	41.66%	94.52%
Total number of defects corrected.	46	

For a second year the railroad community of Montello is rated as one of the best health cooperating communities in the state, and again the fine work is largely due to the splendid efforts of Mrs. H. Earl Belnap, the Keep Growing leader.

All through the year the community has had a remarkably good record in regard to the small number of children in Poor Nutritional Condition, being very much better than the ultimate state goal of 10% in this group. There was a decided decrease in the percent of children in Good Nutritional Condition, but as a whole there was real improvement in the nutritional and health of the school children in this community. Montello has the largest percentage of Gold Star pupils among the larger schools of the county and it has the best record or corrections of physical defects in the county. This is indeed a real achievement, particularly during this period of wide spread unemployment and reduced family income.

In March the school children were inspected by Mrs. Ebba D. Bishop, the state nurse, for physical defects. In the past year, forty serious defects have been corrected among the children at Montello; seven were eye cases, four were nose and throat, and twenty-seven were dental. This school also fulfilled all sanitation requirements.

Most of the children go home at noon to a hot lunch, so there has not been the problem of serving hot lunches at school. During the winter the younger children and the underweight older youngsters were served milk in the middle of the morning. This has done a great deal toward helping them to gain. Quite a little posture work has been carried on in the school and several cases show remarkable improvement.

In spite of some statistics these general results show the interest and cooperation, and the community can well be proud of its achievement in child nutrition and healthwork.

May Day was celebrated early in May with an all school health program, and was attended by 150 people. During the Christmas Seal Sale in the fall, Montello raised more money toward helping the Nevada Public Health Association finance the state nurse than any other community of its size in the state. It was agreed that ten percent of the county's con-

(q) Foods and Nutrition

KEEP GROWING (continued)

tribution was to revert to the county to be used as a fund for the correction of physical defects in children whose parents cannot afford to have them cared for. Because Montello "went over the top" in the seal sale, this ten percent is to be used in that community this year for corrective work.

Recommendations for the Coming Year:

1. Continue the present splendid community cooperation.
2. Try to be a Gold Star school.

(q) Foods and Nutrition

KEEP GROWING (continued)

NORTH STARR, Elko County

Number of children enrolled in the fall.	9	
Number completing the demonstration.	9	or 100%
	Sept. 1932	March 1933
Number in Good Nutritional Condition	44.44%	33.33%
Number in Fair Nutritional Condition	55.55	44.44
Number in Poor Nutritional Condition	00.00	22.22
	<u>99.99%</u>	<u>99.99%</u>
Children having physical defects	100.00%	100.00%
Total number of defects corrected.	1	

North Starr does not have a very good record of improvement this year. The hot lunches were discontinued this winter and there has been little money in the community for the correction of physical defects. Some of the children have not had as much milk as they really need. It has been difficult to have improvement in the state of nutrition and health under these conditions.

Mrs. Bishop, the state nurse inspected the children and found many physical conditions that need medical and dental attention. The sanitation problem also needs considerable effort.

It is hoped that next year renewed effort in regard to nutrition and health may be started in which there will be a campaign for brushing and caring for the teeth, and for improving the nutrition, sanitation and health conditions of this school. Better handwashing facilities are needed. A system of providing hot lunches by having the children bring soups or other foods in jars which may be heated in a pan of water, can be used. This would take little time or trouble and be of great benefit to these children.

North Starr cooperated with Deeth and Boulder in presenting a very fine health program on May Day. This shows interest in health work, and surely next year will bring better results for North Starr.

Recommendations for the Coming Year:

1. Secure correction of at least some of the physical defects.
2. Improve handwashing facilities by providing warm water.
3. Serve hot lunches during the winter months.
4. Try to reach both state annual goals.

(q) Foods and Nutrition

KEEP GROWING (continued)

RABBIT CREEK, Elko County

Number of children enrolled in the fall.9	
Number completing the demonstration.	10 or 111.11%	
	Sept. 1932	April 1933
Number in Good Nutritional Condition	55.55%	60.00%
Number in Fair Nutritional Condition	11.11	10.00
Number in Poor Nutritional Condition	33.33	30.00
	99.99%	100.00%
Children having physical defects	55.55%	00.00%
Total number of defects corrected.1	

Rabbit Creek has very nearly met the state annual goal in the improvement of nutritional condition this year by increasing the number of children in Good Nutritional Condition by 4.45%, and by decreasing those in Poor Nutritional Condition by 3.33%. The state goal for both is a 5% change. Rabbit Creek now has 20% of its children as Gold Star pupils; that is, they are in Good Nutritional Condition, and are free from serious physical defects. Because of lack of funds, it has been very difficult to secure the correction of physical defects. The four Indian children have been under the doctor's care for a while, but the treatment was not continued long enough to result in corrections.

It was not possible for the state nurse, Mrs. Bishop, to visit this school this year, and the record of physical defects is not as complete as it might be. It is hoped that next year, Rabbit Creek may have this service.

During the winter the children who eat lunch at school brought milk and food which could be reheated at school so that they had hot lunches. This has helped greatly in keeping up the good nutrition of the children.

Rabbit Creek does not yet have scales, and the community is urged to purchase a small bathroom balance so that the children can be weighed more regularly. This particular community is one of the most difficult to reach in the county, and this year the agent was able to visit it only three times. Therefore scales are especially needed.

Recommendations for the Coming Year:

1. Secure scales for the school.
2. Try to correct some of the physical defects.
3. Improve the hand washing facilities in the school.
4. Observe Child Health Day.
5. Try to be a Gold Star school.

(q) Foods and Nutrition

KEEP GROWING (continued)

RYNDON, Elko County

Number of children enrolled in the fall.	12	
Number completing the demonstration	11 or 91.66%	
		Sept. 1932 April 1933
Number in Good Nutritional Condition	25.00%	63.63%
Number in Fair Nutritional Condition	41.67	9.09
Number in Poor Nutritional Condition	33.33	27.27
	100.00%	99.99%
Children having physical defects	66.66%	100.00%
Total number of defects corrected.3	

The little railroad community of Ryndon has the largest school enrollment this year it has had in its history. This community has made a commendable record in improving nutritional conditions. There has been a 37.37% increase in the number of children rated as being in Good Nutritional Condition, which is over 7 times the state annual goal. The number in Poor Nutritional Condition was decreased 6.06% which more than meets that annual goal. This is surely a good record for one year's improvement. In one family of four children the gains in weight for the year were, 7, 9, 12 and 16 pounds. This is the best family record in the county. This great improvement is entirely due to better food and rest habits. Two of these children became Gold Star pupils because of their improved nutrition, as they had no serious physical defects.

Since a good many of these children live near the school, they can go home to a hot lunch at noon. Some of the children bring milk to school.

Some of the children entered the health booklet contest this year.

There has been definite improvement in the posture of some of the Ryndon children, but because of lack of funds, it has been impossible to have any other physical defects corrected.

The handwashing facilities at Ryndon are not at all good, and it is hoped that next year a tea kettle can be secured, and water heated at school so that the children will be able to wash their hands as they should, with no danger of spreading infection from one to the other. The other sanitary requirements also need some effort.

The good work at Ryndon is largely due to the efforts of Miss Mary Barton, the teacher, who has included health teaching in the school curriculum, and who has encouraged the children to establish better food and health habits.

Recommendations for the Coming Year:

1. Continue the nutrition and health lessons already being carried on in the school curriculum.
2. Try hard to have the state nurse visit this school and to have physical defects corrected.

(q) Foods and Nutrition

KEEP GROWING (continued)

3. Improve the hand washing facilities and try to meet the other sanitation requirements.
4. Observe Child Health Day by giving a health program.
5. Try to be a Gold Star Community.

(q) Foods and Nutrition

KEEP GROWING (continued)

SMITH CREEK, Elko County
A Silver Star Community

Number of children enrolled in the fall.	4	
Number completing the demonstration.	3 or 75%	
	Nov. 1932	April 1933
Number in Good Nutritional Condition	100.00%	100.00%
Number in Fair Nutritional Condition	00.00	00.00
Number in Poor Nutritional Condition	00.00	00.00
	<u>100.00%</u>	<u>100.00%</u>
Children having physical defects	35.00%	66.67%
Total number of defects corrected.	0	

With one hundred per cent of its children in Good Nutritional Condition and none in Poor Nutritional Condition, and 33% free from defects, Smith Creek has an enviable health and nutrition record and is a Silver Star Community. There is just one thing which prevents this community from being a Gold Star Community, and that is its hand washing facilities. Last year a hand washing campaign was carried on in the county, and the schools were shown how to provide warm water and safe hand washing facilities by means of a tea kettle, but Smith Creek has not yet adopted this system of hand washing.

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 the value of going to bed early.

Smith Creek is again urged to purchase a bathroom scale so that the children may be weighed more regularly. During the winter, the agent was not able to reach this school for five months. This will nearly always be true due to the roads being closed in winter. Therefore, scales at school are very much needed.

Recommendations for the Coming Year:

1. Purchase a set of bathroom scales.
2. Serve hot lunches at noon.
3. Observe Child Health Day by giving a health program.
4. Plan to enter the health contest.
5. Keep up the good nutrition work.
6. Have physical defects corrected as soon as possible.
7. Try to be a Gold Star school.

(q) Foods and Nutrition

KEEP GROWING (continued)

SOUTH FORK, Elko County
An All Year Silver Star Community

Number of children enrolled in the fall.5	
Number completing the demonstration.5	or 100%
		<u>Nov. 1932</u> <u>April 1933</u>
Number in Good Nutritional Condition	80.00%	100.00%
Number in Fair Nutritional Condition	20.00	00.00
Number in Poor Nutritional Condition	00.00	00.00
	<u>100.00%</u>	<u>100.00%</u>
Children having physical defects	100.00%	60.00%
Total number of defects corrected.0	

South Fork is another all year Silver Star Community, having 100% of the children in Good Nutritional Condition, and 40% free from physical defects. Were it not for the fact that this school does not have good handwashing facilities, South Fork would be a Gold Star Community. It has had more than 75% of its children in Good Nutritional Condition all year, and none in Poor Nutritional Condition.

The school children in this community have good food habits and appreciate the importance of plenty of milk, vegetables and fruit in the diet, which accounts for their fine nutritional state. There are still a few physical defects which should be corrected, but the lack of funds has not made this possible.

South Fork has never had a very successful hot lunch program. Most of the children have to bring their lunches to school, and a plan should be worked out on which they could bring soups or other foods in jars to be reheated in a pan of water on the stove. The school also needs scales, and we hope that a bathroom scale can be purchased by another year, so that the children may be weighed more regularly. It helps greatly in keeping up interest.

Recommendations for the Coming Year:

1. Try to have the state nurse visit this school and have physical defects corrected.
2. Provide better hand washing facilities.
3. Serve hot lunches at noon.
4. Purchase a bathroom balance.
5. Observe Child Health Day by giving a health program.
6. Try to be a Gold Star school.

(q) Foods and Nutrition

KEEP GROWING (continued)

SPANISH RANCH, Elko County

Number of children enrolled in the fall.	5	
Number completing the demonstration.	1	or 20%
	Sept. 1932	May 1933
Number in Good Nutritional Condition	40.00%	00.00%
Number in Fair Nutritional Condition	60.00	100.00
Number in Poor Nutritional Condition	00.00	00.00
	<u>100.00%</u>	<u>100.00%</u>
Children having physical defects	100.00%	100.00%
Total number of defects corrected.		1

Due to shortage of funds, the Spanish Ranch school was forced to close early in the spring, and the roads were still in such a condition that it was impossible for the extension agent to reach the community in time to weigh and measure the children and check over their nutritional condition. However, in May, the agent visited Spanish Ranch, and interviewed the one remaining child in the district. This one little girl has made fine progress in improving her nutritional condition this year. She has gained seven pounds, and now for the first time in her life is in Good Nutritional Condition. Her teeth were corrected last fall and she has been able to have milk at every meal this winter.

The children at Spanish Ranch live near the school house during the school months, and are able to go home to a hot lunch at noon.

Each year it is uncertain that there will be enough children in the district to hold a school, and there is much hesitancy in securing better equipment. We hope that conditions may become more settled, and that Spanish Ranch school may be able to purchase a set of scales so that the children may be weighed more regularly.

Recommendations for the Coming Year:

1. Keep up the present good cooperation.
2. Try to secure a set of scales.
3. Observe Child Health Day by giving a health program.

(q) Foods and Nutrition

KEEP GROWING (continued)

SPRUCEMONT, Elko County
An All Year Gold Star Community

Number of children enrolled in the fall.6	
Number completing the demonstration.6	or 100%
	Nov. 1932	April 1933
Number in Good Nutritional Condition	83.33%	83.33%
Number in Fair Nutritional Condition	16.67	16.67
Number in Poor Nutritional Condition	00.00	00.00
	100.00%	100.00%
Children having physical defects	66.66%	50.00%
Total number of defects corrected.10	

Again Sprucemont is a Gold Star Community, and this year it was a Gold Star Community. Sprucemont has 83.33% of its children in Good Nutritional Condition, none are in Poor Nutritional Condition, and 50% are free from serious physical defects. The school also has a safe water supply, sanitary toilets, and good hand washing facilities. This is a fine record for any community.

The health interest stimulator this year is again the Bank of Health with its credit and with drawal slips, and its good rate of interest on deposits. The teacher, Mrs. J. L. Vandiver, is one of the finest health teachers in the state, and has achieved splendid success in improving the children's state of nutrition and in establishing a fine standard of sanitation for the school.

The Sprucemont children are still members of the Junior Red Cross, and are corresponding with children in other states and counties.

There are still a number of physical defects among the children which should be corrected, but with the mines closed down at Spruce, it has been difficult for the children to have adequate medical care. One hundred percent of the youngsters were able to have their teeth cared for. This is the finest record of dental work in the state.

This community deeply appreciates the corrective work done by an Elko dentist for some of the children in this community.

Recommendations for the Coming Year:

1. Keep up the splendid nutrition and health work.
2. Have the state nurse visit this community and inspect the school children.
3. Have the remaining physical defects corrected as soon as possible.
4. Keep on being a Gold Star Community.

(q) Foods and Nutrition

KEEP GROWING (continued)

WELLS, Elko County

Number of children enrolled in the fall.151	
Number completing the demonstration.135	or 89.40%
		Sept. 1932 April 1933
Number in Good Nutritional Condition	82.12%	53.33%
Number in Fair Nutritional Condition	16.55	38.52
Number in Poor Nutritional Condition	1.33	8.15
	100.00%	100.00%
Children having physical defects	58.27%	91.11%
Total number of defects corrected.		36

The community of Wells has made a special effort this year in nutrition and health work, and the results have been very gratifying from a general point of view. A committee of several women from the two church organizations in Wells have acted as Keep Growing leaders. This plan has done much to increase the interest of other mothers and the home cooperation has been better than ever before.

This community has a good record of corrections of physical defects this year, since thirty defects were corrected in 135 children. Seventeen of these were dental corrections.

Some of the teachers have helped their most underweight children to gain by holding small nutrition classes in which the youngsters brought milk from home for intermediate nourishment. These particular children have made excellent gains, and the parents have been as well pleased as the children and teachers. A large percentage of the children took Cod liver oil during the winter with the result that the incidence of flu was very low in the school.

The fact that this community has a much better record in regard to the percentage of children in Poor Nutritional Condition than is required in the ultimate state goal is a strong indication of the improvement made in the Keep Growing Work. This record more than off-sets the fact that the number of children in Good Nutritional Condition decreased decidedly during the school year and the number in Poor Nutritional Condition increased some. The long cold winter, reduced family income, and physical defects may be responsible for this.

The children were inspected by Mrs. Ebba D. Bishop, the state nurse, and a decided improvement was found. 36 defects had been corrected, although, the new defects found apparently increased the percent of defects.

The parents, teachers, children and the nutrition and health committee are all to be congratulated on the fine work which the community has done this year.

Recommendations for the Coming Year:

1. Keep up the splendid cooperation of local leaders, homes and school.

(q) Foods and Nutrition

KEEP GROWING (continued)

2. Continue the nutrition classes and extra milk and Cod liver oil.
3. Try to have more physical defects corrected.
4. Celebrate Child Health Day.
5. Try to be a Gold Star school.

(q) Foods and Nutrition

ACHIEVEMENT STORY OF COUNTY'S TWO BEST SCHOOLS

Boulder, Sprucemont Schools First Place in Health Progress

Under the new program of school health work carried on by the extension service, Boulder and Sprucemont schools have the best records of health progress among the 22 schools included in the demonstration in Elko county this year. These schools have the distinction of being gold star communities which means that 75% of the children must be in good nutritional condition, 10% or less in poor nutritional state, and that at least 10% are free from serious physical defects such as bad throats, teeth or eyes. Gold star schools are also required to have safe drinking water, sanitary toilets and good handwashing facilities. The teachers, Mrs. Sylvia Upwall of Boulder, and Mrs. J. L. Vandiver at Sprucemont, are deserving of much credit in helping their schools to achieve such high standards of health.

Four schools: Fort Halleck, Lee, Smith Creek and South Fork, will receive silver star certificates this year as reward for having 75% of their children in good nutritional condition, and not more than ten per cent in poor nutrition. With a little more effort these schools, too, could be gold star communities.

Five hundred seventy-two children have been included in the Keep Growing demonstration in Elko county this year. Of the 22 schools, 17 have had some form of hot lunches for the children, and 12 have served milk as mid-morning nourishment to the most underweight youngsters. Child Health day set aside by a proclamation by the governor, was observed in nine communities by health programs given by the school children. The total attendance at these programs was over a thousand persons.

The children in eight of the schools--Wells, Halleck, Contact, Montello, Deeth, Carlin, Boulder and North Starr, were inspected for physical defects in March, by the state health nurse, Mrs. Ebba D. Bishop of the Nevada Public Health Association and the State Board of Health. The county appreciates this service greatly, and it is hoped that the other schools may also have the privilege of having such an inspection next fall. After this inspection, all doubtful cases were referred to the family physicians, and the result has been a marked increase in the number of corrections made. The county records show that 220 defects have been corrected since Mrs. Bishop visited our schools a year and a half ago.

While Montello did not quite meet the requirements of either silver or gold star schools, it has one of the most outstanding records of health progress in the state. In the past year 46 serious defects of eyes, nose and throat, and teeth have been corrected. This fine achievement has been due to the splendid

(q) Foods and Nutrition

ACHIEVEMENT STORY OF COUNTY'S TWO BEST SCHOOLS (continued)

efforts of the local leader, Mrs. H. Earl Belnap, who has carried on the follow up work in the community. Because Montello raised more money in the Christmas seal sale than any other community of its size in the state, and has a better record of physical defect corrections than any other school in Elko county, it has been allowed 10% of the fund from the sale of the Christmas seals in this county for the correction of more defects among the children. This amount is \$18.65 this year, and is to be used for dental and eye corrections on two children in Montello.

(q) Foods and Nutrition

LETTER FROM THE SPRUCEMONT TEACHER

Sprucemont, Nevada
Mar. 22nd, 1931

Dear Miss Brenner,

Faye and Jack nearly tore up the Postoffice today when they found they were up to what they should have been when school began. From one of your reports, I take it that from 1 to 6% below normal weight for the height and age is called "slightly underweight" and hence they do not quite earn their gold stars. Am I right?

Faye is exactly $11\frac{1}{2}$ years old now and a scant 55 inches tall--meaning she should be $74\frac{1}{2}$ pounds to get her gold star.

Jack is 6 year and 8 months old now and is 47 inches tall--meaning he should be 50 pounds to get his gold star.

I tell them they are going over the top by the time school is out. (We are going to have 9 months and will close May 20). They have done so well. Not one child has, in the past, drunk milk except as an occasional glass for a filler. Faye said today, "I never liked milk and I never got any credit for drinking it but I haven't missed a day this winter with from 2 to 4 glasses". (Jack was the same about milk). Really I believe it has helped most of all.

I must tell you of a little stunt I thot of and have added to my "withdrawal" list. Faye was the worst offender of the posture and close reading habit. She would get in a terrible shape and get her eyes as close as 6 inches from her book. She is a very, very poor reader and I tell her she gets so close she can read only a word at a time. Now I tell them when their posture is bad or when the book is too close to the eyes and they get 5 points withdrawal for every mark against them. It has surely worked wonders. I have promised them you will examine them for close reading and if you find they need glasses, we will erase the withdrawals against them and give them 50 points when they begin wearing their glasses. If they do not need glasses, the withdrawals will stand against them as bad health habits.

NEWS! - Our stage was a truck, today--the first since Xmas. So we hope to be able to get out of here in the next two or three weeks,

Very respectfully,

Ula May Vandiver

(r) Child Training and Care

GOOD GROWTH AND DEVELOPMENT

The Pre-school Child

Home Demonstrations

There is an increasing interest in this phase of pre-school work and every community in which the project has been offered has been very cooperative. In June the State Health nurse representing the Nevada Public Health Association spent a week in the County, and inspected the pre-school children for physical defects in the following communities: Metropolis, Wells, Deeth, Lee and Jiggs.

In addition to child feeding and weighing and measuring the work has also included health habits, thumb sucking, toilet training, children's clothing, play equipment, etc.

The great distances between communities and a busy schedule have made it impossible for the agent to see all of the pre-school children regularly.

Case studies here appended show how this project is carried on in this County.

Summary of results:

- 6 communities participated.
- 0 leaders assisted.
- 5 3/4 days were devoted to this work.
- 2 home visits were made.
- 10 method demonstrations were held.
- 47 result demonstrations were carried on.

(r) Child Training and Care

PRE-SCHOOL HOME DEMONSTRATIONS

<u>NAME</u>	<u>AGE</u>	<u>SEX</u>	<u>ADDRESS</u>
Virginia Jane Davis	2 $\frac{1}{2}$ years	Female	Deeth, Nevada

HISTORY:

Findings on first visit: Age 2 $\frac{1}{2}$ months
 Birth: 2 months premature
 Physical defects: None
 Food: Two months breast fed.
 At end of two months placed on modified cows milk diluted with vegetable juice. $\frac{1}{2}$ ounce orange juice daily.

Findings on second visit: Age 3 $\frac{1}{2}$ months
 Toilet habits: Established end of three months.
 Food: 4 hour feedings. Cereal broth added to feedings.

Findings on third visit: Age 2 $\frac{1}{4}$ years
 Height 32" Weight 25 pounds
 Normal Weight 23 $\frac{3}{4}$ lbs.
 Mental development: Normal
 Disposition: Excellent
 Cooperation: Good

Findings on fourth visit: Age 2 $\frac{1}{2}$ years
 Height 33 $\frac{3}{4}$ " Weight 28 $\frac{1}{4}$ pounds
 Normal Weight 26 lbs.
 Rest: Two naps daily.
 Food: Vegetables, orange juice, cereals, meat.

<u>NAME</u>	<u>AGE</u>	<u>SEX</u>	<u>ADDRESS</u>
Norma Jean Shirm	6 months	Female	Lee, Nevada

HISTORY:

Findings on first visit: Age 3 weeks.
 At birth: Height 22 inches Weight 6 $\frac{1}{2}$ pounds
 At three weeks: Height 22 inches Weight 8 $\frac{1}{2}$ pounds
 Food: Breast fed.

Findings on second visit: Age 6 months.
 Height 25 $\frac{1}{2}$ inches Weight 15 pounds
 Normal Weight 15 pounds
 Food: Milk and Karo according to doctor's prescription.
 Toilet training: Not started.
 Thumb sucking: Does not suck thumb.

(r) Child Training and Care

PRE-SCHOOL HOME DEMONSTRATIONS (continued)

<u>NAME</u>	<u>AGE</u>	<u>SEX</u>	<u>ADDRESS</u>
Charles Black	3 $\frac{1}{4}$ years	Male	Deeth, Nevada

HISTORY:

Findings on first visit: Age 11 months.

At birth: Height 24 inches Weight 10 $\frac{1}{2}$ pounds.

At 11 months: Height 29 $\frac{1}{2}$ " " 18 pounds 14 ounces
Normal Weight 21 $\frac{1}{4}$ lbs.

Food: Cereal, breast, strained vegetables, orange juice.

Health: Bowels loose.

Rest: Broken by bowel disturbance.

Disposition: Good

Cooperation: Good

Recommendations: Should be weaned.

Findings on second visit: Age 3 $\frac{1}{4}$ years.

Height 37 $\frac{1}{2}$ inches Weight 33 pounds.
Normal Weight 33 pounds.

Food: Normal. No cod liver oil.

SNAPS OF YOUNGSTERS IN THE PRE-SCHOOL
DEMONSTRATION PROJECT



Figure 3 Lee grows champion
pre-schoolers.



Figure 4 This little
boy is proud of his health.



Figure 5 It keeps
Laree and Larae busy
seeing who can be
healthier.



Figure 6 Eva Mae and Virginia
Jane are real pals.

(r) Child Training and Care

GOOD GROWTH AND DEVELOPMENT

The Pre-school Child

Prepare for School Round Up

This is the third year in which this project has been carried on in Elko County. During the spring of each year, all pre-school children who are to enter school the following fall, in the various communities are invited to come to the schools where the Keep Growing work is carried on, for a health inspection. Parents are then advised to have the youngsters' physical defects corrected so that they will be able to enter school free to progress both mentally and physically.

With the assistance of the field nurse, Mrs. Ebba D. Bishop, of the Nevada Public Health Association, 23 of these pre-schoolers were examined under this project this year.

The following communities participated: Wells, Carlin, Contact, Jiggs, Lee and Deeth.

Summary of results:

- 6 communities carried on work.
- 6 leaders assisted.
- 23 children were involved.
- 1 day was devoted to project.
- 4 home visits were made.
- 6 method demonstrations were held.

(s) Clothing

CLOTHING

Children's Clothing

This project like that of adult clothing work was closely correlated with the relief program. Patterns and standards for children's clothing were supplied to the women's organizations who made up the cotton material into garments.

In the meetings with the mothers of pre-school children some time was given to help with the selection of children's garments. This work was offered in the following communities: Deeth, Metropolis, Wells, Lee and Jiggs. Since this project has been carried along with adult clothing work and the pre-school projects no definite time has been allowed for it.

(s) Clothing

CLOTHING

4-H Clothing Selection and Construction Club

A higher standard of 4-H clothing work was achieved this year than at any time during the past three years, due to the fact that we have had more leadership. The only standard club in the County was in Elko; however, the club work was also carried on at Contact, Sprucemont, Deeth and Fort Halleck. Most of the girls were enrolled in second year clothing work, and qualified for the National Style Dress Revue contest. At the County Achievement Day, five girls modeled their complete outfits in this contest representing the tailored costume, the simple afternoon dress and the cotton school dress classes. The grand champion winner was Genevieve Hansen who made a tailored tweed swagger suit with undergarments harmonizing, and selected all accessories to match at a total cost of a little more than \$19.00. Genevieve again won over all comers at the State contest at club encampment which gave her the privilege of representing Nevada at the National Club Congress at Chicago, December 1 to 9, this year.

At Club camp other awards won by Elko clothing girls were first and third in second year exhibit, second in the National Dress Revue Contest and second in clothing judging and second in the demonstration team contest.

Summary of results:

- 5 communities carried on the project.
- 1 standard club was formed.
- 24 members enrolled, 19 completing or 79%.
- 3 leaders assisted.
- 1 demonstration team was trained.
- 9 judging teams were trained.
- 27½ days were devoted to the project by the agent.
- 11 news articles were published.
- 33 home visits were made.
- 12 method demonstrations were held.

(s) Clothing

4-H Club Clothing Selection and Construction

ACHIEVEMENT STORY OF A 4-H CLUB WINNER

by

Genevieve Hansen

Eight years in the 4-H Club work seems a long time. It really is, but when I recall what benefits I have derived from the work I often wonder how so much could come about in just eight short years. This feeling of independence I have, I credit to the 4-H Club.

The beginning of this year found me puzzled wondering what project I should choose. I had had five years of sewing and three of canning. Home Improvement and Cooking did not particularly appeal to me. After reading the rules for the National 4-H Club contest I decided to take sewing and enter the National Style Dress Revue. Through this I would have an outfit which I could wear to college this fall.

My greatest need was something which would be practical, suitable for many occasions, of good value, and still within my clothing budget. Feeling that a suit would best serve this purpose I entered the tailored outfit division of the National Style Dress Revue Contest selecting a swagger style including coat and skirt. The financial side of the question I knew would influence my selection greatly because this has been a particularly hard year for clothing myself because I must provide for my senior high school activities and at the same time prepare for college. For my outfit I had to draw from our small family income which has been severely reduced by the depression, and at the same time I could not be unjust to my parents' and younger brothers' and sister's clothing needs.

I carefully planned my outfit. Tweed seemed to be the material for a fall swagger suit because it is durable and smart looking. I have brown hair and brown eyes so I chose a rough, mixed brown tweed with a dash of warm tan, that would be suitable for fall and also be becoming to me. For the blouse I selected rayon material of deep, dull orange. The coat and skirt would be



Figure 7 Genevieve Hansen in Winning Costume.

(s) Clothing

ACHIEVEMENT STORY OF A 4-H CLUB WINNER (continued)

very tailored and the blouse semi-tailored. The silk flat crepe of apricot color was my selection for my underwear since it repeated some of the tones in the tweed. After my coat, skirt, blouse, slip, brassiere, and shorts were carefully made I selected my accessories. In mid-summer in a small town it was very difficult to find a hat which was suitable for my outfit so I made a sport hat from some scraps of tweed and trimmed it with a narrow edge of orange silk like my blouse. Truly, it was a noble experiment for I was a bit scepticle about making a hat. But the result was grand! My hat is really stylish and goes very well with my outfit. Gloves, purse, shoes, and stockings are of the same warm brown that matches my suit. My handkerchief is apricot handkerchief linen. The total cost of my costume was \$18.80 which is less than half the value of the complete outfit.

What I learned from this one project about planning, budgeting, and selecting garments will be vitally useful to me all through my life in dressing well but economically. In addition to this my other 4-H Club work has added its share to my development. I have been president of our local 4-H Club for three years and secretary for two, also in 1932 I was State President of the Nevada 4-H Clubs. Through this I have learned to cooperate with other workers and take the leadership when it was necessary.

The constant development of character is one of the most important elements for which the 4-H Club strives to instill in each member. For the cultivation of initiative, perseverance, dependability, promptness, and a sense of justice and fellowship within me, I thank the 4-H Club. Through initiative my project was started; perseverance carried me through to the prompt finish. I acquired a sense of justice in spending only my share of the income and a sense of fellowship with the youth of the nation through meeting them at the state 4-H Club Camp at Reno, Nevada, Camp Plummer at Portland, Oregon, and reading of them and their work in newspapers, and magazines.

As I completed my project or projects each year, a sense of satisfaction, pride in good workmanship, and joy possessed me. Such was my development of skill and talents. I improved my sewing and canning until I won first in the state for my sewing exhibit and several prizes in National and International canning contests. I developed my ability for public speaking by entering the club story and oratorical contests at club camp. Twice I received second, and twice first in the state club story contest. Once I was awarded first in the oratorical contest. Songs, stunts, plays, and demonstrations helped to develop my musical and dramatic abilities. As a member of the Senior Council Judging Team for

(s) Clothing

ACHIEVEMENT STORY OF A 4-H CLUB WINNER (continued)

judging club camp contest I developed a keener sense of judgment and an appreciation of the importance of fair and unbiased decisions.

Again, the ever growing problem of constructive use of leisure time was solved. I can sew, can, or cook; more fully appreciate good music, literature, drama, or art in my spare moments. I can enter into play as well as work with zeal, playing for the enjoyment that is held in trying. I lost many contests and won many, taking losing along with winning, congratulating the winner, thinking that next time perhaps I would be the fortunate one. All of this has developed my ability to use my time to better advantage and to obtain enjoyment from just living.

As I consider from year to year what my 4-H work is worth to me in dollars and cents, I am astonished. Prize money from county fairs, where I have entered my 4-H products alone has totaled \$103.50. Canning contest, National and International, have brought me \$22.50 in returns. The gross value of my eight years club work figures at \$481.03. This has meant a tremendous financial success. In 1930 I was awarded the Union Pacific Railroad Scholarship of \$100.00 for a Home Economics course at the University of Nevada. Just that award means far greater success in life for it makes the beginning of a college education possible. This year I plan to attend the University of Nevada and register as a Home Economics student. By using my scholarship and working for my board and room one year of college at least is assured.

To every 4-H Club member there is offered an unlimited source of new knowledge, through the regular project work of each member. For a few there is offered extended educational trips to the state club camp, Camp Plummer, and the 4-H Club Congress at Chicago. I have attended the state encampment at Reno seven times. In 1929 I was a member of the state demonstration team that won the Montgomery Ward Educational Trip to Camp Plummer, at Portland, Oregon. Through the National Style Dress Revue Contest I was able to represent Elko County at the state contest. At Reno I entered my outfit in the tailored outfit division of the state contest winning first in that division and the grand championship over all divisions, which entitles me to a trip to the 4-H Club Congress at Chicago. This very worthwhile prize is offered through the generosity of the Chicago Mail Order House and is very much appreciated. I can hardly believe yet that I am so fortunate, for so few 4-H Club members from Nevada have had such an opportunity.

(s) Clothing

ACHIEVEMENT STORY OF A 4-H CLUB WINNER (continued)

I wish that every 4-H Club member might realize the treasure in opportunity his club offers in return for his efforts and perseverance. For the innumerable benefits I have derived for the 4-H activities, I offer to this nation-wide organization of young people my most sincere "Thank You".

CONTESTANTS IN THE NATIONAL STYLE DRESS REVUE



Figure 8 Dresses and underwear were made by the contestants and accessories were selected to match.
Left to right: Genevieve Hansen, grand champion in county and state, with tailored wool swagger suit of brown mixed tweed--total cost \$18.80.
Nona Westfall, winner in afternoon dress group and winner of second place in state contest--total cost of outfit \$3.42.
Rae Bellinger, winner in cotton school dress group--Total cost of outfit \$6.48.
Marion Beigler, took second place in cotton school dress group. total cost \$3.18.
Faye Lewis, winner of third place in cotton school dress group. total cost \$3.04.

INDIAN GIRLS ALSO HAVE A 4-H CLUB



Figures 9 and 10 showing type of clothing given to Indian Girls to remodel.



Figures 11 12 13 14 showing dresses remodeled by Indian Girls in 4-H club work.

(t) Home Management

NUTRITION

Nevada's Live-at-Home Plan

Following the program of a number of the southern states in their Extension work, Nevada has this year initiated a Live-at-Home campaign in an effort to assist the ranch or farm families to meet their own needs by producing as much of their living at home as possible, since they have had little or no cash with which to purchase food or other essentials.

This project has been correlated with those on Food Selection and Preparation and Food Preservation. Four communities, Starr Valley, Lamoille, Lee and Metropolis are interested in this plan, and seventeen families report specifically their achievements which are as follows:

1871 quarts fruit canned	617 quarts vegetables canned
465 glasses jelly	73 quarts meat
300 quarts preserves	450 pounds meat cured
52 quarts marmalade	60 pounds cheese made
322 quarts pickles	80 pounds butter made
250 pounds products dried	15 gallons kraut made
8 gallons vinegar	2700 pounds vegetables stored
105 pounds soap made	

Summary of results:

5 communities reached.
 2 leaders assisted.
 2 days devoted to project by agent.
 24 home visits made.
 2 method demonstrations held.
 17 result demonstrations carried on.

NEVADA'S LIVE-AT-HOME PANTRY

Plan for the 26 non-producing weeks.

Set Your Goal: PLANT, CAN and STORE.

This Is One Way to Help Your Family To Live At Home.

Kind	Goal per Person			Goal for Our Family			Amount Preserved		
	Canned	Dried	Stored	Canned	Dried	Stored	Canned	Dried	Stored
Cabbage	:	:	8 heads	:	:	:	:	:	:
	:	:	2# ea.	:	:	:	:	:	:
Lettuce	:	:	12 hds.	:	:	:	:	:	:
	:	:	1/2# ea.	:	:	:	:	:	:
Greens	4 qt.	3 lb.	:	:	:	:	:	:	:
Tomatoes	10 qt.	:	:	:	:	:	:	:	:
Beans	4 qt.	:	:	:	:	:	:	:	:
Peas	4 qt.	:	:	:	:	:	:	:	:
Carrots	2 qt.	:	8 lb.	:	:	:	:	:	:
Beets	2 qt.	:	5 lb.	:	:	:	:	:	:
Onions	:	:	3 lb.	:	:	:	:	:	:
Corn	2 qt.	3 lb.	:	:	:	:	:	:	:
Other Vegetables	2 qt.	:	10 lb.	:	:	:	:	:	:
Potatoes	:	:	85 lb.	:	:	:	:	:	:
Total	30 qt.	6 lb.	133 lb.	:	:	:	:	:	:
Apples	2 qt.	3 lb.	2-4 bu.	:	:	:	:	:	:
Peaches	4 qt.	:	:	:	:	:	:	:	:
Pears	2 qt.	:	:	:	:	:	:	:	:
Plums	2 qt.	:	:	:	:	:	:	:	:
Berries	4 qt.	:	:	:	:	:	:	:	:
Fruits	:	:	:	:	:	:	:	:	:
Misc.	4 qts.	:	:	:	:	:	:	:	:
Fruit Juice	2 qt.	:	:	:	:	:	:	:	:
Total	20 qt.	3 lb.	2-4 bu.	:	:	:	:	:	:
Beef	10 qt.	:	:	:	:	:	:	:	:
Veal	2 qt.	:	:	:	:	:	:	:	:
Pork	3 qt.	:	:	:	:	:	:	:	:
Lamb	2 qt.	:	:	:	:	:	:	:	:
Chicken	3 qt.	:	:	:	:	:	:	:	:
Salmon *	:	:	6#2can	:	:	:	:	:	:
Total	20 qt.	:	:	:	:	:	:	:	:

* Purchased

APPROXIMATE AMOUNT FOR SERVING

1 qt. vegetables.....	6 - 8 people	1 qt. fruit	8 people
1 lb. stored vegetables	3 - 4 "	1 lb. apples.....	3 "
		1 lb. dried fruit.....	8 - 10 people

RATIO OF UNCOOKED TO CANNED PRODUCTS

1 bu. pears.....	30 qts.
1 bu. peaches.....	18 "
1 bu. windfall apples.....	20 "
1 bu. plums.....	30 "
1 crate blackberries (16 qts).....	14 "
1 crate strawberries (16 qts).....	12 "
1 bu. tomatoes.....	16 "
1 bu. string beans.....	20 "
1 bu. sweet corn.....	12 "
1 bu. greens.....	7 "
1 bu. peas.....	10 "
1 bu. small beets or carrots.....	16 "

WEIGHT AND MEASURE OF STANDARD SIZES OF CANNED GOODS

<u>No. of Can</u>	<u>Approximate Weight</u>	<u>Approximate Measure</u>
$\frac{1}{4}$	4 to $4\frac{1}{2}$ oz.....	$\frac{1}{2}$ C
$\frac{1}{2}$	$7\frac{1}{2}$ to 8 oz.....	1 C
1, short.....	10 to 13 oz.....	1 $\frac{3}{4}$ C
1, tall or sq.....	16 oz.....	2 C
2.....	1 lb. 4 oz.....	$2\frac{1}{2}$ to 3 C.
$2\frac{1}{2}$	1 lb. 14 oz. to 1 lb. 15 oz.....	$3\frac{1}{2}$ C
3.....	2 lb.....	4 C
10.....	$6\frac{1}{2}$ to 7 lb. (canned fruit & vegetables).. $7\frac{1}{2}$ to 8 lb. (marmalades & jams).....	$3\frac{1}{4}$ qt. $3\frac{1}{4}$ qt.

STORAGE SUGGESTIONS

1. Vegetables to be stored should be planted late in the summer, in southern Nevada, for them not to be over grown.
2. Only perfectly sound fruits and vegetables should be stored. Avoid all blemished products.
3. Carrots, beets and turnips may be stored satisfactorily in sand boxes at a temperature of from 35 deg. to 45 deg. F.
4. Cabbage and cauliflower should be stored in out-door pits or in a cool (about 35 deg. to 45 deg. F.) root cellar. It will not injure the cabbage or cauliflower to freeze if they are kept solidly frozen and when ready for use are thawed out very gradually.
5. Heads of lettuce will keep for several weeks if wrapped in paper and packed in crates. Lettuce should be kept at a temperature near freezing.
6. Onions should be stored in a well ventilated place at a temperature of from 30 deg. to 45 deg. THEY SHOULD NOT BE ALLOWED TO THAW RAPIDLY IF FROZEN.
7. Tomatoes may be on the vine or wrapped in paper and kept for several weeks at a temperature of 40 deg. to 45 deg. F.
8. Irish potatoes keep best in ventilated bins or sacks in a cool place. (35 deg. to 45 deg. F.)

(t) Home Management

ACHIEVEMENT STORY

THE THURSTON FAMILY LIVES AT HOME

Mrs. Ray Thurston of Metropolis can well be proud of her pantry and storage cellar for no matter how "snowed in" her family may be this winter and no matter how impossible it may be to have even a little cash income, the Thurstons will have plenty to eat.

A good garden produced all the vegetables and some of the fruit for the summer and winter supply and with much canning and storing Mrs. Thurston reports the following supplies which will well tide the family through the year.

85 quarts vegetables	valued at	\$	21.24
200 quarts fruit	" "		100.00
25 quarts jellies	" "		12.50
100 quarts preserves	" "		50.00
30 quarts pickles	" "		7.50
12 quarts marmalade	" "		6.00
25 quarts mincemeat	" "		12.50
24 pounds dried apples	" "		2.40
8 pounds dried corn	" "		.80
90 pounds dried beans	" "		4.50
50 pounds pop corn	" "		5.00
346 bushels stored vegetables and apples	" "		173.00
2 hogs cured	" "		45.00
50 bars soap	" "		2.50
	Total Value		<u>\$442.94</u>

(u) Home Furnishings

HOME IMPROVEMENT

Interior

Due to lack of funds, few people have been able to carry on any home improvement work this year. For this reason this project has been rather dormant in Elko County; however, in two communities, Lamoille and Elko, two homes have been remodeled. In both houses, the kitchens were rearranged with built-in cupboards, new windows and new furnishings as well as wall decoration. In one home the breakfast nook was also redecorated and new drapes, curtains and wood work have changed the living room into a bright, spacious and cheery room. In two other homes wood work and floors were refinished.

Summary of results:

- 2 communities carried on project.
- 4 demonstrators were assisted.
- 2 days were devoted to work by agent.
- 6 home visits were made.

(u) Home Furnishings

HOME IMPROVEMENT

4-H Home Improvement Club

Again this year, only one girl was interested in home improvement and enrolled in this 4-H club. This girl has done a remarkable piece of work in redecorating her mother's dining room. The room was small and dark, and the furnishings very somber when she began her project. Having very little funds she made use of paints which she found in the basement, and mixed until she had the desired colors. She painted the wood work, walls and ceiling, cupboard and furniture, a dusky tan with cream color to lighten it and bright orange to give brightness, then decorated the window with soft curtains and orange tie backs. The affect was pleasing and so much more cheerful than the original.

Summary of results:

- 1 community carried on project.
- 1 member enrolled and completed (100%).
- 1 3/4 days were devoted to work by agent.
- 1 room was improved.
- 3 home visits were made.
- 3 method demonstrations were held.
- 1 result demonstration was completed.

(w) Community Activities

RECREATION

Home and community recreation of a type which involves little or no cost has been a part of all Farm Bureau and Homemakers' meetings. Probably during this period of economic depression more wholesome entertainment has been developed in the local farm centers than during prosperous times.

Recreation has also been a part of the 4-H club program and each club has given a public entertainment during the year as well as provided games for each club meeting. This project has been carried on in Elko, Deeth, Fort Halleck, Metropolis, Lamaille, Lee, Halleck and Starr Valley.

Summary of results:

- 8 communities participated.
- 8 leaders assisted.
- 3 days were devoted to work by agent.
- 0 news articles were published.
- 0 home visits were made.
- 8 method demonstrations were held.
- 8 result demonstrations were carried on.

(w) Community Activities

FAIRS AND EXHIBITS

Early in the year the Fair board thought it advisable to waive the County Fair and Flower Show because of the depression, but upon second thought, in July, it was decided to hold both affairs on a limited budget since some appropriations for this purpose were available. Accordingly, the Fair and Flower Show were held September 2 - 5, and with the fine cooperation of the women all over the County, the women's exhibits were of high quality and the number compared very well with those of previous years.

A health education booth was a new feature at the Fair this year. Bulletins from the Nevada Public Health Association and the Keep Growing projects were distributed, and an opportunity for both adults and children to be weighed and measured was given. The booth proved very popular.

A comparison of the results of the Women's Department for the last five years is here given:

YEAR	NUMBER OF EXHIBITORS	NUMBER OF ENTRIES	NUMBER OF PRIZES
1928	96	347	79
1929	144	471	120
1930	192	838	472
1931	242	1090	548
1933	211	637	327

The Flower Show was a splendid display of flowers and plants from Elko and outlying communities. It was given in one section of the women's building and presented a very colorful corner.

The following figures show the growth of the Flower Show in the last five years:

YEAR	EXHIBITORS	ENTRIES	PRIZES
1928	14	87	13
1929	32	142	19
1930	41	168	68
1931	42	189	69
1933	47	119	63

Summary of results:

16 communities involved.
 13 leaders assisted.
 20½ days agent devoted to work.
 13 news stories published.
 2 home visits made.

0 method demonstrations held.

(w) Community Activities

4-H CLUB, COUNTY-WIDE

This year has brought a higher standard of 4-H club work in the County than we have had for several years. The clothing projects have improved especially in quality and the exhibits and awards won by club members have been much worth while.

The seemingly unsurmountable difficulty in 4-H club work is leadership. With more and better trained leaders the projects could give to each community something which would be of more permanent value to the individuals and the communities. A good leader in Elko, this year, has made it possible to have the high standard of quality in clothing work.

Girls' 4-H club projects have been carried on in Elko, Starr Valley, Fort Halleck, Sprucemont, and Contact, with a total enrollment of 59 girls. Foods' clubs were organized at Deeth (Starr Valley), and in Elko; a clothing club was organized in Elko, and at Fort Halleck a community club of mixed projects of clothing and food preservation was carried on while at Contact and Sprucemont, lone club members were enrolled in clothing and food preservation. Local Achievement days were held at Deeth and Elko, and the girls exhibited their work and gave their demonstrations. Twelve demonstration teams were trained, and the County winning team was selected to compete at the State meet. The clothing team represented the County, giving a demonstration on making a kitchen apron. They won second place in the State.

The National Style Revue contest in which five girls competed on the County Achievement Day was one of the best accomplishments of the year. The champion County winner also won in the State contest at Club Camp which gave her the privilege of representing the State at the National 4-H Club Congress in Chicago, December 1 to 9.

The Elko 4-H delegation won the State championship at Club camp, this year, and was awarded the American Legion Trophy for the year.

The awards at Club Camp for Elko County work follow:

First and second in the National Style Dress Revue.
First and third in second year Clothing exhibit.
Second in Clothing judging.
First and third in Canning exhibit.
Second in Canning judging.
First in Farm Life Essay.
Third in County song.
First, second, third and fourth in meat judging.
Second in girls' demonstration team.

(w) Community Activities

4-H CLUB, COUNTY-WIDE (continued)

Twenty-nine club girls attended 4-H Club Camp at Lake Tahoe, this year, and represented more than half the membership of the County.

Summary of results:

- 5 communities carried on work.
- 6 clubs were organized.
- 59 girls enrolled; 52 completing or 89%.
- 68 projects were carried; 56 completing or 82%.
- 12 demonstration teams were trained.
- 20 judging teams were trained.
- 29 club members attended camp.
- 6 leaders assisted with work.
- 76½ days were devoted to work by agent.
- 26 news stories were published.
- 92 home visits were made.
- 37 method demonstrations were held.

GIRLS' DEMONSTRATION TEAMS COMPETING AT COUNTY ACHIEVEMENT DAY



Nona Westfall and Rae Bellinger giving a demonstration "Making a Kitchen Apron". These girls won first in the county and second in the state.

Figure 15 4-H Clothing Team

Bessie Grock and Esther Marian Weathers giving a demonstration to show how to make a Swiss Steak



Figure 16 A 4-H Foods Team

4-H DEMONSTRATION TEAMS (continued)



Clara and Beulah Walthers, sisters, who demonstrated the operation of a tin can sealer.

Figure 17 4-H Canning Team

Eleanor Weathers and Ruth Jeanney, County and State champion demonstration team of 1932, showing how to make graham muffins. These girls won second place in the Western States meet at Portland October 1932.



Figure 18 Champion team of 1932

(w) Community Activities

FARM BUREAU COOPERATION

The cooperation between the Extension Service and the Farm Bureaus is such that the agents depend largely upon the organized Farm Bureau units for leadership and for carrying on the various Extension projects. Considerable financial support of Extension work also comes from the State Farm Bureau.

Community center meetings were held this year at Metropolis, Starr Valley, Lee, Halleck and Lamoille. Five meetings were held by the County Board of Directors in the local Farm Bureau office, and two regional meetings involving the northeastern section of the State were held during the summer and fall; one in Elko and one at Eureka. The county annual Farm Bureau meeting took place in Elko, early in November, and was very well attended. A home grown products luncheon was a feature of the all-day meeting. The State Farm Bureau convention was held in Reno in January, and was one of the best ever held. Vital problems of farm marketing, home production and family health were brought up and acted upon.

Summary of results:

- 7 communities having Farm Bureau organizations.
- 7 community chairmen acting as leaders.
- 9½ days were devoted to work by the agent.
- 5 news articles were published.
- 0 home visits were made.
- 8 method demonstrations were held.
- 99 persons are members of Farm Bureau organizations in this County.

(w) Community Activities

RELIEF WORK

This project was opened this year to assist local relief agencies in meeting the problem of caring for destitute families during the depression. Relief work has been very new in Elko County, and has not been very well organized. The community chest has functioned in the City of Elko for two years, and has been able to meet the chief needs of the destitute until the last year when the American Red Cross was asked to cooperate and several thousand yards of cotton materials and garments were given to the County by the Red Cross for distribution among the needy.

The home demonstration agent was appointed by the local Red Cross committee as distributing agent for this cotton goods out in the County outside of Elko and Carlin. The communities which have received this aid are Contact, Currie, Arthur, Deeth, Halleck, Jarbidge, Jiggs, Lamoille, Lee, Metropolis, Montello, Midas, Ruby, Sprucemont, Wells, Clover Valley, Diamond A. North Fork and Rowland. In Wells, Deeth, Lamoille, Elko and Carlin, the women's clubs have made garments for those families where the mother was unable to do the sewing. Patterns were provided by the Extension Agent.

Cooperation with the Elko community chest was another phase of the relief work. The agent acted as member of this committee.

Early in June the County applied for Federal relief funds, and in July, a survey was made by the Extension Service of the relief work done in the County in the past six months so that Federal funds might be obtained. Elko County then became a part of the State Relief program for the second six months. The following report shows the extent of this work and its value according to the figures set by the American Red Cross.

- 20 communities received this type of relief.
- 22 leaders assisted with the distribution.
- 6 women's organizations made up garments.
- 3447 yards of cotton materials were distributed.
(Valued @ 15¢ per yd. - total \$517.00)
- 1138 garments were made; (438 dresses, 450 undergarments and sleeping garments, 192 shirts and 58 diapers)
- 948 ready-made garments such as underwear, hosiery, overalls and trousers were distributed. (Valued at \$395.00)

(w) Community Activities

RELIEF WORK (continued)

\$912.00 Total value of cotton goods distributed in County outside of the communities of Elko and Carlin.

38 days devoted to work by agent.
5 news articles were published.
57 home visits made.
4 method demonstrations were held.
158 result demonstrations.



Figure 19 Extension Agent loaded with relief materials.

V. OUTLOOK AND RECOMMENDATIONS

Outlook: In the past year conditions have not changed greatly in the Extension outlook but with the federal agricultural adjustment act and all effort to in some way alleviate conditions in rural sections, a new program of work for the Extension Service seems inevitable. With the hope which ever helps us to go forward we believe that 1934 should bring a program in which Extension workers will be of better service to agriculture and rural home economics. There will be increasing need for emphasis on living adequately and happily at low cost, in family health especially in child health and in the intangible returns of living in the pleasant surroundings of country life.

The 4-H club work is improving in quality and the school child and pre-school child health work together with the 4-H club projects are fitting the future generations for meeting some of the problems which now face us in struggling through these economic times.

Recommendations:

- (1). Home Gardens.
 - (a). Stress adequate gardens again and strive to increase the number of these gardens.
- (2). Home Grounds Improvement.
 - (a). Continue work with all families interested in project and encourage requests for specialists' assistance in landscaping, selection and care of trees, shrubbery etc.
- (3). Foods and Nutrition.
 - (a). Increase emphasis on the low cost, but adequate dietary.
 - (b). Continue the present fine method of carrying on the Keep Growing work. Strive to have all of the children in the Keep Growing schools inspected for physical defects by the State field nurse and try to have at least ten percent of the physical defects corrected.
 - (c). Continue the good work in Food Selection and Preparation and in Food Preservation, 4-H clubs.
- (4). Child Care and Training
 - (a). Continue the Prepare for School and the Pre-school Home Demonstration work.

(5). Clothing

- (a). Assist all relief organizations in their clothing work by providing technical help and advice in the selection and construction of garments.
- (b). Increase work in children's clothing by giving standards for selection and construction of children's clothing.
- (c). Increase the quality and quantity of 4-H clothing work.

(6). Home Management

- (a). Continue the Nevada Live-at-Home program and correlate it with all other projects.

(7). Home Improvement

- (a). Meet demands and interests of individuals in the county.

(8). Community Activities

- (a). Assist in promoting the growth of the Farm Bureau.
- (b). Assist in making the County Fair and Flower Show efficient and educational institution.
- (c). Assist in promoting interest in wholesome community and family recreation in the county.

VI. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS

1. Gardens.

This work was carried on in 16 communities with a total of 33 cooperators. The Nevada Live-at-Home Plan has been a part of this project.

2. Yard Improvement.

Home grounds improvement has gone on in four communities. Most of this work has consisted of specialist service on landscaping, the selection and care of trees, shrubbery and flowers, and the control of pests.

3. Food Selection and Preparation.

Five communities have been interested in this project and 83 families have cooperated. Emphasis this year has been placed on low cost dietaries, the use of glandular meats and family health.

4. Food Preservation.

Canning, storing and evaporation of home grown food has been carried on in 16 communities with a total of 73 cooperators. Emphasis was placed on the use of the pressure cooker and on tin canning. Over 10,000 quarts of food were canned and were valued at more than \$5,000.

5. Keep Growing.

Twenty-two communities have been reached in this project with a total of 585 children. Health inspection, the correction of physical defects and advice on diet and environmental problems make up the program of work.

6. Child Care and Training.

The two projects, the Prepare for School Round Up and the Pre-school Home Demonstration were carried on in six communities with 23 and 47 youngsters enrolled respectively. Emphasis on health, diet and habit formation has been the important part of these projects.

7. Clothing.

Practically all of the clothing work has been a part of the relief program in the last year. Through the distribution of 3447 yards of cotton materials and

VI. SUMMARY OF ACTIVITIES AND ACCOMPLISHMENTS (continued)

7. Clothing. (continued)

948 garments donated by the Red Cross in twenty communities, and through the cooperation of six women's organizations in making up 1138 garments from the yard materials, this work has been accomplished.

8. Home Improvement.

Little has been done on this project because of lack of funds; however, four homes have been improved and a lone club member has carried on the work among the 4-H'ers.

9. 4-H Club Work.

Fifty-nine girls enrolled, 52 or 89% completing. Twelve demonstration teams and 20 judging teams were trained. Projects carried were: Clothing, Food Selection and Preparation, Home Improvement and Food Preservation. The quality of 4-H club work has greatly improved.

10. Farm Bureau Cooperation.

During the year eight community meetings, five director's meetings, two regional meetings, an annual county picnic and the annual county business meeting were held. There are ninety-nine homemakers and Farm Bureau members in the county.