

University of Nevada  
Agricultural Extension Division

CECIL W. CREEL, Director



ANNUAL REPORT

—FOR—

ELKO COUNTY

FLORA E. McELHINNEY, County Extension Agent

1923

AC 0089/L/8

# COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

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

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

## ANNUAL REPORT OF COUNTY EXTENSION WORKERS

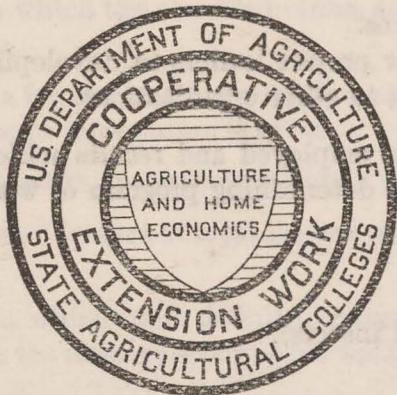
This report form is to be used by county extension agents, such as county agricultural agent, home demonstration agent, club agent, negro agent, etc., reporting on their respective lines of work.

State Nevada County E/KO

Report of Flora E. McElhinney County Extension Agent.  
(Name) (Title)

From December 1st, 1922 to December 1st, 1923.

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.



Approved:

Date \_\_\_\_\_ State or District Supervisor.

Date \_\_\_\_\_ Extension Director.

AC 0089 / 1 / 8

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

The annual report should be a review, analysis, interpretation, and presentation to the people of the county, the State, and the Nation of the sum total of the extension activities in each county for the year and the results secured (including assistance rendered by subject-matter specialists). The making of such a report is of great value to the county extension agent and the county people 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. This blank form covers simply the statistical phases of the report, and should be supplemented by a full report in narrative form.

### NARRATIVE SUMMARY.

The narrative report should be a statement in orderly fashion and arranged under appropriate subheadings, of the work done, methods used, and results secured under each project, as well as of the general work accomplished. Every statement should be clear-cut, concise, forceful, and, where possible, reinforced with ample data from the statistical summary. In the preparation of the part of the report relative to each project, the results reported in the statistical summary for the project should be analyzed, conclusions drawn, and recommendations made. The report may well be illustrated with photographs, maps, diagrams, blue prints, or copies of charts and other forms used in demonstration work. 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 left. The pages should be numbered in consecutive order.

The following outline is suggestive of how the narrative report may be clearly and systematically presented:

### 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—distinctive features.
  - (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, goals established, methods employed and results achieved.
  - (1) Factors considered and methods used in determining program of work.
  - (2) Project activities and results.
    - (a) Soils.
    - (b) Farm crops
    - (c) Horticulture } (including diseases and insects).
    - (d) Forestry
    - (e) Animal husbandry
    - (f) Dairy husbandry } (including diseases and pests).
    - (g) Poultry husbandry
    - (h) Rural engineering.
    - (i) Rodents, predatory animals, and birds.
    - (j) Agricultural economics—including farm management, marketing, etc.
    - (k) Foods and nutrition.
    - (l) Clothing and millinery.
    - (m) Home health and sanitation.
    - (n) Household management and home furnishings.
    - (o) Community activities—other than those included under subject-matter headings.
    - (p) Miscellaneous.
- V. Outlook and recommendations, including suggestive program of work for next year.
- VI. Summary of activities and accomplishments, preferably of one or two typewritten pages only, placed at the beginning or end of the narrative report.

## STATISTICAL SUMMARY.

To supplement the narrative part of the report, and in order that comparable State and National summaries may be made, it is necessary to include a statistical summary of the work in each county. The following form has been prepared to insure uniformity of reporting. In addition to the questions asked under each subdivision of the report, space is provided to add further data if it is desired. The statistical summary will grow naturally out of the field and office records.

### DEFINITIONS OF TERMS USED IN THIS REPORT.

1. A PROGRAM OF WORK is a definitely outlined plan for extension work.
2. A PROJECT is a definite, systematic, organized plan for carrying out some phase of the extension program of work, providing for what is to be done, how much, when, where, and by whom.
3. MISCELLANEOUS WORK includes work which has not yet become a regular part of the program of work—work other than project work.
4. A DEMONSTRATION is an example designed to show the practical application of an established fact. Demonstrations may be of methods or of results.
 

Under *method* demonstrations include lecture demonstrations, practicums, etc., such as demonstrations of canning methods, home-mixing fertilizers, poultry culling, dress-form making, and the like, all involving short periods of time.

Under *result* demonstrations include demonstrations in which a substantial period of time is involved, records of results kept, and comparisons made, as in a child-feeding demonstration, corn-culture demonstration, pasture-improvement demonstration, and the like.
5. A DEMONSTRATOR is an adult or junior who, under the direction of the extension service, undertakes to show in his community by example the practical application of an established fact, and who keeps records and reports on the same.
6. A COMMUNITY, for the purposes of this report, may be any one of the several units into which the county is divided for purposes of conducting organized extension work.
7. A PROJECT LEADER OR LOCAL LEADER is a person, selected because of his or her special interest and fitness, who functions in advancing some phase of the local program of extension work.
8. A STANDARD CLUB (*boys' and girls'*) is one in which certain State or National standards for club organization and procedure are met.
9. A COMMUNITY CLUB (*boys' and girls'*) is a club in which the classified clubs, such as corn, pig, canning, poultry, etc., are federated into one large community club.
10. AN OFFICE CALL is a visit or a telephone call by a farmer, or other person, seeking agricultural or home economics information, as a result of which some definite assistance or information is given.
11. A DEMONSTRATION MEETING is a meeting held to start, inspect, or further a demonstration.
12. A TRAINING MEETING is a meeting at which project leaders or local leaders are trained to carry on extension activities in their respective communities.
13. A FARM VISIT is a call at a farm by the agent at which some definite information is given or concrete plan of work outlined, or some valuable information obtained from the farmer regarding his work, or the better practice prevailing in his neighborhood.
14. A HOME VISIT is a call at a home by the agent at which some definite information is given or concrete plan of work outlined, or some valuable information obtained from the farm woman regarding her work, or the better practice prevailing in her neighborhood.
15. DAYS IN OFFICE should include time spent by the county agent in his office, at county agent 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 single letters on official business.
18. A FARMERS' INSTITUTE is one of a series of meetings of one to two days' duration, arranged by a central State farmers' institute agency, at which agricultural and home economics problems are discussed, usually by outside speakers employed for the purpose.
19. AN EXTENSION OR MOVABLE SCHOOL is an itinerant school usually of two to six days' duration where practical but systematic instruction is given to persons not resident at the college. A SHORT COURSE differs from an extension school in that it is held at the college and usually for a longer period of time.

GENERAL ACTIVITIES.

Report only results of extension activities that are supported by records.

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

Flora E. McElhinney Co. Extension Agt. 2 yrs 9 mos.  
 (Name.) (Title.) (Period of service.)

2. Total number of communities in county recognized for extension work.....	13	2
3. Number of communities in which the extension program has been cooperatively worked out by extension agents and people concerned.....	9	3
4. Number of voluntary county, community, or local leaders actively engaged in forwarding the extension program.....	52	4
(a) Adult work.....	13	
(b) Junior work.....	13	
5. What is the name of the county organization (if any) promoting extension work.....	<u>Farm Bureau</u>	5
6. Number of adult clubs, if any, organized for promoting extension work.....	9	6
7. Membership in county extension organizations, including adult clubs, if any, organized for promoting extension work.....	214	7
8. Total number of farm visits made on extension work.....	0	8
9. Number of different farms visited.....	0	9
10. Total number of home visits made on extension work.....	415	10
11. Number of different homes visited.....	105	11
12. Number of office calls* relating to extension work.....	363	12
13. Number of days agent spent in office.....	72	13
14. Number of days spent in field.....	247	14
15. Number of individual letters written.....	942	15
16. Number of different circular letters prepared and sent out.....	43	16
17. Total number of copies of such circular letters.....	1334	17
18. Number of extension articles written by agent and published in local papers.....	8	18
19. Number of community buildings established.....	1	19
20. Number of rest rooms provided for use of rural people.....	0	20
21. Number of fairs at which extension exhibits were made.....	2	21
22. Training meetings* held for local leaders.....	0	22
(a) Number.....	0	
(b) Attendance.....	0	
23. Demonstration meetings held.....	215	23
(a) Number.....	45	
(b) Attendance.....	24	
24. Farmers' institutes* held.....	0	24
(a) Number.....	0	
(b) Attendance.....	0	
25. Extension schools* and short courses held.....	0	25
(a) Number.....	0	
(b) Attendance.....	0	

\* See definition on page 3.

26. Junior club encampments and rallies held.....	(a) Number.....	0	26
	(b) Attendance by club members.....	0	
	(c) Total attendance.....	0	
27. Other extension meetings attended and not previously reported.....	(a) Number.....	16	27
	(b) Attendance.....	1575	
28. Number of meetings at which were shown.....	(a) Lantern slides.....	0	28
	(b) Motion pictures.....	0	
29. Number of boys' and girls' clubs.....		6	29
30. Number of above clubs which are standard* clubs.....		3	30
31. Number of above clubs which are community* clubs.....		3	31
32. Number of members enrolled, all clubs.....	(a) Boys.....	1	32
	(b) Girls.....	41	
33. Number of members completing†.....	(a) Boys.....	1	33
	(b) Girls <u>Including Lee</u> .....	36	
34. Number of demonstration teams trained.....	(a) Boys.....	0	34
	(b) Girls.....	0	
35. Number of members continuing in club work.....		24	35
(a) One year.....	(1) Boys.....	00	
	(2) Girls.....	0	
(b) Two years.....	(1) Boys.....	1	
	(2) Girls.....	23	
(c) Three years.....	(1) Boys.....	0	
	(2) Girls.....	0	
(d) Four years.....	(1) Boys.....	0	
	(2) Girls.....	0	
36. Number entering college this year as result of club work.....		0	36
37. Number of junior judging teams trained.....		0	37

[Use space below to include other important data.]

See Girls Club incorporated in women's work.

\* See definition on page 3.  
 † If the club project involves more than one year's work, "members completing" should include those who have satisfactorily finished the work outlined for the current year.

**PROGRAM SUMMARY.**

List below information on each project of the program of work for the year. (If an assistant agent has been employed during the year, include his or her time with that of the agent.)

Title of project. (Illustrative entry.)	Number of communities participating.	Voluntary leaders.		Days specialists helped.	Days agent worked (office and field).	Number of method* demonstrations.	Number of result* demonstrations.	Meetings at demonstrations.		Other meetings in relation to projects.	
		Number assisting.	Days assistance rendered.					Number.	Attendance.	Number.	Attendance.
Poultry	6	7	15	2	14	3	6	8	134	8	74
Clothing	9	14	94	0	58	13	26	74	881	0	0
Home Nursing	6	6	18	0	76	3	6	51	767	0	0
Nutrition	4	4	31	8	39	36	12	33	1480	0	0
* Community Welfare	8	14	44	1	45	0	0	24	459	14	1486
Gardens	5	7	9	1	14	19	22	0	0	0	0
Recreation	2	2	18	0	19	2	2	19	688	2	87
Miscellaneous †					20						
Days' Leave					48			13	196	25	860
Misc											
TOTAL	34	47	214	10	319	97	94	214	4471	41	2433

\* See definition on page 3. † Miscellaneous includes emergency and other work which can not be anticipated in advance.  
 \* Includes Fairs, com. Halls etc.

**SOILS.**

Report only results of extension activities that are supported by records.

- 38. Number of result demonstrations started or under way..... 38
- 39. Number of such demonstrations completed or carried through the year..... 39
- 40. Number of acres involved in these completed demonstrations..... 40
- 41. Total\* number of farms influenced by extension work to change practices relative to soil management (include demonstrators)..... 41
- 42. Acres involved in preceding question..... 42
- 43. Number of farms following advice in the use of commercial fertilizer..... 43
- 44. Acres involved in preceding question..... 44
- 45. Number of farms home-mixing fertilizers according to advice..... 45
- 46. Tons of fertilizer so mixed..... 46
- 47. Number of farms taking better care of farm manures..... 47
- 48. Number of farms using lime or limestone according to advice..... 48
- 49. Tons of lime or limestone so used..... 49
- 50. Number of farms plowing under cover or other green manure crops for soil improvement according to advice..... 50
- 51. Acres of cover and green manure crops so plowed under..... 51

[Use space below to include other important data relating to soils.]

\* This question includes the farms listed under questions 43, 45, 47, 48, and 50, but does not necessarily equal the total of these questions since not all soil practices that might be included in question 41 are listed and since one farm might adopt two or more new practices. This is also true of similar questions throughout this report.

CEREALS.

Report only results of extension activities that are supported by records.

Item.	(a) Corn.	(b) Wheat.	(c) Oats.	(d) Rye.	(e) Barley.	(f) Other.*	
52. Number of adult result demonstrations started or under way							52
53. Number of such adult demonstrations completed or carried through the year							53
54. Acres involved in these completed demonstrations							54
55. Increased yield per acre on demonstrations due to better practices							55
56. Number of boys' and girls' clubs							56
57. Number of members enrolled							57
58. Number of members completing							58
59. Number of acres grown by club members completing							59
60. Total yield of cereals grown by club members							60
61. Total value of cereals grown by club members	\$	\$	\$	\$	\$	\$	61
62. Total cost of cereals grown by club members	\$	\$	\$	\$	\$	\$	62
63. Total† number of farms influenced by adult or junior extension work to adopt better practices relative to the growing of cereals (include demonstrators)							63
64. Acres of cereals involved in question 63							64
65. Number of farms planting selected or improved seed							65
66. Number of farms growing selected or improved seed for sale							66
67. Number of farms testing seed for germination							67
68. Number of farms treating seed grain for smut							68
[Use space below to include other important data relating to cereals.]							

\* Indicate crop by name. † See footnote on page 7.

LEGUMES AND FORAGE CROPS.

Report only results of extension activities that are supported by records.

Item.	(a) Alfalfa.	(b) Soy beans.	(c) Sweet clover.	(d) Crimson clover.	(e) Clover (red, alsike, white).	(f) Cowpeas.	
69. Number of adult result demonstrations started or under way							69
70. Number of such adult demonstrations completed or carried through the year							70
71. Acres involved in these completed demonstrations							71
72. Increased yield* per acre on demonstrations due to better practices							72
73. Number of boys' and girls' clubs							73
74. Number of members enrolled							74
75. Number of members completing							75
76. Number of acres grown by club members completing							76
77. Total yield* of crops grown by club members							77
78. Total value of crops grown by club members	\$	\$	\$	\$	\$	\$	78
79. Total cost of crops grown by club members	\$	\$	\$	\$	\$	\$	79
80. Total† number of farms influenced by adult or junior extension work to adopt better practices relative to these crops (include demonstrators)							80
81. Acres involved in question 80							81
82. Number of farms planting selected or improved seed							82
83. Number of farms growing selected or improved seed for sale							83
84. Number of farms inoculating for these crops							84
[Use space below to include other important data relating to legumes and forage crops.]							

\* Indicate whether yield is bushels of seed or tons of cured forage. † See footnote on page 7.

**LEGUMES AND FORAGE CROPS—Continued.**

Report only results of extension activities that are supported by records.

Item.	(g) Velvet beans.	(h) Beans.	(i) Peanuts.	(j) Lespedeza.	(k) Pastures.	(l) Other.*
69. Number of adult result demonstrations started or under way.....						69
70. Number of such adult demonstrations completed or carried through the year.....						70
71. Acres involved in these completed demonstrations.....						71
72. Increased yield † per acre on demonstrations due to better practices.....						72
73. Number of boys' and girls' clubs.....						73
74. Number of members enrolled.....	{(a) Boys.....	{(b) Girls.....				74
75. Number of members completing.....	{(a) Boys.....	{(b) Girls.....				75
76. Number of acres grown by club members completing.....						76
77. Total yield † of crops grown by club members.....						77
78. Total value of crops grown by club members.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....
79. Total cost of crops grown by club members.....	\$.....	\$.....	\$.....	\$.....	\$.....	\$.....
80. Total † number of farms influenced by adult or junior extension work to adopt better practices relative to these crops (include demonstrators).....						80
81. Acres involved in question 80.....						81
82. Number of farms planting selected or improved seed.....						82
83. Number of farms growing selected or improved seed for sale.....						83
84. Number of farmers inoculating for these crops.....						84
[Use space below to include other important data relating to legumes and forage crops.]						

\* Indicate crop by name.

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

‡ See footnote on page 7.

**POTATOES, COTTON, TOBACCO, AND OTHER SPECIAL CROPS.**

Report only results of extension activities that are supported by records.

Item.	(a) Irish potatoes.	(b) Sweet potatoes.	(c) Cotton.	(d) Tobacco.	(e) Other.*
85. Number of adult result demonstrations started or under way.....					85
86. Number of such adult demonstrations completed or carried through the year.....					86
87. Acres involved in these completed demonstrations.....					87
88. Increased yield † per acre on demonstrations due to better practices.....	..... bu.	..... bu.	..... lbs.	..... lbs.	88
89. Number of boys' and girls' clubs.....					89
90. Number of members enrolled.....	{(a) Boys.....		{(b) Girls.....		90
91. Number of members completing work.....	{(a) Boys.....		{(b) Girls.....		91
92. Number of acres grown by club members completing.....					92
93. Total yield of crops grown by club members.....	..... bu.	..... bu.	..... lbs.	..... lbs.	93
94. Total value of crops grown by club members.....	\$.....	\$.....	\$.....	\$.....	\$.....
95. Total cost of crops grown by club members.....	\$.....	\$.....	\$.....	\$.....	\$.....
96. Total † number of farms influenced by adult or junior extension work to adopt better practices relative to the growing of these crops (include demonstrators).....					96
97. Acres of these crops involved in question 96.....					97
98. Number of farms planting improved or certified seed.....					98
99. Number of farms growing improved or certified seed for sale.....					99
100. Number of farms treating seed for disease.....					100
101. Number of farms spraying or dusting for diseases and insects.....					101
102. Number of storage houses constructed this year.....					102
103. Total capacity of these storage houses.....					103
104. Number of crop improvement associations organized during past year at suggestion of extension service.....					104
105. Membership in above associations.....					105
[Use space below to include other important data relating to potatoes, cotton, tobacco, and other special crops.]					

\* Indicate crop by name.

† Report yield of cotton in pounds of seed cotton.

‡ See footnote on page 7.

HORTICULTURE.

Report only results of extension activities that are supported by records.

Item.	(a) Tree fruits.	(b) Bush and small fruits.	(c) Grapes.	(d) Market gardening, truck, and canning crops.	(e) Vegetable gardens.	(f) Flowers, shrubs, and home grounds.
106. Number of adult result demonstrations started or under way.....					15	106
107. Number of such adult demonstrations completed or carried through the year.....					13	107
108. Acres involved in these completed demonstrations.....					5/8	108
109. Increased yield per acre on demonstrations due to better practices.....	bu.	qts.	lbs.	bu.	50% bu.	109
110. Number of boys' and girls' clubs.....					1	110
111. Number members enrolled.....					0	111
(a) Boys.....					9	
(b) Girls.....					0	112
112. Number of members completing.....					9	
(a) Boys.....					1/2	113
(b) Girls.....						
113. Number of acres grown by club members completing.....						113
114. Total yield of crops grown by club members.....	bu.	qts.	lbs.	bu.	60 bu.	114
115. Total value of crops grown by club members.....	\$	\$	\$	\$	\$128.53	115
116. Total cost of crops grown by club members.....	\$	\$	\$	\$	\$13.89	116
117. Total* number of farms or homes influenced by adult or junior extension work to change practices relative to these crops (include demonstrators).....					106	117
118. Acres involved in question 117.....					1 1/2 a	118
119. Number of farms planting selected or improved stock or seed.....					0	119
120. Number of farms pruning.....					0	120
121. Number of farms thinning.....					0	121
122. Number of farms spraying or otherwise treating for diseases and insect pests.....					0	122
123. Number of farms following other improved cultural practices.....					0	123
[Use space below to include other important data relating to horticulture.]						
Adult Dem Gardens value.....					\$1098.10	
Cost.....					101.80	

\* See footnote on page 7.

[Use space below to include other important data relating to horticulture.]

FORESTRY.

Report only the results of extension activities that are supported by records.

124. Number of adult demonstrations started or under way.....	124
125. Number of adult demonstrations completed or carried through the year.....	125
126. Number of acres included in these completed demonstrations.....	126
127. Number of boys' and girls' clubs.....	127
128. Number of members enrolled.....	128
(a) Boys.....	
(b) Girls.....	
129. Number of members completing.....	129
(a) Boys.....	
(b) Girls.....	
130. Number of acres handled by club members.....	130
131. Total* number of farms influenced by adult or junior extension work to adopt better practices relative to forestry (include demonstrators).....	131
132. Acres involved in question 131.....	132
133. Number of forest or wood-lot plantings made.....	133
134. Acres involved in question 133.....	134
135. Number of farms assisted in wood-lot management.....	135
136. Acres involved in question 135.....	136
137. Number of farms planting wind-breaks.....	137

[Use space below to include other important data relating to forestry.]

\* See footnote on page 7.





RURAL ENGINEERING.

Report only results of extension activities that are supported by records.

177. Number of result demonstrations started or under way	2	177
178. Number of such demonstrations completed or carried through the year	1	178
179. Acres or other units involved in these completed demonstrations		179
180. Total profit or saving on demonstrations resulting from better practices		180
181. Number of farms installing drainage systems		181
182. Acres drained		182
183. Number of farms installing irrigation systems		183
184. Acres irrigated		184
185. Number of farms constructing terraces or soil dams		185
186. Acres on which soil erosion was so prevented		186
187. Number of dwellings constructed according to plans furnished		187
188. Number of dwellings remodeled according to plans furnished		188
189. Number of sewage disposal systems installed		189
190. Number of water systems installed	2	190
191. Number of heating systems installed	1	191
192. Number of lighting systems installed	2	192
193. Number of farms on which buildings other than dwellings were constructed or remodeled according to plans furnished		193
194. Number of buildings involved in preceding question		194
(a) Barns		}
(b) Hog houses		
(c) Poultry houses		
(d) Silos		
(e) Other		
195. Number of farms assisted in the care and operation of machinery (tractors, power sprayers, milking machines, etc.)		195
196. Number of farms clearing land		196
197. Acres of land so cleared		197

[Use space below to include other important data relating to rural engineering.]

RODENTS AND MISCELLANEOUS\* INSECT AND ANIMAL PESTS.

Report only results of extension activities that are supported by records.

Item.	Rodents.	Other animal pests.†	Grass-hoppers.	Other insects.†
198. Number of result demonstrations started or under way				198
199. Number of such demonstrations completed or carried through the year				199
200. Number of acres in these completed demonstrations				200
201. Total saving or profit on demonstrations resulting from better practices	\$	\$	\$	\$ 201
202. Total number of farms adopting control measures				202
203. Number of acres involved				203
204. Number of pounds of poison bait used				204
[Use space below to include other important data relating to rodents and miscellaneous insect and animal pests.]				

AGRICULTURAL ECONOMICS.

Report only results of extension activities that are supported by records.

FARM MANAGEMENT.

205. Number of farm account books distributed		205
206. Number of farmers keeping records in such account books throughout the year		206
207. Number of farmers assisted in summarizing and interpreting their accounts		207
208. Number of farmers making changes in their business as result of keeping accounts		208
209. Number of other farmers adopting cropping, live-stock, or complete farming systems according to recommendations		209
210. Number of boys' and girls' farm account clubs		210
211. Number of members enrolled	{ (a) Boys	}
	(b) Girls	
212. Number of members completing	{ (a) Boys	}
	(b) Girls	
213. Number of farmers advised relative to leases		213
214. Number of farm management and farm account schools held		214
215. Number of farmers assisted in keeping cost of production records		215

LABOR.

216. Number of farmers making better use of labor		216
217. Number of farmers securing tractors, sprayers, milking machines, or other machinery to economize labor		217

\* Do not include work reported under "Crop" and "Live Stock" headings.

† Indicate by name.

AGRICULTURAL ECONOMICS—Continued.

Report only results of extension activities that are supported by records.

CREDIT.

- 218. Number of farm loan or other credit associations organized with assistance of extension service ..... 218
- 219. Membership in above associations ..... 219
- 220. Number of other farmers assisted in securing credit ..... 220

MARKETING.

- 221. List below the cooperative marketing associations organized during the year upon suggestion or with counsel of the extension service. 221

Name of association.	Number of members.	Supplies and products handled.	Supplies purchased.		Products sold.	
			Value.	Saving.	Value.	Profit.
			\$	\$	\$	\$
TOTAL						

- 222. Number of other cooperative marketing associations in the county with which the extension service counseled or advised ..... 222
- 223. Number of members in such associations ..... 223
- 224. Total purchases of supplies by associations included in question 223
 

{	(a) Value	\$
}	(b) Saving	\$

 ..... 224
- 225. Total sales of products by associations included in question 223
 

{	(a) Value	\$
}	(b) Profit	\$

 ..... 225
- 226. Number of farmers and housewives assisted by extension service in buying and selling through other channels than cooperative associations ..... 226
- 227. Total purchases of supplies by farmers and housewives included in question 226
 

{	(a) Value	\$
}	(b) Saving	\$

 ..... 227
- 228. Total sales of products by farmers and housewives included in question 226
 

{	(a) Value	\$
}	(b) Profit	\$

 ..... 228
- 229. Number of farms grading or standardizing products ..... 229

[Use space below to include other important information relating to agricultural economics.]

FOODS AND NUTRITION.

Report only results of extension activities that are supported by records.

FOOD SELECTION.

- 230. Number of result demonstrations started or under way ..... 186 230
- 231. Number of such demonstrations completed or carried through the year ..... 178 231
- 232. Total\* number of homes influenced by extension service to serve better selected food (include demonstrators) ..... 265 232
- 233. Number of homes using more fruits in the diet ..... 86 233
- 234. Number of homes using more green vegetables in the diet ..... 160 234
- 235. Number of homes using more milk and other dairy products in the diet ..... 59 235
- 236. Number of homes using more meat and fish in the diet ..... 10 236
- 237. Number of homes using more eggs in the diet ..... 20 237
- 238. Number of homes using more unrefined cereal products in the diet ..... 32 238

[Use space below to include other important data relating to food selection.]

*Number drinking more water (6 glasses per day) 23*

FOOD PREPARATION.

Item.	(a)	(b)	(c)	(d)	
	Bread making.	Meal preparation.	School lunches.	Other.†	
239. Number of adult result demonstrations started or under way			1		239
240. Number of such adult demonstrations completed or carried through the year			1		240
241. Number of boys and girls clubs			1		241
242. Number of members enrolled	{ (a) Boys				} 242
	{ (b) Girls		4		
243. Number of members completing	{ (a) Boys				} 243
	{ (b) Girls		1		
244. Amount of food prepared by club members completing:					244
(a) Number of meals			for 14 children for 152 days		
(b) Number of loaves yeast bread					
(c) Number of dozen quick breads					
(d) Number of other foods					
245. Number of homes or schools influenced by adult or junior extension work to adopt better practices relative to food preparation (include demonstrators)		40	10		245
246. Number of individuals involved in question 245		246	18		246

[Use space below to include other important data relating to food preparation.]

\* See note on page 7. † Indicate by name.

FOODS AND NUTRITION—Continued.

Report only results of extension activities that are supported by records.

CHILD FEEDING AND CARE.

247. Number of result demonstrations started or under way	family	142	247
248. Number of such demonstrations completed or carried through the year		132	248
249. Number of children involved in these demonstrations		266	249
250. Number* of homes influenced by extension service to change practices in child feeding and care (include demonstrators)		188	250
251. Number of children involved in question 250		266	251
252. Number of homes assisted in correcting undernourished children		142	252
253. Number of children involved		266	253

[Use space below to include other important data relating to child feeding and care.]

Children weighed, measured & examined 896  
 Corrective work - tonsils 27, adenoids 16  
 Teeth 33

FOOD PRESERVATION.

Item.	(a) Fruits.	(b) Vegetables.	(c) Meats and fish.	(d) Other.* Pickles Jellies		
254. Number of adult result demonstrations started or under way	45	45	5	25	254	
255. Number of such adult demonstrations completed or carried through the year	45	45	5	25	255	
256. Total amount‡ preserved by adults	(a) Quarts canned	2036	325	82	957	256
	(b) Pounds dried					
	(c) Amount brined and cured	qts.	qts.	2300 lbs.		
	(d) Other					
257. Number of boys' and girls' clubs					257	
258. Number of members enrolled	(a) Boys				258	
	(b) Girls	4	4	4		
259. Number of members completing	(a) Boys				259	
	(b) Girls	4	4	4		
260. Total amount‡ preserved by club members	(a) Quarts canned	126	92	72	260	
	(b) Pounds dried					
	(c) Amount brined and cured	qts.	qts.	lbs.		
	(d) Other					
261. Total value of preserved products prepared by club members	\$ 63.00	\$ 69.00	\$	\$ 28.00	261	
262. Total cost of preserved products prepared by club members	\$	\$	\$	\$	262	
263. Total* number of homes influenced by adult or junior extension work to adopt better practices relative to food preservation (include demonstrators)	48	50			263	

\* See footnote on page 7. † Indicate by name. ‡ Amount refers to finished product.

FOOD PRESERVATION—continued.

Item.	(a) Fruits.	(b) Vegetables.	(c) Meats and fish.	(d) Other.* Jellies	
264. Number of homes using better methods of canning	35	40	5	30	264
265. Number of homes using better methods of drying					265
266. Number of homes using better methods of brining or curing					266

[Use space below to list principal canning products standardized for market and the number of containers of each packed.]

CLOTHING.

Report only results of extension activities that are supported by records.

Item.	Clothing.			Millinery.	Other.* Hand Work *	
	Selection.	Construction and remodeling.	Renovation.			
267. Number of adult result demonstrations started or under way	30	43	29	26	40	267
268. Number of such adult demonstrations completed or carried through the year	30	40	27	26	40	268
269. Total saving on demonstrations resulting from better practices	\$ 210.00	\$ 226.00	\$ 123.00	\$ 265.00	\$ 189.00	269
270. Number of boys' and girls' clubs		5				270
271. Number of members enrolled	(a) Boys	1				271
	(b) Girls	28				
272. Number of members completing	(a) Boys	1				272
	(b) Girls	23				
273. Number of garments and hats made by club members completing		87				273
274. Number of other articles made by club members completing		67				274
275. Total value of the garments, hats, and other articles made by club members	\$	\$ 220.87	\$	\$	\$	275
276. Total cost of the garments, hats, and other articles made by club members	\$	\$ 82.50	\$	\$	\$	276
277. Number† of homes influenced by adult or junior extension work to improve practices relative to clothing (include demonstrators)		86				277
278. Number of garments and hats involved in question 277		139				278
279. Number of other articles involved in question 277		60				279
280. Number of dress forms made according to instructions		39				280
[Use space below and on top of page 22 to include other important data relating to clothing and millinery.]						
		Dresses made	132		Value \$1320.00	
		Wax articles	125		62.50	
		Flowers	67		50.00	

\* Includes

towels, curtains  
 table cover, drapes  
 bed spreads, etc

\*Indicate by name. †See footnote on page 7.

[Use space below to include other important data relating to clothing.]

Garments remodeled.	57	saving	\$ 114.00
" renovated.	21	"	42.00
Hats made	89	"	146.00
Sweaters	9	Value d at	45.00
Tied & Dyed	33	" "	35.00
Batik	8	" "	28.00
lamp Shades	15	" "	29.00
Xmas Gifts	123	" "	135.00

**HOME HEALTH AND SANITATION.**

Report only results of extension activities that are supported by records.

281. Number of result demonstrations started or under way	individual	26	281
282. Number of such demonstrations completed or carried through the year		26	282
283. Number of homes given instruction in home nursing and first aid		94	283
284. Number of homes installing home medicine chests		10	284
285. Total* number of homes influenced by extension service to adopt better sanitary practices		18	285
286. Number of homes installing sanitary closets or outhouses		0	286
287. Number of homes screened		14	287
288. Number of homes following other methods of controlling flies, mosquitoes, and other insects		10	288

[Use space below to include other important data relating to home health and sanitation.]

Co. purchased Continental seals at \$ 35.00  
 Home nursing lessons taught in 6 communities  
 Number homes influenced by the home nursing classes 109

\*See footnote on page 7.

**HOUSEHOLD MANAGEMENT AND HOME FURNISHINGS.**

Report only results of extension activities that are supported by records.

Item.	(a) Budget and accounts.	(b) Equipment.	(c) Kitchen arrangement.	(d) Work planning.	(e) Furnishing and decorating.*	
289. Number of adult result demonstrations started or under way		4	2	2	12	289
290. Number of such adult demonstrations completed or carried through the year		4	2	2	12	290
291. Number of boys and girls clubs						291
292. Number members enrolled						292
293. Number members completing						293
294. Number of articles of household furnishings made or refinished by club members completing						294
295. Total value of articles made or refinished by club members	\$	\$	\$	\$	\$	295
296. Total cost of articles made or refinished by club members	\$	\$	\$	\$	\$	296
297. Total† number of homes influenced by adult and junior extension work to change practices relative to home management and furnishings (include demonstrators)					8	297
298. Number of homes keeping accounts						298
299. Number of homes making changes in ways of living as a result of expense records						299
300. Number of kitchens rearranged			2		2	300
301. Number of homes installing new equipment other than heat, light, water, and sewage systems (see Rural Engineering)					64	301
302. New equipment involved in question 301:						302
(a) Hand-washing machines	6		Electric Irons		4	
(b) Power-washing machines	7		(g) Kitchen cabinets		6	
(c) Fireless cookers	3		(h) Wheel trays		2	
(d) Pressure cookers	7		(i) Iceless refrigerators			
(e) Hand sweepers	1		(j) Dishwashers		20	
(f) Power vacuum cleaners	5		(k) Mops		12	
vacuum freezer	3		(l) Dusters		8	
303. Number of homes repairing and refinishing furniture					12	303
304. Number of homes redecorating or refurnishing one or more rooms					4	304

[Use space below to include other important data relating to household management and home furnishings.]

Club Girls' extra house work reported 14222 hours.

\*Includes "Own-your-own-room" clubs. †See footnote on page 7.

MISCELLANEOUS.

Report only results of extension activities that are supported by records.

Use this page to include work on any other agricultural and home economics project not included in the preceding pages, such as beekeeping, basket making, 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)*	(b)*	(c)*	(d)*	(e)*
305. Number of adult result demonstrations started or under way <i>recreation</i>	2				305
306. Number of such demonstrations completed or carried through the year <i>recreation</i>	2				306
307. Number of units in these completed demonstrations					307
308. Increase per unit on demonstrations due to better practices					308
309. Number of boys' and girls' clubs					309
310. Number of members enrolled { (a) Boys (b) Girls					310
311. Number of members completing { (a) Boys (b) Girls					311
312. Number of units involved in club work completed					312
313. Total value of products grown or made by club members	\$	\$	\$	\$	313
314. Total cost of products grown or made by club members	\$	\$	\$	\$	314
315. Number of farms or homes influenced by adult or junior extension work to adopt better practices					315
316. Total units involved in question 315					316
[Use space below to include other important data relating to miscellaneous work.]					
<i>1 Com. Hall Renovated</i>	<i>\$600.00</i>				
<i>1 Com. Hall "</i>	<i>\$30.00</i>				
<i>Dyeing work</i>		<i>\$30.00</i>	<i>64</i>		
<i>Magazine Club (2)</i>			<i>28 magazines exchanged 8 months</i>		
<i>Fairs - Premiums on Women's work</i>	<i>\$500.00</i>				
<i>Junior work</i>	<i>\$250.00</i>				
<i>Basket working (1 club) 43</i>	<i>43</i>		<i>10 baskets &amp; 5 small completed</i>		

\* Indicate name over column.

AC 89/1/8

ANNUAL NARRATIVE REPORT  
FOR  
ELKO COUNTY  
NEVADA

BY

Flora E. McElhinney, Elko County Extension Agent  
For the Period From December 1, 1922 to  
December 1, 1923.

ELKO NEVADA

1923

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### III. STATUS OF COUNTY EXTENSION ORGANIZATION.

#### 1. Form of organization.

The Elko County Farm Bureau was organized to cooperate with the Extension Department with a budget as follows:

State Farm Bureau appropriation	\$4080.00
Proceeds from 1½ cent Farm Bureau tax	6120.00
Carry over from 1922	9745.00
Total above transferred to State Farm Bureau	
Fund	19945.00
U. S. Department of Agriculture	1200.00
Total	\$21145.00

#### Homemakers' Clubs.

The Extension work for women is presented through Homemakers' Clubs. There are nine such clubs in Elko County and they reach over two hundred and fifty women. Each club has the regular officers and project leaders, as distances are so great it is not practical in this county to hold project leader schools. Each club holds two meetings per month, usually one with the Extension Agent and one without. Five clubs have community club rooms, two meet in the schools and two in the different homes. There are four unorganized communities where the Agent has done some work at least once during the year. On account of roads and distances it has been impractical to try to go regularly but we hope conditions will be better next year.

The Extension Agent has made the following trips to each community to hold meetings, Junior or demonstrational work as follows:

Place	Meetings	Junior	Conferences,	Schools,	Total
			Etc.		
Elko	19	0	4	0	23
Deeth	12	3	2	3	20
Lamoille	10	13	4	6	33
Lee	11	2	2	4	19
North Fork	8	0	0	2	10
Metropolis	13	6	4	8	31
Wells	10	0	2	4	16
Fairs	0	0	0	0	33
Starr	10	9	6	9	34
Jarbridge	14	0	0	0	14
Mountain City	6	0	0	0	6
Spruce	1	0	0	0	1
Sherman	0	1	0	0	1
Public Health	14	0	0	0	14
Total Days					255

#### CLUB WORK

Six of the communities have carried on club work. It has been difficult to get leaders and when the communities are so small, in two, the girls have sewed with adult club. This is not the best method, but seemed the best or only method the girls could get any work.

One garden club has been very successful. The Junior club enrolled forty two members in all clubs.

#### THE COUNTY BOARD.

The Elko County board consists of five members, two women and three men. Because of lack of funds and great distances very little was done by these women. One had in charge the Home Conveniences and held two very fine demonstrations. The other had charge of foods and nutrition and visited four communities with the Agent.

#### COOPERATORS.

Specialists Assistance.

C. W. Creel, Director of University Extension Service.

Mary E. Stilwell, Assistant Director and Nutrition Specialist.

R. G. Foster, Assistant Director and Club Work.

V. E. Scott, Poultry Specialist.

Others,

The schools, doctors, Public Health department and newspapers have given very fine cooperation.

#### EXTENSION OFFICE.

The Extension Office is located in the County Court house and is very well equipped and fitted for our work. Each agent has their own desk, filing case and bookcases. A very efficient secretary has charge of the office.

#### ELKO COUNTY.

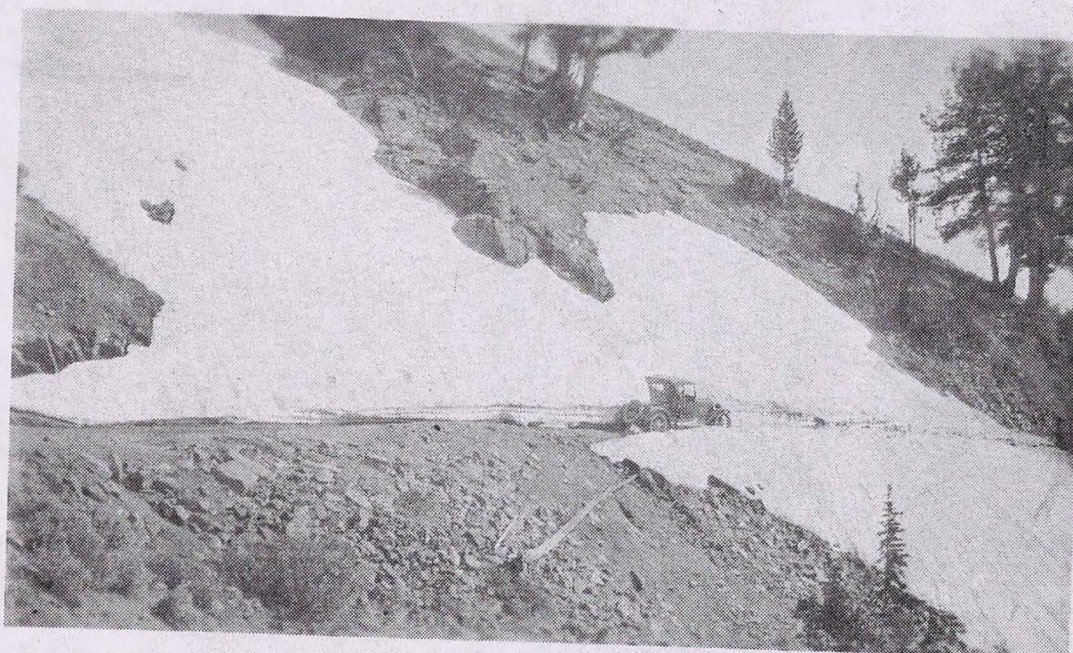


An Average Road.

The County of Elko contains 17,059 square miles, with over 4,000 miles of roads for the Agents to cover. The irrigated area is 202,724 acres and the source of irrigation is from the Humboldt, Mary's and Owyhee rivers. The taxable valuation is \$40,800.00 with a total population of 9083, or one person to 2.1 square miles. The roads are through passes in the mountains and ranches are a great distance apart.

Communities range from 23 to 125 miles from the central office in Elko. On these roads one often travels 25 to 50 miles without passing a ranch or even meeting another auto.

The fact that a new highway is being built and unusual storms have made transportation very difficult for the Agent this year.



Snow On Road June 26, 1923.

These are just some of the means of transportation to club meetings.



This woman drives eight miles with horse and buggy and never missed a meeting.



Rides 6 miles horse back to  
the meetings.



These girls drove this team of mules, bringing their folks  
to meetings eight miles away.

2. FUNCTION OF LOCAL PEOPLE.

The project leaders in the several communities are improving by their taking the responsibilities of their club work. Especially is this so in the nutrition, clothing and recreational projects, also conducting one meeting per month. This has been a very hard piece of work as they depended upon the Agent for everything. The clubs are better for this responsibility. The clubs in Elko, Starr, Lee, Metropolis and Wells have excelled in this.

3. GENERAL POLICIES.

The Extension department cooperates with the Nurses Association, Twentieth Century Club and any other which may ask assistance. The Farm Bureau is the only organization in the County.

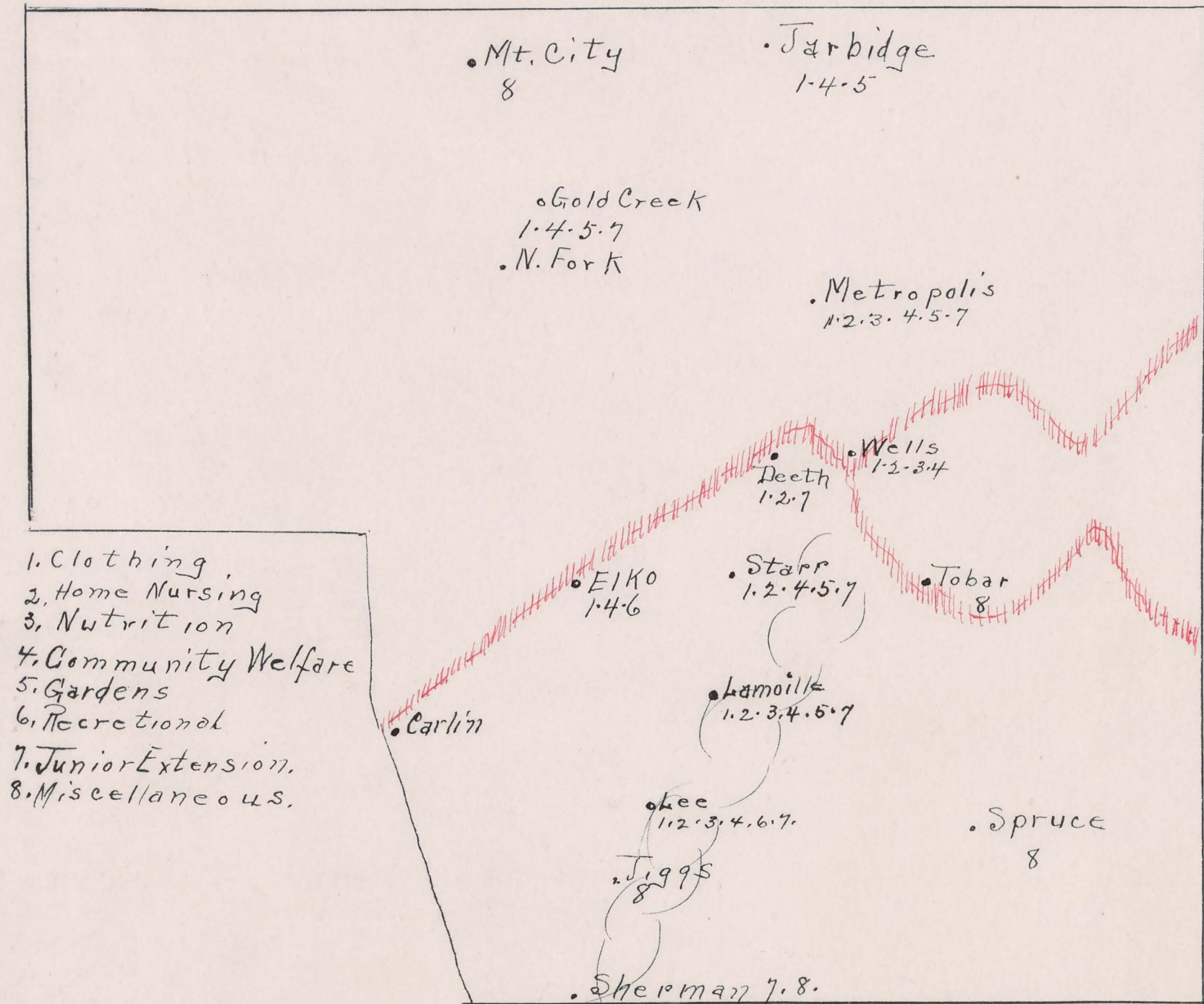
IV. PROGRAM OF WORK.

These programs were presented by the executive committee in each community, discussed and adopted:

PROJECTS	CLUBS Adopting	GOALS	RESULTS
1. Clothing	9		
a. Selection		Suitable wardrobes	9 clubs adopted clothing and completed this project with project leaders
b. Remodeling		Remodeling dresses hats, etc. and make accessories and trimmings	
c. Renovation			
d. Millinery			
e. Accessories			
2. Home Nursing	6	Better care of this sick also prevention measures	All but four lessons completed and these will be in January
3. Nutrition			
a. Child Feeding	4	Children in four communities up to normal and	4 communities completing and continuing again this work  3690 qts. fruits and vegetables canned.
b. Balanced meals			
c. Height-Weight			
d. Food preservation		Canned sufficient vegetables for winter use.	
4. Community Welfare	8		
a. Magazine Clubs		Better reading	32 magazines circulated for 8 months
b. Libraries		Children's library kept open all summer	Completed. Number of children using library 142
c. Club Rooms		1 public club room	Building secured, renovated & decorated Value \$300.00
d. Fairs		1 Successful fair	Prizes \$750.00 for women and girls work

Program of Work Continued.

Projects	Clubs adopting	Goals	Results
Community Welfare Contd.			
e. Rural Engineering		5 houses improved	5 improved
5. Gardens	5	20 gardens	22 gardens.
6. Recreations	2	Better times	19 recreational meetings
7. Club Work	5	Club work for all Juniors	36 completing.



## 2. PROJECTS.

### C. Horticulture.

Five communities decided to raise demonstrational gardens with fifteen enrolled, but only thirteen completed. One community had a Junior Garden Club with nine enrolling and nine completing. The women showed great interest but the frosts of June first and September, together with the grasshoppers, made the work much harder than usual.

The total aread of the gardens was 26,035 square feet, the cost \$101.80 and the value \$1098.10.

### Jarbridge Garden Club.

Jarbridge is in the northern part of the County and is in a narrow canyon.

This is Mrs. Marquardson's report, in spite of the fact that her garden was covered with snow on June 1st.

Size of garden: two plots 20x40 feet, 1600 square feet.

My garden consisted of the following: swiss chard, beets, lettuce, radishes, beans, peas, carrots, tomatoes, strawberries, raspberries, currants, blackberries and cucumbers. The garden was on a sunny hill. I had a good hot bed to start many things. The cost was only \$10 but is valued at \$200.00. We all canned--the whole club--and have sufficient stored for winter.



Project Leader.

## STARR VALLEY

In this community four ladies had gardens and one wrote that she had very good success with peas, but had little success with other vegetables. The grasshoppers this season tended to destroy a good portion of this garden.

Another report says, "We believe that a garden for home consumption is indispensable in the country. Besides the living for a family of four and from six to sixteen hired help during the harvest seasons, we still have enough vegetables for winter use. My motto, It pays to have a garden".



A Good Vegetable Garden.



A Shrubbery Garden



The women from Metropolis had hard work to save their gardens. The grasshoppers took nearly everything. These people took their produce to the town of Wells and sold it at the houses.



A garden where grasshoppers took nearly everything. This woman writes, "It is hard to state the value of this garden as we had our own living and the grasshoppers were very bad, but I sold seventy-five dollars worth of tomatoes and cabbages".

The nine Junior girls reported 23282 $\frac{1}{2}$  square feet in their gardens, a value of \$128.53. These girls worked hard and fought grasshoppers. One garden was completely eaten up one night. Just imagine the disappointment--a garden when she went to bed and the next day nothing left at all.



Garden Club

### G. Poultry.

The poultry work is included in the report of the other County Extension Agent. There was a splendid profit in turkeys.



A turkey demonstration.

### H. Rural Engineering.

a. Two houses put in lighting systems, one in connection with a milking machine and one just independently. The first woman, at Lee, who has kept house for thirty years is just revelling in "punching the button". The other has very generously loaned enough "juice" to light the teacherage, which is in the next yard to them.

b. Two homes have put in the water and are finding it so very convenient that they cannot understand how they ever lived before.

One ranch has just completed putting in a single unit hot air furnace.

### K. Foods and Nutrition.

#### 1. Foods.

##### a. Preservation of foods.

The women of the county canned 2036 quarts of fruits and 325 quarts of vegetables, 927 glasses of jellies and jams and 82 quarts of meat and fish. They also cured 2300 pounds of meat. The total value of this would be \$3407.00.

The Junior clubs canned 126 quarts of fruits, 92 quarts of vegetables and 72 glasses of jellies and they are valued at \$160.00.



The people are beginning to realize the value of vegetables and fruits in the diet and the value of the pressure cooker in doing this work. In the jelly making one woman demonstrated the use of the thermometer in making jelly, with very fine results. She says she saved 18 hours work while jelly making and \$2.00 worth of sugar by having this thermometer.

#### 2. Preparation and serving of foods.

Many women said, "My child doesn't like things because his father doesn't". We had to start a campaign to convert the father and in three families the mothers studied the preparation of foods and the serving of them, especially milk, to make the father and children use more milk, and this has helped in forty homes, representing 246 individuals to try the same stunt.

#### 3. Hot Lunch.

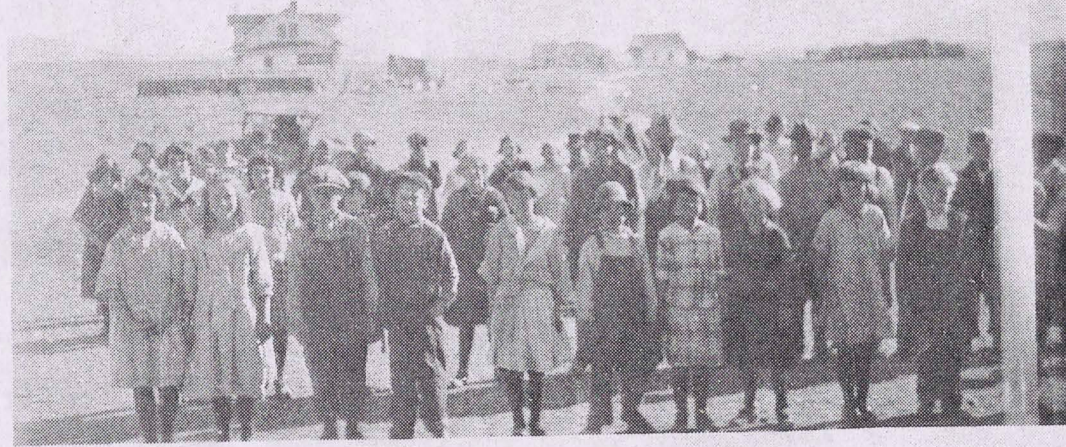
One school served hot lunches to fourteen children for 152 days. Many children were coming without lunches, were under grade and under weight.

The Lee school solved the problem by cooperating with the Homemakers' Club. One club member cooked, brought to the school and served one lunch per week. The other days the four girls and the teacher served one hot dish. This proved very satisfactory and many good eats were had. The boys and girls did better school work and at the close of year in June were 100 per cent up to grades in school.

#### 4. Height and Weight.

The Agent with the assistance of project leaders and mothers weighed and measured children in the schools of Metropolis, Wells, Lamoyille and Lee with the following results:

These classes run from October to June and these records are from January to June, the close of school. We have re-started all of our classes for this year in October or November.



Metropolis Height-Weight Class.

Name	: Age :	Height :	March : : Weight :	Normal : : Weight :	May : : Weight :	:
Robert Conrad	: 6 :	42 $\frac{3}{4}$	: 39-7 :	41 :	43 :	: over 4%
Vivian Whitehead	: 6 :	46	: 44 :	45 :	48 :	: over 6%
Ellen Sorensen	: 6 :	48	: 50 :	46 :	48 :	: over 4%
Delore Bake	: 6 :	47	: 49 :	51 :	51 :	: normal
Claude Gerber	: 6 :	44	: 45 :	45 :	43 :	: under 4
Robert Fife	: 6 :	46	: 46 :	49 :	42 :	: under 14
Leona Jensen	: 6 :	44	: 40 :	45 :	41 :	: under 8
Ralph Barenson	: 8 :	50 $\frac{3}{4}$	: 43-15 :	47 :	53 :	: over 12
Irene Rice	: 7-10 :	49 $\frac{3}{8}$	: 66 :	56 :	71 :	: over 26
Melba Neilson	: 7-5 :	48 $\frac{7}{8}$	: 55 :	53 :	60 :	: over 15
Thelma Appendale	: 10 :	51 $\frac{1}{8}$	: 56-9 :	61 :	59 :	: under 3
Bernice Gerber	: 7 :	50 $\frac{5}{8}$	: 65 :	59 :	68 :	: over 18
Dwight Jones	: 7 :	51 $\frac{7}{8}$	: 56 :	62 :	69 :	: under 3
Darwin Lambert	: 7 :	46 $\frac{3}{4}$	: 48 :	49 :	49 $\frac{1}{2}$ :	: normal
Wilson Lauritzen	: 7 :	50 $\frac{3}{4}$	: 47 :	59 :	60 :	: over
Wilford Quist	: 7 :	49 $\frac{1}{4}$	: 59-2 :	55 :	52 :	: under 5%
Arthur Bartmes	: 6-10 :	48 $\frac{3}{4}$	: 50-10 :	54 :	52 :	: under 3 %
Eliza Appendale	: 9 :	50 $\frac{3}{4}$	: 57-8 :	58 :	58 :	: under 1%
Leah Calton	: 8-2 :	45.9	: 52-12 :	56 :	55 :	: under 1%
Alice Powers	: 8-5 :	53	: 67 :	66 :	70 :	: over 6%
Fern Ferrin	: 8-7 :	51.37	: 70.5 :	61 :	69 :	: over 13%
Helen Ferrin	: 8-7 :	51.37	: 57.2 :	61 :	58 :	: under 11%
Hugh Hammond	: 8-7 :	51.5	: 63.6 :	62 :	64 :	: over 3%

METROPOLIS, Continued.

Name	:Age	:Height	: March	: Normal	: May	:
	:	:	:Weight	: Weight	: Weight	:
Herbert Uhlig	:8-3	: 50.37	: 50.6	: 58	: 60	: over 3%
Wayne Bake	:9-1	: 51.75	: 59.3	: 63	: 50.5	: under 19%
Bernie Conrad	:8-4	: 48.75	: 53.9	: 54	: 54	: normal
Bert Hyde	: 8	: 49.75	: 44.9	: 56	: 55	: under 1%
Wendel Lambert	:8-5	: 51	: 56.8	: 62	: 58	: under 6%
Delbert Hepworth	: 9	: 54.25	: 62.2	: 72	: 65	: under 9%
Owen Hill	:10-7	: 55.37	: 62.7	: 75	: 70	: under 6%
Jessie Ferrin	: 11	: 55.37	: 72	: 68	: 74	: over 8%
Bertie Bake	: 10	: 58	: 65.5	: 87	: 66	: under 25%
Carol Hyde	: 9	: 55	: 61.7	: 74	: 65	: under 12%
Dorraine Hatch	: 9	: 50	: 52.7	: 68	: 68	: normal
Mary Lauritzen	: 10	: 59	: 60.87	: 91	: 68	: under 25%
Paul Quist	:10-3	: 58	: 81.5	: 87	: 83	: under 4%
Karl Powers	10	: 55	: 73.7	: 75	: 78	: over 4%
Theron Hyde	:10-10	: 56.8	: 70.7	: 79	: 75	: under 5%
Opal Hammond	:10-10	: 56	: 62.6	: 79	: 75	: under 5%
Nobel Hepworth	:12-11	: 59	: 90	: 91	: 95	: over 4%
Ellen Hyde	:11	: 56	: 62	: 78	: 63	: under 19%
Edna Lauritzen	: 12	: 57.87	: 68.5	: 82	: 71	: under 10%
Maurine Jones	: 11	: 57	: 73.1	: 82	: 78	: under 4%
Mildred Ferrin	: 11	: 58	: 81.5	: 84	: 88	: over 4%
Mary Thurston	: 12	: 61.12	: 75.69	: 102	: 80	: under 11%
Wanda Barnsen	: 11	: 56.25	: 61.75	: 78	: 68	: under 12%
Edith Calton	: 11-5	: 54	: 63.1	: 70	: 62	: under 11%
Phylis Gerber	: 11-4	: 54	: 97.3	: 71	: 100	: over 40%
Ural Bake	: 13	: 56	: 99	: 79	: 97	: over 22%
Willie Barrows	:12-6	: 57	: 66	: 82	: 70	: under 14%
Nephi Conrad	: 11	: 58	: 66.5	: 87	: 68	: under 21%
Zola Woolf	: 13	: 56.5	: 68.3	: 78	: 79	: under 10%
Zella Terry	:11-10	: 59	: 66.6	: 91	: 72	: under 20%
Mary Hill	: 13	: <del>52</del> 64	: <del>65</del> 98	: 117	: 100	: under 14%
Ruth Lyon	: 13	: <del>54</del> 55	: 65.3	: 74	: 67	: under 9%
Lawrence Hyde	: 16	: 70	: 120	: 145	: 123	: under 15%
Edward Sorensen	: 13-5	: 59	: 75	: 91	: 80	: under 8%
Golden Hyde	: 13	: 60	: 80	: 96	: 82	: under 14%
Florence Appendale	: 16	: 60	: 106	: 96	: 105	: over 7%
Vernal Stowell	: 14	: 60	: 86	: 96	: 88	: under 8%
Willie Hyde	: 12	: 62	: 96.5	: 98	: 98	: normal
Ray Hepworth	F 14	: 57 $\frac{1}{2}$	: 78	: 83	: 80	: under 3%
Wm. Fife	: 13	: 60 $\frac{1}{4}$	: 88.7	: 98	: 90	: under 8%

Total, 63 weighed, and measured by Agent and examined by physician from Wells.

Number normal, 4,  
 Number overweight 20  
 Number underweight 39  
 Total 63  
 Number over  $\frac{1}{2}$ % underweight 8  
 Number over 7% underweight 24

The following letter was sent out to the parents of each underweight child in Metropolis:

### The Care of the Underweight Child.

The monthly weighing of our school children by the County Extension Agent has revealed a deplorable condition of underweight. By the first weighing over half of our Elementary School pupils were seven per cent or more underweight. Mr. W. R. P. Emerson, one of our foremost authorities on nutrition, estimates that a third of all children of this country are underweight.

Mr. Emerson also says, "An underweight child has less resistance to disease and is less likely to withstand nervous strain as he lacks the reserve energy provided by a normal body weight".

According to Mr. Emerson, underweight is a symptom of one or more of the following conditions affecting the child:

1. Physical Defects.
2. Lack of Home Control.
3. Overfatigue.
4. Improper diet and faulty food habits.
5. Faulty health habits.

The underweight child is a sick child and demands the best of care. The following suggestions are given in the hope that they may be of service:

The underweight child is not strong and naturally turns to reading and indoor occupations. But he needs to spend as many hours as possible out of doors playing games that will keep him warm in cold weather, being careful always to guard against overfatigue.

All physical defects such as decayed teeth, alveolar abscesses, diseased tonsils, adenoids, etc., should receive prompt attention.

Care should be taken to see that the underweight gets sufficient sleep. Nearly all underweight children suffer from nervous overstimulation as a result of fatigue. Therefore one or two rest periods a day are imperatively necessary for such children in order to prevent overfatigue and to renew the supply of energy, for children will sleep much during the rest periods. The resting should be taken in a quiet, darkened, well-ventilated room with the child lying flat on his back with a small pillow under the small part of his back.

Tea and coffee should never be used.

Vitamines are essential for normal growth. They are found in cream, butter, egg yolk, celery, lettuce, onions, cauliflower, cabbage, spinach, and beet tops, yeast cells, bran or wheat flour

oranges, and unpolished rice. Some of these vitamin yielding foods should be eaten every day.

It is necessary for parents to establish proper food habits in their children, as most children develop dislike for many kinds of foods that they should eat. The camouflaging of such foods with cream soups, puree, and food combinations will entice children's appetites in the right direction.

The observance of the general rules of health and personal hygiene by children will contribute to their attainment of normal weight.

The underweight child takes usually too little food. The amount of food taken can be increased most easily by giving the child lunches in the middle of the forenoon and afternoon. He will assimilate more nutriment in five light meals than in three heavier ones. These extra feedings should be regularly timed and should consist of sandwiches, oatmeal crackers, fruit and of course, milk.

Milk is the only perfect food. The underweight child should drink slowly from a pint to a quart of milk daily.

Your child \_\_\_\_\_ is 7% or more underweight. If you will hereafter send with the child an extra pint of milk we will provide opportunity in the afternoon recess for him to drink it properly.

Very respectfully,  
The Metropolis Schools,  
L. E. McFadden, Principal.

Flora E. McElhinney  
County Extension Agent.

In Wells the school trustees cooperated by purchasing scales for our use. The results in Wells are:

Number of children weighed and measured	64
Number normal	15
Number over weight	24
Number underweight	25
Number over 7% overweight	10
Number over 7% underweight	15

WELLS SCHOOL

Name	: Age	: Height:	Oct:	Jan:	Feb:	Mar:	Apr:	N. W.:
Donald McDade	: 8	: 51	: 57	: 57	: 58	: 58	: Left 61	: 4% under
Herbert Weeks	: 7	: 49.7	: 56	: 57.5	: 57.5	: 62	: 59 : 58	: normal
Merrit Kelley	: 7	: 44	: 42	: 43	: 43	: 42	: 43 : 48	: 10% under

Name	:Age	: Height:	Oct	:Jan	: Feb	: Mar:	Apr:	May	:N.M.:	%	VA
John Oxley	: 8	: 47	: 50	: 49	: A	: 52	: 53	: 51	: 52	: Nor	
Bessie Kelley	: 6	: 40	: 37	: 38	: A	: 36	: 37	: 36	: 37	: N	
Pearl Kalb	: 6	: 47	: 52	: 53	: 54	: A	: 53	: 55	: 49	: 12 O	
Betty Hunter	: 6	: 47	: 47	: 47.3	: 51	: Left:			: 49	: 04	
Harriet Cazier	: 6	: 49	: 59	: 60	: 62	: 69	: 60	: 62	: 53	: 20 O	
Florence Wangerin:	7	: 46	: 50	: 51	: 52	: A	: A	: A	: 49	: 4 o	
Berna Hanson	: 6	: 47	: 49	: 49	: 50	: 53	: 50	: 50	: 49	: N	
Hugh O'Neil	: 8	: 53	: 59	: 60	: A	: 65	: 60	: 60	: 60	: 13 u	
June McGuire	: 7	: 48	: 48	: 49	: 48	: 52	: 52	: 52	: 52	: N	
Agnes Gray	: 7	: 48	: 46	: 47	: 47	: A	: 45	: 47	: 52	: 9 u	
Wm. Goble	: 8	: 53	: 69	: 69	: 70	: 72	: 71	: 75	: 69	: 7 o	
Bertha Wagerin	: 9	: 53	: 67	: 68	: 70	: A	: A	: A	: 67	: 4 o	
Dorothy Long	: 6	: 48	: 49	: 50	: 48	: 51	: 50	: 51	: 51	: N	
Leland Gundlach	: 8	: 50	: 58	: 60	: 62	: 60	: 59	: 63	: 59	: 6 o	
LaVern Wiley	: 8	: 48	: 54	: 55	: 54	: 58	: 63	: 64	: 55	: 16 o	
Harry Maui	: 9	: 47	: 47	: 49	: 50	: 49	: 49	: 51	: 52	: N	
Milton Woolf	: 8	: 48	: 51.5	: 52	: 54	: 53	: 53	: 53	: 55	: 14 un	
Don Leighton	: 8	: 50	: 52	: 52	: A	: 54	: 59	: 60	: 59	: N	
May Kelly	: 9	: 50	: 58	: 58	: 61	: 60	: 60	: 60	: 58	: 4 o	
Ruth Hyde	: 8	: 46	: 46	: 47	: 48	: 47	: 47	: 49	: 50	: N	
Rosellen Hyde	: 9	: 49	: 49	: 50	: 52	: 51	: 50	: 52	: 56	: 7 un	
Jas Guidi	: 10	: 53	: 63	: 64	: 57	: 70	: 69	: 70	: 71	: N	
Ray Gray	: 11	: 52	: 61.5	: 61	: <del>57</del> A	: 69	: 64	: 63	: 67	: 6 un	
Hazel Gundlach	: 10	: 51	: 53	: 52	: 55	: 54	: 56	: 56	: 62	: 8 n u	
Madge Toombs	: 9	: 48	: 57	: 58	: 55	: 52	: 50	: 52	: 56	: 4 un	
Gertrude Binns	: 9	: 56	: 70	: 72	: 70	: 70	: 70	: 75	: 76	: N	
Jas. Cazier	: 10	: 53	: 64	: 65	: 65	: 69	: 64	: 64	: 69	: 6 un	
Catherine Wardleigh:	8	: 52	: 57	: 59	: 61	: 60	: 60	: 63	: 63	: N	
Mary Murphy	: 9	: 53	: 67	: 66	: 69	: 68	: 71	: 72	: 67	: 6 ove	
Esther Sharp	: 9	: 46	: 47	: 48	: A	: 50	: 50	: 50	: 51	: N	
Lyle Leach	: 9	: 49	: 50	: 51	: A	: 55	: 54	: 53	: 58	: 8 un	
Truman O'Neil	: 12	: 58	: 102	: 103	: 105	: 110	: 108	: 108	: 103	: 5 ov	
Russell Drake	: 10	: 54	: 66	: 69	: 68	: 67	: 68	: 68	: 74	: 8 un	
Phil McGuire	: 11	: 54	: 70	: 70	: 71	: 73	: 74	: 74	: 72	: 2 ov	
Eldelbert Leach	: 11	: 52	: 58	: 60	: 63	: 63	: 64	: 64	: 67	: 4 un	
Bob Leighton	: 11	: 55	: 75	: 76	: A	: 76	: 79	: 80	: 76	: 6 ov	
Margaret Goble	: 11	: 53	: 75	: 75	: 77	: 78	: 82	: 84	: 71	: 18 o	
Louise Toombs	: 11	: 53	: 69	: 69	: 71	: 72	: 74	: 74	: 70	: 5 ov	
Lenore Woolf	: 11	: 53	: 60	: 60.5	: 62	: 63	: 61	: 63	: 71	: 11 un	
Charlotte Guidi	: 13	: 59	: 132	: 133	: 136	: 140	: 135	: 130	: 97	: 34 ov	
Winnie Oxlwy	: 13	: 59	: 83	: 85	: 86	: 85	: 87	: 87	: 97	: 10 un	
Joe Lambert	: 13	: 55	: 76	: 77	: 79	: 80	: A	: 81	: 81	: N	
Milton Murphy	: 11	: 55	: 75	: 76	: 78	: A	: A	: 82	: 80	: 2 ov	
Ruth McElroy	: 11	: 51	: 59	: 60	: 62	: 64	: 63	: 65	: 71	: 8 un	
Henry Weeks	: 11	: 55	: 78	: 80	: 84	: 86	: 83	: 82	: 82	: N	
Frank Shapp	: 10	: 52	: 70	: 71	: 73	: 74	: 76	: 76	: 77	: 15 ov	
Helen Olmstead	: 11	: 58	: 96	: 97	: 97	: 100	: 102	: 104	: 86	: 20 ov	
Luella Marshall	: 11	: 52	: 58	: 59	: 60	: 60	: 61	: 64	: 66	: 3 un	
Emma Boyd	: 12	: 59	: 79	: 79	: 79	: 73	: 82	: 84	: 91	: 9 un	
Helen Woolf	: 13	: 58	: 72.5	: 73	: 73	: 74	: 75	: 79	: 93	: 15 un	
John Murphy	: 13	: 59	: 90	: 93	: 97	: 94	: 100	: 102	: 94	: 8 ov	
Fred McElroy	: 11	: 55	: 84	: 85	: 84	: 87	: 90	: 91	: 75	: 21 Ov	
Bea Bollschweiler:	11	: 58	: 73	: 73	: 77	: 78	: 80	: 81	: 90	: 10 un	
F. Bollschweiler	: 13	: 59	: 99	: 100	: 103	: 101	: 110	: 114	: 97	: 17 ov	
Vernon Sharp	: 12	: 54	: 72	: 74	: A	: 78	: 80	: 80	: 76	: 5 ov	



WELLS Continued.

Name	:Age:	Height:	Oct:	Jan:	Feb	:Mar	:Aprl:	May	:N.W.	:% Var
Sadie Wardleigh	: 13:	61	: 90	: 91	: 92	: 93	: 95	: 95	:104	:8 under
Edgar Boyd	: 14:	58	: 84	: 85	: 86	: 86	: 87	: 86	: 86	: Normal
Leona Drake	: 13:	61	: 92	: A	: A	: 91	: 94	:94	:102	:7 under
Elsie Holm	: 12:	59	: 84	: 85	: 83	: 84	: 88	: 89	: 91	: 2 under
Harold Parker	: 14:	63	: 100:	102:	103	:102	:102	:105	:111	:5 under
Minnie Goodale	: 15:	64	: 123:	123:	122	:120	:124	:122	:119	:2 over

LAMOILLE.

Number weighed, measured and examined, 45.  
 Number normal 14  
 Number overweight 13  
 Number underweight 18  
 Number over 7% overweight 3  
 Number over 7% underweight, 9

The project leaders always assisted in this work and the parents were greatly interested. This year they are serving hot lunches as a follow-up and corrective measure.



Lamoille Height-Weight Class.

LAMOILLE SCHOOL.

Name	:Age	:Height:	Oct	Wt:Mar	: May	:Normal:	% Var.
Francis Harmer	:15-9	: 65 $\frac{1}{2}$	: 121	:122.5:	122:	123	: Normal
Paul McDermott	: 4	: 41 $\frac{1}{2}$	: 44	: 40	: 41:	39.8	: 5% over
Gwenivere Vizina	: 8	: 51	: 55	: 57	:60.5:	61	: Normal
Lillie Bellinger	:8-5	: 50	: 57	: 59	: 58	: 58	: Normal
Beryle Bliss	:8-8	: 55 $\frac{3}{4}$	: 71	: 71	:71.5:	74	:3 under
Arthur Billet	:7-3	: 48 $\frac{3}{4}$	: 58	: 58	: 59.5	53	:10 over
Nellie Hardy	:12-11:	62 $\frac{1}{2}$	: 89	: 90 $\frac{1}{2}$	: 95	: 102	:6 under
Elena Lugea	:8-10	: 51	: 54	: 56	: 58	: 62	: 6% under
Oscar Roberson	:10-8	: 55	: 77	: 78	: 80	: 75	: 6% over
Hohn Bellinger	:8-8	: 51 $\frac{1}{2}$	: 62	: 63	: 63	: 62	: Normal
Wanda Bliss	: 9	: 55 $\frac{3}{4}$	: 79	: 80	: 82	: 79	: 3% over
Lester Lear	: 9	: 50 $\frac{1}{2}$	: 66	: 67 $\frac{1}{2}$	: 67	: 59	:13 over
Willie Lear	: 7	: 46 $\frac{1}{4}$	: 47	: 47	: 48	: 49	: Normal
Emily Bellinger	:7-11	:52 1/8:	75	: 69	: 72	: 68	:6 over
James Bellinger	: 6-8	: 48	: 57	: 58	: 58	: 55	: 5 over
Bessie Bellinger	:9-11	: 56	: 82	: 76	: 78	: 75	: 3 over
Louis Bellinger	: 6	: 46 $\frac{3}{4}$	: 48	: 50	: 50	: 49	: Normal
Catherine Lear	:5-10	: 44	: 47	: 47	: 48	: 45	: 6 over
Eileen Kelly	:6-8	: 44 $\frac{1}{2}$	: 47	: 44	: 45	: 47	: 4 under
Hazel Billet	:8-5	: 50 $\frac{1}{2}$	: 58	: 60	: 61	: 59	: 3 over
Edith Billet	:9-11	: 52 $\frac{1}{2}$	: 74	: 68	: 68	: 68	: Normal
Raymond Roberson	: 6-7	: 46	: 44	: 45	: 45.5	49	: 8 under
Luinda Rasmussen	:6-2	: 47	: 50	: 43	: 55	: 55	: 25 under
Laurine Bellinger	:6-5	:47 1/8:	55	: 50	: 51	: 55	: 7 under
Evelyn Grover	:7-11	: 48	: 47	: 47	: 48	: 53	: 10 under
Toledo Bartorlli	:	: 55	: 76	: 77	: 77	: 75	: 2 over
Joe Capriola	:13-7	: 59	: 82 $\frac{1}{2}$	: 86	: 87	: 91	: 16 under
Frank Jesson	: 12	: 59	: 90	: 89	: 89	: 91	: 2 under
Addie Bellinger	:11-5	: 55	: 70	: 89	: 69	: 75	: 11 under
Gilbert Vizna	: 12	: 60 $\frac{1}{2}$	: 91	: 91	: 90	: 95	: 5 under
Walter Shumway	: 14	: 60	: 84	: 85	: 87	: 95	: 9 under
Wm. Shumway	: 12	: 56 $\frac{1}{2}$	: 72	: 73	: 75	: 79	: 5 under
Earl Vizna	: 14	: 62	: 104	: 104.5	104:	104	: Normal
Willie Bellinger	:13-6	: 61	:102 $\frac{1}{2}$	: 102	: 102:	102	: Normal
Evelyn Cummings	:11-5	: 58 $\frac{1}{2}$	: 83	: 84	: 85	: 87	: 2 under
Charles Trescartes	:8-11	: 56	: 79	: 79	: 79.5	79	: Normal
Grover Lear	: 9	: 52	: 64	: 64	: 65	: 65	: Normal
James Shobar	:8-9	: 54	: 68	: 70	: 71	: 72	: Normal
Ethel Bellinger	:9-6	: 50	: 59	: 59	: 60	: 59	: Normal
Marie Billet	:14-4	: 62 $\frac{1}{2}$	: 101	: 103	: 103:	102	: Normal
Emaline Shumway	:10-1	: 51	: 54	: 55	: 54	: 62	: 14 under
Allen Westlund	:11-5	: 58	: 97	: 95	: 95	: 97	: 8 over
Mercedes Lugea	:13-11:	63	: 94	: 96	: 97	: 102	: 5 under
Peter Lugea	:12-7	: 60	: 70	: 76	: 78	: 95	: 21 under
James Billet	: 11	: 51 $\frac{1}{2}$	: 55	: 57	: 56	: 62	: 10 under.

LEE

The teacher at Lee is a retired physician and she is a wonderful factor in carrying out our work. Tonsils, adenoids and teeth are well cared for and here the hot lunch has done much in improving

the situation. Each child has made some gain even if they are not normal.

Number weighed, measured and examined, 13

Number normal, 5.

Number overweight 1.

Number underweight, 7.

Number over 7% overweight, 0.

Number over 7% underweight, 3.

Weighing and measuring children work has been started and will be continued in four more schools.

#### LEE SCHOOL

Name	:Age	:Height:	Oct.	: Feb.	: Apr	: N. W.	: % Var.
August Peterson	:11-5	: 51	: 89.5	: 90	: 95.6	: 95.4	: Normal
Ida. F. Drown	:11-8	: 60	: 73	: 76	: 86	: 86	: 11 under
Virginia Burner	:13-11	: 65.5	: 105	: 107	: 110-8	: 110.5	: Normal
Gradon Drown	:10-6	: 53	: 56	: 57	: 60.2	: 68	: 11 under
Lila Peterson	:10-1	: 54.5	: 65	: 66	: 67	: 70	: 4 under
Lilly Peterson	:10-1	: 55	: 66	: 66.5	: 67.5	: 70	: 3. under
Frank Burner	:11-8	: 58.2	: 81	: 83	: 85.5	: 87	: 1 under
Leila Burner	:9-8	: 54	: 71.5	: 72	: 73	: 70	: 4 over
Bertram Stoddard	:11	: 65	: 76	: 77	: 79	: 80	: Normal
Pricie Burner	:7-8	: 51	: 50	: 50.5	: 51.5	: 58	: 11 under
Alva Peterson	:12-11	: 64	: 102	: 104	: 106	: 106	: Normal
Billy Drown	:13-10	: 60.7	: 89	: 90	: 92.5	: 95	: 3 under
Louise Stoddard	:	: 49	: 52	: 53	: 54.5	: 55	: Normal

The totals for these communities are :

Number Weighed & Measured	Normal	Over	Under
63	4	20	39
64	15	24	25
45	14	13	18
13	5	1	7
<hr/>			
185	38	58	89

Number over 7% overweight 21  
Number over 7% underweight 51

85 other school children were given attention in other communities last year and this year they are in classes.

The project leaders have done most of this work, the Agent meeting and discussing the child with child and mother. The teachers and parents are showing fine cooperation with the Extension Service, and have arrived at a few conclusions. The underweights are due to some of the following:

1. Lack of proper rest.
2. Too strenuous play.
3. Too few vegetables.
4. Too little milk
5. Lack of self control.
6. Irregular eating.

The above final results show that advancement has been made along this line.

The department furnished us with scales and that makes our work much more efficient.

Twelve women in Starr have entered the campaign to be normal in a year's time. These women are all overweights and have agreed to reduce sensibly. They will take no drugs, except by directions of a physician, but by systematic exercise, correct eating and habits will aim to reduce. As this was started in June, they still have seven months to complete this work. They are weighed each month and discuss the subject with the Agent. All are losing from one to three pounds per month, which is a sensible thing to do.

The Agent cooperated with the State Public Health department and weighed, measured and examined 896 school children and Dr. Knight reported that Elko County was in the best physical condition of any in the state, due to Extension work and the County Nurse. He also said that this was the best organized county in the state. He not only said this but published it in his articles in our paper, and we are proud of this.



A Nutritive Case.

This boy was not only underweight but had exema and the Agent was asked for a diet and this given. The boy is very well and now normal.

#### L. Clothing and Millinery.

In nine communities women decided to have clothing as a major project. This year this was carried on by the project leaders, the Agent giving general talks on the subjects in season. The results show \$219.00 saved because of their instruction on the selection of a wardrobe; \$226.00 on the construction or remodeling of garments; and that the garments if renovated at a local shop would have cost them \$123.00 more than it did. While in making hats they saved \$265.00. The hand work, such as towels, curtains, drapes, bed spreads etc., showed a saving of \$189.00 by making instead of buying them.

Besides this 132 dresses were made out of new cloth, valued at \$1320.00. The 125 wax articles included vases, chains, flowers, boxes, candy jars, valued at \$62.50. The flowers were beautiful; bunches of parafine, velvet, satin, silk, organdie and paper, is very low valued at \$50.00.

The hats remodeled were 89, saving \$146.00. Nine sweaters at \$45.00 were knit. The tied and dyed work was 33 pieces valued at \$35.00, comprised of blouses, silk scarfs, sofa pillow covers, table covers, handkerchiefs, cotton pillow tops, table and dresser scarfs.

The Batikpieces were very beautiful made up into blouses or table squares, valued at \$28.00. One club specialized in lampshades, making fifteen, which were indeed artistic. These were made of silk and valued at \$29.00.

One hundred and twenty five Christmas gifts were made, valued at \$135.00, consisting of polychrome candle sticks,, trays, sachets, permedello jewelry, bead work, painted grasses, etc. Most of this work, started by the Agent, was completed at meetings when the Agent was not present, being taught by the project leaders with just the instructions furnished them. The Agent is proud of these results of the women's work as it shows the interest they have in the work.

#### M. Home Health and Sanitation.

##### 1. Home Health.

The Agent arranged with the advice and assistance, of the State Nutrition Specialist, a Home Nursing course of fifteen lessons and the women think that these, in connection with the nutrition work, have been our most important work in the County. Six communities have almost finished the course and the three others are asking for the lessons. In the communities so far from a doctor it is absolutely necessary for the women to have some help on this subject.

The lessons include,

- 1 to 4, Diseases of children,
- 5, Diseases of digestive system.
- 6- 7 Diseases of circulatory system.
- 8, Diseases of respiratory system,
- 9, Constitutional trouble.
- 10, Accidents,
- 11, Bandaging,
- 12, Massage,
- 13- 15, Emergencies, Miscellaneous troubles.

One hundred and nine homes have been reached by this project. In one home a school boy was taken ill and the Agent was in the community and went home with the mother and taught her how to care for the boy, saving the doctor a trip of fifty six miles in the cold, for it was winter, as well as giving immediate relief to the boy and preventing a long siege of pneumonia. The boy had had one case the previous year and was rapidly developing it.

Another case: the Agent was in a community 25 miles away on height-weight class and at noon a girl in going home ran into a live wire. The Agent was called and cared for the child properly until the doctor arrived an hour later, and found the girl in the best condition possible. The Agent probably saved the child's life, the doctor says, as the accident was very severe, the child's hand being burned, both feet as well as body, it being necessary later to amputate the right arm. The girl belonged to the Junior Extension and the Agent accompanied the girl to the hospital, caring for her until a special nurse was secured from Salt Lake City. This work cannot be valued in dollars and cents, but the whole community does appreciate this emergency assistance.

Many less serious cases can be mentioned as one woman declares it is what she learned at Homemakers' Club that saved her children from serious results from the measles. These things make an Agent feel that "all this hard work pays".

The Agent is responsible for this follow-up corrective work: Tonsils removed, 27, adenoids, 16, children having teeth carred for, 33.

## 2. Sanitation.

Fourteen homes have either screened their porches or windows and doors, while eighteen have used the improved fly traps and holders upon our advice. This year has been difficult because of so much rain. People had more flies to fight than usual.

## N. Home Managment and Home Furnishings.

### 1. Home Equipment.

We had four demonstrations in this project. Mrs. Eugene Drown of Lee carried on a demonstration showing benefits of the fireless cooker and water in the home. She did her work one week without these conveniences and then one week with them, showing that it took 59 hours to do the work the first week and 30 hours the second, showing a saving of 29 hours or 4 hours per day. The second week she also used a dish drainer, scalding but not wiping dishes.

Mrs. Wardliegh of Wells demonstrated the pressure cooker in canning in comparison to the boiler method. She saved in one week 15 hours work by using the pressure cooker.

Mrs. Cook of Elko with the dishwasher saves seventy minutes per day in washing her dishes with this three-minute washher.

In Metropolis Mrs. Hatch, with her mop wringer saves ten minutes each time she cleans her floor, as well as saves her back and hands, which is not the least in importance.

Mrs. Hatch of the County Board gave two demonstrations of Home Conveniences at our County Fair.

Miss Stilwell, the assistant director, brought her home convenience equipment and her grave yard exhibit up and it was very effective. The results reported from these demonstrations are:

- 6 hand washing machines,
- 7 power washing machines,
- 3 fireless cookers,
- 1 hand sweeper,
- 3 vaccuum freezers,
- 4 electric irons,
- 6 kitchen cabinets,
- 2 wheel trays,
- 20 dishwashers,
- 12 mops,
- 8 dilvers

This has been a strenuous year financially and only a few, as the above report shows, have invested in new articles for the homes, but they are planning on better times another year.

## 2. Arrangement and Work Planning.

Two of our women have re-arranged their kitchens, and are finding their work much easier and are planning their work, saying it saves so much running around and they can plan on sitting down.

## 3. Furnishing and Decorating.

Twelve have been interested enough to decorate or furnish their rooms or houses. One bride went into an old house and the project leader and agent assisted her in her plans of remodeling, decorating and the whole club enjoyed this house.

Another moved the two windows of her kitchen out twelve feet and had two windows put in on either side, making a breakfast room. She took old chairs and a table, "did them over" and enameled them in ivory and stenciled designs on them for this room. The curtains she stenciled and it is indeed an attractive nook in her kitchen.



Breakfast room.



Refinished chairs in Ivory.

This girl's family has planned, with our help, and has built a stone house, the family doing all the work. In this picture, a "close up" is the girl who helped her father and grand father. They will be in the house before January 1st, as they are now plastering. The furnishing and completing will continue with our next year's projects.

#### The New House.

#### O. Community Activities.

##### 1. Community Halls.

Five of the nine Homemakers' Clubs now have community halls. They last is Elko to add their's to the list. To quote from their report,

"We went to the County Commissioners and asked if we could use the old county high school building for a community club house. Consent was given. It was a wreck and looked almost hopeless but the club voted to fix it, and with the help of the American

Legion, we started the big undertaking, at a cost of about six hundred dollars. Within a month's time the rooms were ready for occupancy. The walls had been tinted, wood work varnished, floor oiled, shades and curtains put to the windows.

Chairs, tables, dishes and other pieces of furniture were donated. A kitchen was fitted up and all plumbing repaired. We purchased a piano which adds much to the appearance of the room. Now the club enjoys meeting in its own club house or community hall, as we designate it.

A room also is being put in order for the use of the Community Nurse."

The Starr club decided to re-decorate and re-furnish their hall but it had a defective title, but this has been cleared up and this work is still in process and will soon be completed.

## 2. Fairs.

The Elko County fair was held in Wells this year and the women's work exhibited in the gym. This room was decorated by a local committee with streamers of autumn colors and bunches of flowers everywhere. The stage was given to the State Extension Service for a home convenience exhibit which was very educational and beneficial to the county.

There were 1800 exhibits entered in hand work, art, cookery and Junior Extension. This was the best women's exhibit shown here.

The organization was a great improvement over previous years. Everything was judged and prize ribbons on at the opening hour of the Fair, making a wonderful array of fancy work.

We appreciate the work of the State Nutrition Specialist, Miss Stilwell and the Pershing County Extension Agent, Miss Lane in their efficient judging.

This exhibit was so splendid that the County Farm Bureau sent the Agent with the best of the women's exhibit to the State Fair where they were awarded about two thirds of the prizes given for women's work. Their exhibit excelled others.

## 3. Recreation.

The women realizing how much they need the "get-together" meetings, two communities organized projects in this subject with satisfactory results. In our county there are factions in some of communities and I know in one community these meetings have brought these people together and they are forgetting their animosities. Some of the parties given are:

### ELKO

Our recreational meeting each month at which the members and their friends were entertained. Some of the feature parties were Mother Goose party and their invitation read:

Please come dressed in a nursery rhyme  
And we will give you a very good time.  
Don't tell a soul which rhyme you be  
But let them guess from what they see.  
Two is the hour and Monday the day  
Come and play with us in a jolly old way!

Thirty-five came in Mother Goose costumes. The costumes were works of art from the Old Mother Goose, Witch, Mistress Mary, Old Woman in the Shoe, Little Miss Muffet, who was a favorite, Little Red Riding Hood, King and Queen of Hearts, and Jack Sprat and his wife. Also Mary and her little Lamb, Cinder Ann Margery Paw, with rings on her fingers and beals on her toes, to Jack-be-nimble, who kept jumping over his candle stick. A Merry time ensued as each was given a number and a contest was on to see who could guess the greatest number of characters.

"Pussy wants a corner", "Mother Goose", and a picture contest were played. Prizes were given, such as would be given to children, a wash cloth, goose, a mother goose rhyme book, and a stick of candy.

Tea and nutbread and orange bread sandwiches were served and every one thought that we came a little closer in our club work and thoroughly enjoyed the afternoon.



Getting Ready.

Another party was given on November 3rd At Lee. The hall was gorgeously trimmed in Hallowe'en decorations. The fortune teller's booth, fish pond and bean bag furnished a great deal of amusement. The candy booth, punch booth and cafeteria were generously patronized. The cake and candy raffles brought a goodly sum. Dancing and splendid music were also part of the entertainment. It was one of the most successful and enjoyable events ever given by the Homemakers.

The total recreational meetings were 19 and included besides the above, Costume dances, card games, musicals, white elephant social, birthday party when one club asked for a kitchen birthday gift, cooked food sales and movie parties, which were all very successful.



Children Playing Croquet

The Lee Club assisted in securing the equipment and in supervising the play of the school children. Now don't this picture picture just mean fun, good exercise and clean play?

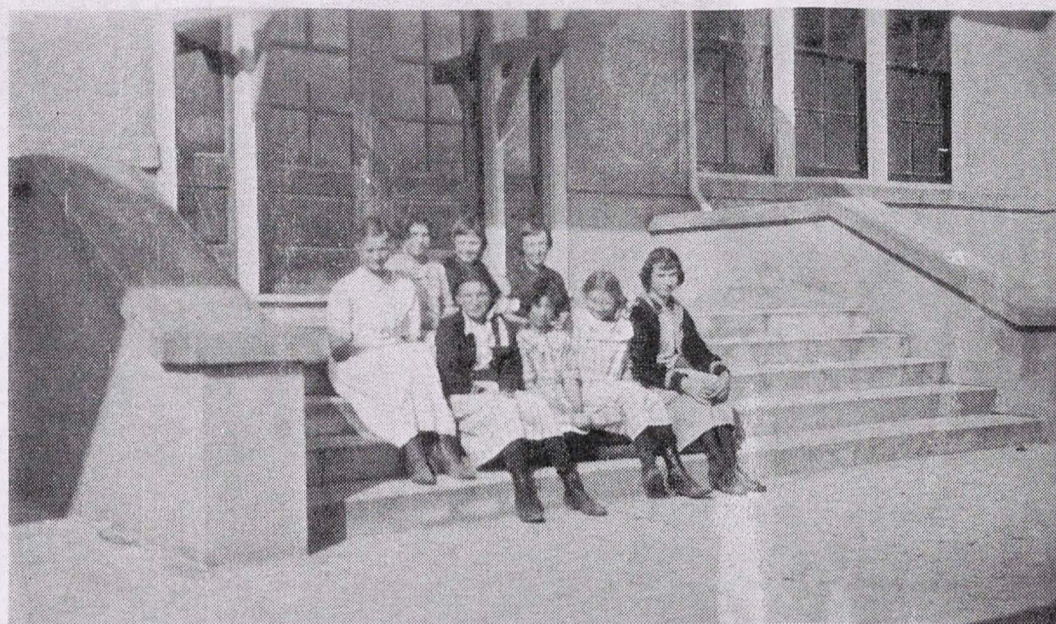
Recreation  
Equipment.



P. Miscellaneous.

1. Junior.

There are six Junior Girls Clubs consisting of sewing, garden and hot lunch. It is very hard to get club leaders, but the girls take such an interest it really pays.



This Club has completed its year's work with a record of garments made, 21, other, 20, Value \$41.34.



The Sherman Club made rugs.

This Club made many things and had a fine exhibit at the close of school. Garments completed 9, other, 18, Value \$46.50.



In the Deeth Club one hundred per cent completed although it had only three members. Garments made 5, other, 10, Value \$23.00.

Photo  
Missing -  
torn out

A Club Girl With Her  
Flowers.

STARR VALLEY

Only three completing with 26 garments , 10 other and value of \$69.95. These girls were older and completed the work quicker.



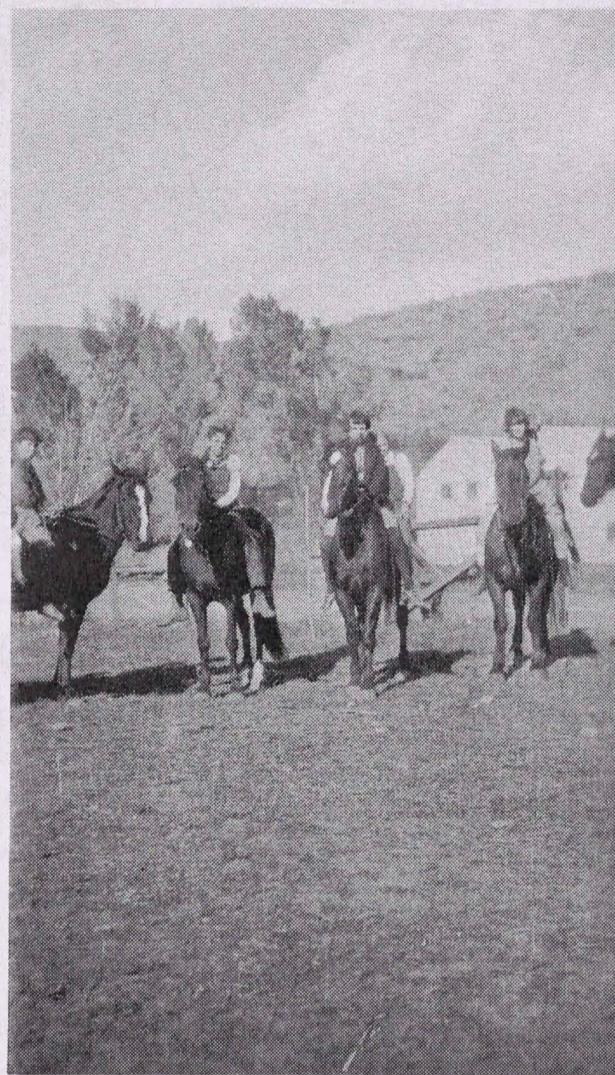
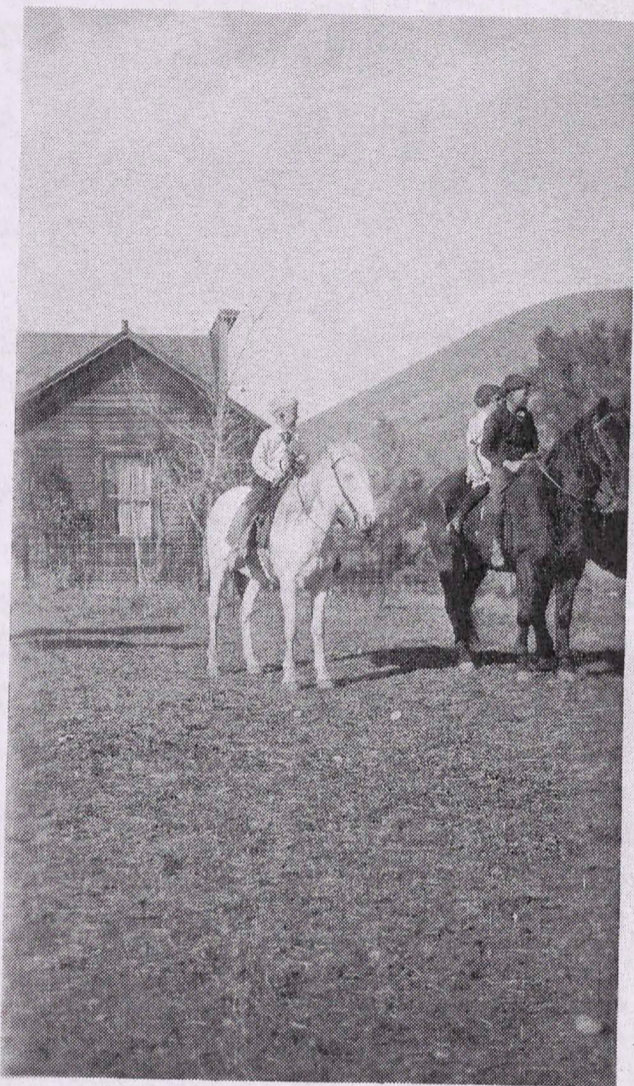
Two Club Girls Who Went To Reno.



Where summer or winter the girls enjoy their work for here is one who is sewing under the trees and enjoying it.



The Lee sewing Club works at the same time as the adult club and have accomplished some very good work. These girls took several prizes at the County Fair, for flower making, under garments and dresses. This club sent two girls, one hot lunch and one sewing, to the State encampment.



This is the way they come to club, two or three on one horse.

The Junior Garden Club has made a fine start. This picture is the one who had the best garden and record and was rewarded by a trip to the club camp at Reno.



A happy bunch went to the State Junior encampment in Reno. Ten girls enjoyed the trip, two going by auto and the others on the train. Our girls won first prize for keeping their tent the best.



Elko County Juniors in Reno.

## V. OUTLOOK AND RECOMMENDATIONS.

The major projects as proposed for 1924 are:

### NUTRITION.

1. Health-weight classes.
2. Balanced meals
3. Nursing classes
4. Hot lunches
5. Gardens

### RECREATION.

1. Libraries in community centers.
2. Get together meetings.
3. Parties and money making schemes.
4. Current information.

### HOME INTEREST.

1. Home convenience
  - a. Water in the house.
  - b. Electricity in the house.
  - c. Convenient appliances.
  - d. Remodeling or renovating rooms or house.
2. Home Beautifying.
  - a. Lawns.
  - b. Flower gardens.
  - c. Painting of buildings.
3. Clothing
  - a. Wardrobe.
  - b. Handiwork.
  - c. Women's exchange.

The women, as never before are interested in the "keep growing" problem of the child and we need all of the help we can receive on this. The women appreciate the assistance given by the Assistant Director, Miss Stilwell.

## SUMMARY

Elko County Extension Service.  
 Nine organized Homemakers' Clubs. Women travel from five to  
 twenty ~~two~~ miles to meetings.

1. Gardens.
  - a. 13 women have garden valued at \$1098.10
  - b. 9 girls have garden valued at 128.53.
  
2. Rural Engineering.
  - a. 2 homes put in lighting plants.
  - b. 2 homes put in water.
  - c. 1 home put in furnace
  
3. Foods and Nutrition. Work in this cannot be valued in  
 dollars and cents. It is too valuable to be even estimated.
  - a. Adult, fruits and vegetables, jellies preserved  
 valued at \$3407.04
  - b. Junior canning valued at 160.00
  - c. Hot lunch in one school.
  - e. Height-Weight.
    1. Regular-children weighed and measured by  
 Extension Agent 185
    2. Miscellaneous children weighed and measured  
 by Extension Agent 81
    3. State Public Health cooperating 896
    4. Club women reducing sensibly 12
  
4. Clothing and Millinery.
 

Saving on selection of clothing	\$210.00
Construction of garments	226.00
Renovation of garments	123.-
Making of hats	265.00
Handwork , vs. buying	189.00
132 dresses	1320.00
125 wax articles	62.50
Flowers	50.00
9 sweaters	45.00
33 pieces tied and dyed	35.00
8 pieces Batik	28.00
Lampshades	29.00
125 Christmas Gifts	135.00
Total Value of work in this project	\$2717, 00
  
5. Home Nursing.
  - a. A good course of lessons being taught and appreciated.
  - b. corrective work advised, tonsil clinic, 27, adenoids, 16  
 children having teeth cared for, 33.

6. Sanitation.  
14 homes screened or improved for fly protection.
7. Home Equipment.  
64 homes purchasing new equipment:
  - 6 hand washing machines,
  - 7 power washing machines,
  - 3 fireless cookers,
  - 1 hand sweeper,
  - 5 power vacuum cleaners,
  - 3 vacuum freezers,
  - 4 electric irons,
  - 6 kitchen cabinets.
  - 2 wheel grays
  - 20 dishwashers.
  - 12 mops
  - 8 dilvers.
8. Homes refurnished.
  - 1 stone house built.
  - 2 better kitchen arrangements.
  - 2 better routing of work
  - 12 decorating or refurnishing.
- 9 1 community hall secured.
10. Junior Girls reporting 14,222 hours of house work done this year.
11. 1 very successful womens exhibit at Fair.