

UNIVERSITY OF NEVADA 20

Agricultural Extension Division

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DIRECTOR

Annual Report of Agricultural Extension Work

(Project 2 B)

Extension Work in Home Economics

for

1937

By

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for

Home Economics

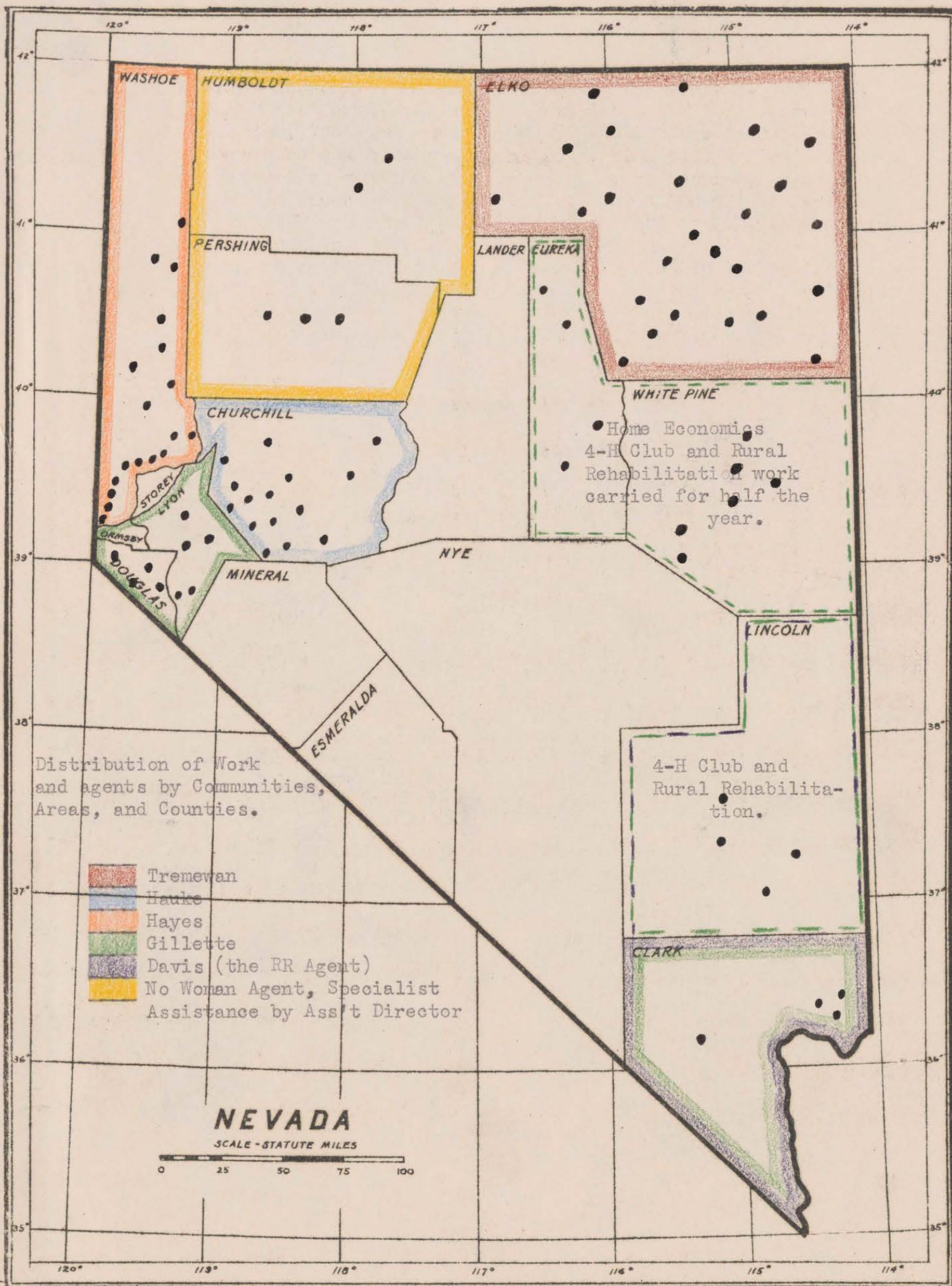
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DISTRIBUTION OF EXTENSION WORK BY COUNTIES 1937

COUNTIES	Total Projects	Nutrition, Health & Sanitation	Child Care Parent Education	Home Management	Home Improvement	Home Grounds Improvement	Clothing	Recreation	Relief	Farm Security	Community and County Organization	4-H Club Work	Rural Youth	No. Community and Rural Areas
Churchill	18	3	2	1	1	1	1	1	1	11	1	4	1	15
Washoe	17	3	2	1	1	1	1	1	1	1	1	3	1	23
Elko	22	3	2	1	3	2	1	1	1	1	2	4	1	32
Humboldt	3	1	1									1		2
Pershing	2									1		1		3
Lyon	11	3	1	1			1			1	1	2	1	6
Douglas	11	3	1	1	1	1				1	1	2		3
Ormsby	4	1	1									2		2
Eureka	3	1		1							1			4
White Pine	8	2		1						1	1	2	1	6
Lincoln	2									1		1		3
Clark	14	3	1	1					1	3		4		6
TOTALS	115	23	11	8	6	5	4	3	4	21	8	26	5	105



UNIVERSITY OF NEVADA
 AGRICULTURAL EXTENSION SERVICE
 and
 U. S. DEPARTMENT OF AGRICULTURE COOPERATING

NAME OF PROJECT - II-B Extension Work in Home Economics, by Means of
 County and District Extension Agents.

1. Home Economics Extension Work (Women agents)
2. Home Economics 4-H Club Work (Women agents)

Leader - Mary Stilwell Buol, Assistant Director for Home Economics

Progress Report for the Year November 1, 1936 to November 1, 1937

I. FACTORS AFFECTING CONDUCT OF EXTENSION WORK:

A. Economic Conditions:

Economic conditions in Nevada have been quite good during this year, which of course, has had a direct affect upon farm family living and upon extension results.

1. Climatic Conditions: There was a good supply of water in the irrigated sections of the state, and a fairly good supply in the range sections. This meant excellent food production in irrigated sections and fairly good results in the range areas. Larger and more adequate food production, better crops, caused increase in farm and ranch incomes. The summer of 1937 proved an unusually good growing season, there being no killing frost until late in October. This decidedly increased the amount of home produced food, which in turn freed cash for other purposes.
2. Mining Conditions: Mining conditions have continued quite prosperous, although there was some adverse trend toward the end of this year. This high level of mining production has improved employment conditions and created active markets for farm and ranch produce.
3. Tourist Trade: Tourist trade continues to increase and is a growing element in the prosperity of this state. A number of new dude ranches have been established this year in both Washoe and Elko Counties. While this is taking some of the farms and ranches out of agricultural production, on the other hand it is increasing opportunities for employment for some of the young people in these counties, and also provides a better local market. A number of ranch families are going into the dude ranch business as a side-line and are adding considerable to the family income in this way.

4. Relief Agencies: The various governmental agencies for relief and recovery continued to expend considerable sums within this state.

The most direct effect of PWA and WPA employment was the stimulation of urban incomes which had a decided effect on markets for farm and range products.

There was a decided decrease in the number of rural families on direct and work relief due to the improvement in agriculture, increased opportunities for employment in other fields, and the effective work of the Rural Rehabilitation Division of the Farm Security Administration.

Farm Security Administration: Rural Rehabilitation continued to give excellent assistance to about 10% of the farm families in the state, largely those with small land holdings. As a whole, these families have succeeded remarkably well this year, greatly improving the stability of their situation as well as holding a high record in the repayment and prepayment of loans.

Soil Conservation: Soil conservation played only a small part in the economic picture in this state, as there were comparatively few who could qualify under this year's regulations. However, we look for a decided increase next year.

5. Repayment of Funds by Closed Banks: Several of our closed banks have continued the repayment of funds which impounded five years ago. In some cases this has been a direct help to rural families and with many an indirect help. Most of these accounts are tied up in connection with loans; therefore when repayments are made, the money is turned in to reduce indebtedness. However, this is some encouragement to the family morale, and a decided assistance in stabilizing financial condition.

B. Emergency Recovery Assistance:

Continuing our previous policy the women extension agents and the assistant director for Extension home economics have devoted a considerable amount of time to cooperation with and assistance to the various phases of relief and recovery work. About one fourth of agents' and assistant director's time has been spent in this cooperation.

1. PWA Women's and Professional Projects, (such as, sewing projects, visiting housekeepers, school lunches, nursery schools, and recreation). Technical advice, subject matter, personnel selection and training assistance has been given.

2. The Social Security Maternal and Child Health Nursing Service; (through the Keep Growing demonstrations, and preschool clinics). Assistance has also been given through having local leaders of these projects act as local leaders and contact agents for this new service. The assistant director also acts as a member of the state advisory board for this organization.
3. Farm Security Administration: The home demonstration agents have acted as home management supervisors and the assistant director as home management state supervisor for Rural Rehabilitation. This work has taken more than the equivalent of one agent's time, in return for which the Farm Security Administration has paid the salary of one agent and a proportionate share of the traveling expenses of all agents.
4. Federal Credit Administration: Cooperation has been given the Farm Credit Administration through discussion groups carried on in homemakers clubs, farm center meetings and with other cooperating groups. We believe this has had a considerable influence in awakening interest and cooperation. On the other hand it has certainly been of decided help to the home management project through stimulation of interest in farm family planning regarding financial problems.
5. Social Security: Cooperation has been given the local agents of the Child Welfare Division of the Social Security Administration through furnishing basic standards for family budgets, and through acting as contact agent between rural families and representatives of this new agency.
6. Surplus Commodities Division, Red Cross, the Social Security program of the Latter Day Saints' Church: Assistance has been given these agencies through the agents and assistant director serving on advisory boards, furnishing technical information, and acting as contact agents.

C. Changes in Personnel:

One agent resigned from the staff the first of March, and a new agent was secured. This new agent is a graduate of the University of Nevada, with home economics teaching experience, practical experience in maintaining her own home, and as the mother of two small children. This new agent started work in April, 1937, and being unused to both extension and rehabilitation work, has required intensive supervision and training. However, the results in both extension and rural rehabilitation secured through this agent have amply repaid the time and effort involved.

We are glad to be able to report that this is the only change in personnel that has been made this year. We were threatened with another resignation due to the severe over-work of one of the district agents, and also to the fact that she was asked to consider extension positions in other areas. Fortunately, she finally decided to stay here in Nevada.

D. Re-distribution of Territory:

Due to the reduced funds, the desire to contact a greater proportion of the rural population, and increased demand for home economics extension work in the western part of the state, it became necessary in March of this year to re-distribute territory and transfer one agent. Miss Hellen Gillette, who had been working in the southern and eastern sections of the state, (White Pine, Eureka, Lincoln and Clark Counties, with headquarters at Las Vegas), was transferred to the newly established western district, (Lyon, Douglas and Ormsby Counties, with headquarters at the university in Reno).

The new agent, (whose salary is paid from Farm Security funds), was stationed in the southern district with headquarters at Las Vegas. About five-sixths of the work in this district has been done in Clark County, with a small amount of rural rehabilitation and 4-H Club work in Lincoln County.

This re-distribution of territory among the two district agents has left five counties without home demonstration assistance since May. A small amount of work was continued up to June to complete the Keep Growing demonstrations and assist with 4-H Club work. However, beginning with this fall no work has been done in four of these counties because of lack of personnel and the heavy schedule of the assistant director.

It was difficult to make this decision to abandon adult home demonstration work in these five counties, but it was absolutely necessary to do so because the former districts were too large to produce effective results. Agents' health and efficiency were being seriously undermined and the traveling expenses involved were too great for the small population involved. As far as possible, the assistant director has and will continue to give help in 4-H Club work, but it seems absolutely necessary that most adult projects be abandoned until more funds and increased personnel can be obtained. That the decision was wise has already been proven by the improved quality of work that has been obtained with the two district agents since this reorganization was made. However, the abandoned counties continue to worry us and we sincerely hope that in some way funds for two additional agents can be secured.

E. General Program Features Receiving Emphasis:

The major program factors receiving emphasis during this year have been:

1. Safeguarding health through the maintenance of adequate family nutrition, through the Live-at-Home campaign, Keep Growing demonstrations, food budgeting and other phases of the nutrition project.
2. Conservation of cash in order to pay off the indebtedness accumulated during drought and depression, through the Live-at-Home campaign and through family cooperation in solving financial problems.
3. The maintenance of morale through stabilized, wholesome home and community environment. Home and community recreation have both contributed to this goal.
4. The development of opportunities for rural youth through 4-H Club projects and work with older youth groups.

The major projects receiving emphasis this year were:

1. Live-at-Home campaign, (including food production and preservation).
2. Family Food Selection and Preparation to safeguard health and conserve cash.
3. Keep Growing community demonstration in school child nutrition.
4. Good Growth and Development demonstrations and roundups, (with pre-school children and parents).
5. Home Management, (emphasizing planned spending, home accounts, and consumer education).

The minor projects have been:

1. Clothing, (with emphasis upon clothing budgets and accounts, quality selection, clothing construction and care).
2. Home and Yard Improvement, (with the aim of creating a more satisfactory environment with little cash expenditure).
3. Home and Community Recreation, (to provide a wholesome emotional outlet within both the family and the community, and to develop a cooperative attitude between the generations).

4. Health and Sanitation in cooperation with the State Board of Health's Maternal and Child Health and Sanitation Divisions.

II. General Supervisory Problems:

The principal supervisory problems that received attention this year were:

1. A more efficient use of reduced funds and limited personnel in the event that it was impossible to secure additional funds and personnel: As it was impossible to increase funds and staff, it became necessary during this year to reorganize the distribution of agents and territory in order to:
 - a. Conserve funds through reduction of travel expense.
 - b. Reduce the serious over-load of work for the two district agents which was seriously endangering both the stability of the work, the health of the agents and therefore their tenure of office.
 - c. Reach a larger proportion of the rural population with the funds at our disposal: This was made possible by concentrating work in areas of the state having the greatest density of rural population, where roads are better and more frequent contacts can be made.

This re-adjustment meant the shifting of one district agent from the southeastern district to a new western district comprised of Lyon, Douglas and Ormsby Counties, which were previously part of the western district. Also a much reduced southern district was established including only Clark and Lincoln Counties.

As previously stated this leaves White Pine, Eureka, Lander, Humboldt and Pershing Counties without home demonstration agent service. The assistant director will endeavor to give a small amount of service to these counties where the agricultural agents are willing to assume the organization responsibility. This seems to be the only solution to the problem until sufficient funds are available to secure two more home demonstration agents. This redistricting of home demonstration area and personnel has made it a rather confused year for these sections of the state, but the improved quality of work has, we believe, completely justified the reorganization. The above problem was further complicated by the resignation of the new agent taken on last year and the necessity of training another agent to take her place.

2. Render Assistance in program determination in order to safeguard the long-time extension goals and also to allow time for the emergency services now delegated to the home economics extension staff: This was done through consolidation of some projects and the laying aside of some of the less essential objectives. This has freed time to agents so they could act as home management supervisors for Rural Rehabilitation and also cooperate with the various relief agencies.
3. Expand interest and effort to include recently developed problems such as Farm Credit, Farm Security, Soil Conservation, Maternal and Child Health Service and other definite efforts to stabilize and improve rural standards of living: This was done through conferences with agents and leaders. An encouraging beginning was made on this broadening of the extension program. Excellent cooperation and assistance was received from the Federal Credit Administration, Soil Conservation Administration, Farm Security Administration, and Maternal and Child Health Division of the Social Security Administration. On the other hand, fully one-fourth of extension time was devoted to cooperation with these agencies.
4. Continued cooperation with the Rural Rehabilitation Division of the Farm Security Administration: This has been done. One fifth of total agents' time, plus about one fourth of the assistant director's time, has been spent upon this work. We believe encouraging results have been secured not only from the Rural Resettlement, but from the extension standpoint. A high percentage of rehabilitation clients are up-to-date or ahead of time in repayment of their loans. Family situations and standards of living are definitely improving. Also the extension service has contacted a number of families which otherwise would not have been reached, and these are being gradually assimilated into extension and community groups of which they were not usually members.
5. Encourage community organizations, project groups, and leaders to assume an increasing proportion of responsibility in order to free agents' and supervisory time for the emergency work such as Rural Rehabilitation. Excellent cooperation has been secured with this problem.
6. Reorganize extension technique in order that agents may do effective work with the very limited stenographic assistance at present available. Some progress has been made in ^{this} difficult problem through simplification of reports, reduction in the number of individual and circular letters, and the simplification of project records. We are not happy over the project handicaps

that this reduction of stenographic assistance involves. We believe it has in several instances, weakened the quality of the work, particularly in the sparsely populated areas and where the roads are blocked in winter. However, it has been a matter of frankly facing existing conditions because the amount of stenographic help has had to be curtailed in order to handle various emergency work, such as, Soil Conservation and Rural Rehabilitation. Our effort has been to make the adjustment as easily and in as friendly a spirit as possible, but there is still much to be done to solve this problem.

7. Revise 4-H Club subject matter material and strengthen 4-H leadership: Because of lack of time no revision of 4-H Club subject matter material has been possible. 4-H leadership has definitely been strengthened through leaders' conferences and councils, and increased use of assistant leadership drawn from the rural youth of the communities who have had previous 4-H Club experience.
8. Revise the Keep Growing nutrition and health project and make adjustments to include the new Maternal and Child Health Nursing Service of the Social Security Administration: Friendly cooperative relationships have been established and committee work is under way preparatory to an inter-department agreement and plan of work.
9. Experiment with young adult groups between the ages of 18 and 25 years: Experimental work has continued in Churchill, Washoe and Elko Counties, with fairly encouraging results. More time, however, needs to be devoted to this work.
10. Give technical advisory assistance to county and state relief agencies, such as, WPA Women's and Professional Projects, Surplus Commodities, National Youth Administration and the Maternal and Child Health and Child Welfare Divisions of the Social Security Administration. This has been done through the assistant director acting in an advisory capacity, supplying technical information and subject matter, helping secure and train personnel, and securing field cooperation from extension agents.

III. SUPERVISORY PROBLEMS, METHODS AND ACCOMPLISHMENTS:

A. Relationships and Conditions Within Counties:

1. County and Community Organization:

- a. **Work Load and Area Distribution:** The extension service and Farm Bureau state and county committees have continued working cooperatively on the problem of adjusting agents' heavy work load and extending influence over as large a part of each county as possible. In many cases this has meant a reduction in the amount of work carried in each locality, so as to free time for reaching new areas.
- b. **Departmental Responsibility:** The departmental organization of home economics extension work, established three years ago, continues to grow slowly but steadily in effectiveness. In most counties there are two home economics departments; one for nutrition and the other called "Home and Community" which covers all other phases. The county chairman of each division acts as a member of the county advisory board and she and her committee helps determine programs of work, and assists in securing and developing leadership. It certainly would have been impossible for extension agents to carry on the vastly increased program of work that resulted from the new responsibilities in regard to Rural Resettlement, etc., if it had not been for the excellent cooperation secured through these county departments.
- c. **Community Organization:** Because of the heavy programs that the agricultural agents and assistant agents have to carry in regard to Soil Conservation, Taylor Grazing Districts, etc., more and more responsibility in regard to the community organization work has been placed upon the shoulders of the women agents and the women members of county and community committees and boards. Both the agents and local women have responded valiantly to this increased responsibility. Our only fear now is that they are doing such a good job that the men seem inclined to let them keep on doing it. We do not believe that this is a wholesome thing to continue permanently; therefore, we are doing our best to arouse a feeling that masculine responsibility and initiative are indispensable, which we believe to be a fact.
- d. **Organization in Home Demonstration Counties:** In the three counties having county home demonstration agents, both county and community organization has definitely strengthened during this year, in both community center and homemakers club work. There has also been a continued growth of extension

influence with other groups, such as the Parent-Teachers Association, Federated Clubs, Service Clubs, church organizations, etc. This is a decided help in reaching a larger proportion of the population.

- e. **Organization in Districts:** In the two reorganized districts the handicap of a new agent totally untrained in extension work, and another agent unacquainted with her new district has retarded progress. This always happens when an agent is new either to the work or the territory. However, an encouraging beginning has been made in each district; in fact, better results than we expected. We have found that the slow patient work the first year that an agent is in a district prepares the ground for future work that is both substantial in quality and adequate in volume. Therefore, in these two districts this year has been a time of patient preliminary work in getting to know the people and local conditions.

- f. **Organization in Counties Without Home Demonstration Agent Service:** In the counties now without home demonstration agent assistance there continues to be a strong evidence of the need for such assistance. The northeastern counties, (from which the home demonstration agent was withdrawn in March), are now quite alarmed regarding the weakening of their county and community organizations, and both men and women are pleading for home demonstration agent assistance. We only wish there were funds to secure this for them, but on our present budget it seems to be utterly impossible. Everything possible is being done for them within our present limitations. Outstanding assistance is being given by the executive secretary of the State Farm Bureau, Mrs. Florence Bovett, who has an unusual amount of organization ability. The assistant director has and will continue to give all the assistance possible within the limits of her time and physical strength. However, organization without a definite program of work and good follow-up is proving to be unstable, despite the best efforts of all concerned. The great isolation of the population in these counties complicates the problem and we don't know how the situation can be remedied without additional funds. The two counties on the western side of the state are in much better condition because they are not so isolated and the population is a little more concentrated.

2. Methods of Creating Favorable Sentiment Toward Extension Work:

- a. **Newspaper Publicity:** This year home demonstration work in Nevada has had to depend more upon spontaneous public opinion to create favorable sentiment in its behalf, be-

cause so much of our state news service has had to be given to emergency problems, such as, Soil Conservation, Taylor Grazing Districts, etc. However, we have found no diminution in public support and what newspaper publicity we have had has received its usual wide adoption.

We have always felt that programs of work suited to local conditions, persistent and effective follow-up work, training and encouragement for organized groups, and wholehearted cooperation between the rural and urban population and the extension service are the best basis upon which favorable sentiment can be established and maintained. Therefore, we don't believe that this year's lack of newspaper publicity has done any harm; but of course, this omission will have to be remedied during the coming year if possible.

Local newspaper stories, prepared by the agents and leaders, have, in most areas, maintained their standards in both quality and quantity due to the efforts of the agents involved. We are greatly encouraged over the initiative shown by the women agents in this respect.

- b. Reports of Leaders: Project leaders continue to give verbal reports regarding the home demonstration program at community, county, and district meetings. More effort has been made this year to have such leaders give similar reports before urban groups. We believe this is useful in increasing urban cooperation and support.
- c. Mimeographed Reports: Much favorable publicity continues to be secured through the annual Keep Growing report, which is circulated to county and community Farm Bureau boards, county commissioners, sponsoring organizations, members of the Legislature, etc. We need similar reports for other projects, but lack of stenographic assistance is the limiting factor.
- d. Achievement Days: Community and county Achievement days continued to be outstanding features and are creating increased interest not only in rural areas but in the county-seats, where a majority of such Achievement days are held. They have now reached the point where newspaper publicity regarding these events is spontaneous, rather than solicited.
- e. 4-H Club Publicity: 4-H Club work has continued to gain in strength as regards publicity. This year increased cooperative support has been given by Service Clubs, Federated Clubs, Parent-Teachers Associations, etc., in regard to prizes, scholarships to club camp, etc., due to skillful agent contacts and programs presented by leaders and 4-H Club members.

3. Obtaining County Appropriations for Extension Work: Nevada's policy has always been to consider this an executive problem, handled entirely by the extension director.

B. Personnel Problems:

1. Selection and Employment of Agents: A new agent, Mrs. Florence Shedd Davis, was secured in April. As this agent was hired by the Farm Security Administration, many factors had to be considered. If possible, a Nevada person was desired; also it was much preferred that she be someone on, or eligible to relief. The Extension Service, was, of course, much interested in her home economics training, professional experience and personality. We were fortunate in getting someone who fairly adequately meets all these requirements. Mrs. Davis is a graduate of the University of Nevada, has had two years home economics teaching experience, then married and is now responsible for the support of her two tiny children. For the past two years she had been working for the WPA, (having charge of one of their nursery schools), and at the same time taking some courses here at the University of Nevada leading toward her Master's Degree. This young woman, (28 years of age), has proved to be an excellent choice, although entirely new to both Extension and Rural Rehabilitation work. Her professional training, and experience, and the fact that she has lived through all the problems involved in supporting her family on the limited income given to WPA professional workers has given her an unusually breadth of understanding and decided ability in handling practical problems. She makes friends easily, has ability in analysing local conditions, and is an indefatigable worker.

During the first months of her employment, she left her children with her mother and sister, but since then has secured a tiny house, a good rural woman to act as housekeeper, and now has her two little children with her. Her ability to organize her domestic and professional life is really quite outstanding and the fact that she is able to do so has given her an added prestige among the people of her district.

2. Training of Personnel: Effort has been continued this year to get the women extension agents back on the more normal program of work and personal living. The consolidation of some projects and the deferring of others has been continued with encouraging results. Also, an effort has been made to reduce the program of work carried in each area or community. We believe this reorganization of the extension program has helped the agents to carry the added work that has been placed upon their shoulders due to Rural Rehabilitation responsibility.

The new agent has of course required detail training and has responded very well to this instruction.

The agent transferred from the eastern district to the western district is an unusually well trained extension worker. Therefore she has required little assistance in organizing her new territory. This has been fortunate because of the many demands made upon the assistant director's time. In fact, this agent not only has worked in seven counties during this year, and organized this new three-county district, but carried on a considerable proportion of the assistant director's office work during her two months' absence due to an accident.

The assistant director has continued the effort to interest agents in the study of organization problems, and encouraging results have been developed during this year, after a rather slow preliminary period during the preceding two years. We believe both agents and leaders are becoming increasingly able to think in terms of long time organization objectives.

Professional study has been stimulated by the sending out of books, periodicals, reviews, magazines, as "round robins" to the agents.

No progress has been made with the problem of leave of absence for advanced study. This is badly needed and greatly desired; but as no funds are available the problem seems incapable of solution. Practically all of Nevada's home demonstration agents have home responsibilities which makes it impossible for them to save enough money to take a leave of absence without pay. There is no doubt that both professional standards of work and the personal lives of these agents suffer from this lack of the usual sabbatical leave. However there seems to be nothing that we can do about it at present.

3. Subject Matter Assistance: Not as much progress as usual was made in the matter of subject matter assistance. Each agent has continued to act as a specialist along some line and has prepared a certain amount of mimeograph material. No new bulletins were printed during this year due to lack of time to prepare them, and this in turn was due to the added responsibility concerned with the Rural Rehabilitation work. We deeply regret that no new subject matter bulletins could be prepared; however, considerable mimeograph material was prepared. As long as the agents are handling both Extension and Rural Rehabilitation we doubt if there will ever be time to do justice to subject matter specialists' work.
4. Office and Field Equipment: There has been little or no change in regard to office and field equipment other than small additions to canning equipment.

The agent in the new western district now has her office at the state extension office, as this is the most central point and we can, with effort, supply a small amount of stenographic help. Sufficient office equipment was already here so no new investment was made, aside from a filing case.

5. Stenographic Assistance: Lack of stenographic assistance for home demonstration agents continues to be a great handicap. Reduced funds and the increased demands of the emergency programs, (particularly Soil Conservation, Taylor Grazing and Rural Rehabilitation), have made it imperative to reduce stenographic assistance for home demonstration work, and there seems no possibility of improving the situation in the near future.

C. Assistance in Determining Extension Program:

In compliance with the usual Nevada procedure, extension programs of work are the results of conferences between leaders, community and county committees, extension agents, and the assistant director. The procedure moves from the community to the county and then to the state, and at each stage "wants" are checked against the long-time program of work and the present situation as regards emergency demands, funds and personnel available. Then conflicts are adjusted as well as possible.

The assistant director's function is largely one of stimulating an analysis of local and county conditions, and in the districts compromising conflicts and excessive demands to harmonize with our very limited personnel and funds. This has been a particularly difficult year because during this year we were forced to realize that our two districts were entirely too large for effective results, agents' strength and travel funds. Therefore these districts have had to be reorganized, and programs of work much restricted in the counties left without home demonstration assistance. Of course, there was considerable disappointment on the part of these counties now left without home demonstration agent help, and an increasing anxiety as to what the future will hold not only in home economics extension work but as regards community and county organization. We expect the problem to be very seriously considered at the next annual meeting of the Farm Bureau. However, until additional funds can be secured for the salary and travel of two more women agents, we know of no other solution for this problem. We still feel that it is sound judgment to use our limited funds to reach the largest possible proportion of the rural inhabitants with the least travel expense. Also we are quite certain that the ultimate stability of the work demands that these districts be limited to an area which

can be covered by an agent and still maintain her health and mental poise. Also from the view point of the people themselves, it is useless to attempt to have the agent cover more territory than she can service effectively enough to produce permanent results.

D. Assistance in Planning and Carrying Out Work:

1. Guidance in both the planning and carrying out of plans is given through field trips and conferences with leaders, committees and agents, also by correspondence with committees and agents. This year less time was given to this phase of supervision in counties having home demonstration agents, due to the problems involved in the reorganization of the two districts. As previously stated a new agent or a new territory always necessitates readjustment of programs. The readjustment this year seems to have been made with a minimum of disturbance and we feel that these two districts are now on a much more stable basis than they have been for several years.
2. The fact that the assistant director has acted as state supervisor of the home management phases of Rural Rehabilitation and also done the field work for this organization in counties without home demonstration work decidedly reduced the time available for extension supervision. It was a fortunate thing under these circumstances that four out of five of Nevada's home demonstration agents have been with us for a number of years and are unusually capable. This made possible a concentration of supervision into a shorter space of time and freed this time for Rural Rehabilitation and the training of the new extension agent.
3. Each agent (excepting the new agent taken on this year) has been acting as a part-time specialist and has prepared subject matter guidance for the other agents along her specialist line. Lack of funds still makes it impossible to provide for specialist trips to the various areas of the state as was the custom until our drastic cut in extension funds. This lack of specialists' trips is a real handicap to the quality of work and the volume of results. This personal contact with the specialists' service is urgently needed by both agents and leaders in a sparsely populated area such as Nevada. It does more to awaken interest, help agents and leaders to analyze their local situation, and arouse enthusiasm to produce results than any other extension procedure with which we are familiar. We deeply regret that funds are not available for such specialists' trips and only hope that the time may come when they can again be established.

4. Major Projects Emphasized: As previously mentioned in this report the major projects emphasized this year were:
 - a. The Live-at-Home Campaign, (including food production and preservation.
 - b. Family Food Selection and Preparation.
 - c. Keep Growing community demonstrations in school child nutrition.
 - d. Good Growth and Development home demonstration and roundups with pre-school children and parents, supplemented by discussion groups before Homemakers Clubs and Parent-Teachers Associations.
 - e. Home Management, emphasizing family councils for planned spending, home accounts, and consumer education.

The minor projects have been; clothing, home and yard improvement, home and community recreation, and health and sanitation, (in cooperation with the State Board of Health's Maternal and Child Health and Sanitation Divisions).

5. Effort has been continued in the problem of reaching a larger proportion of both the rural and small town populations.
 - a. In the three counties having county home demonstration agents excellent progress has been made with this problem. In Elko County 32 out of 37 communities and areas have been reached this year. This included all rural areas; all but one Southern Pacific Railroad community, one Nevada Northern Railroad community, 10 out of 12 of the Western Pacific Railroad communities, and 2 out of 4 of the Oregon Short Line communities. (There is a duplication as between railroad communities, therefore this leaves five communities not reached.)
 - b. In Churchill County all communities and areas are now being reached, a total of 15.
 - c. In Washoe County all 18 communities and areas are now carrying on one or more phases of extension work. This year considerable progress has been made in reaching the Italian group in this county, a new homemakers club having been organized in the North Truckee-Glendale region. The type of leaders from this area who came in as delegates to the annual meeting in this county, and the interest and breadth of view that they showed makes us feel that the problem of making contacts

with this hitherto isolated group is really being solved. This is a problem upon which we have been working for many years.

- d. In the two reorganized districts, the effort to reach a larger proportion of the population is also showing encouraging results. Twenty-nine out of a possible 31 communities and areas are now carrying on extension work. Now that the agents have more time to devote to smaller areas more frequent contacts are possible, local problems are receiving the intensive analysis that they deserve, and leadership development is already showing encouraging response. Of course, in these two new districts much work is still to be done; but we are confident that we are moving in the right direction.

In the five agricultural counties which are now left without adult extension work there are twenty-seven communities and areas that should be carrying on work if funds and personnel were available. Some of these were serviced during the first half of this year, but in the future only 4-H Club work will be carried on in these counties until additional funds are secured.

- e. In urban communities in home demonstration areas a definite effort has been expended to contact the already established groups, such as, the Federated Clubs, Parent Teachers Associations, and church organizations. Here work is concentrated on giving guidance in the study of local situations, the supplying of subject matter for the use of leaders, and occasional method demonstrations by the agents.
6. Choice of Means: Study in regard to choice of extension methods has continued to receive the serious consideration of leaders, agents and assistant director. The very serious enlargement of demands for assistance due to the emergency work, (especially Rural Rehabilitation), has made this a vital problem in which all have been interested. We are particularly pleased at the sense of responsibility shown by committees and leaders in regard to the effective use of agents' time. We also appreciate the earnest efforts of the agents in objectively studying their extension technique with a view to improving methods, conserving time, and pursuing the long-time objective of reaching a larger proportion of the population.

We are all coming more and more to the conclusion that repeated attacks on major problems and objectives through giving a smaller amount of subject matter at a series of meetings ultimately produces

better results than are obtained by concentrating effort in one or more complete meetings during the year. Under this plan of repeated emphasis, local leaders, who have carefully prepared themselves under agent guidance, present one principal thought or subject at several meetings during the year to be studied and carried out by the group membership. This presentation may take the form of reading an especially prepared report on some special phase of a project, presenting a short demonstration, or preparing an exhibit with a brief discussion of its local application.

7. Use of Local Leaders: Local leadership continues to slowly but steadily develop greater effectiveness throughout the state. This year 389 local leaders devoted 2104½ days of time to leadership in adult projects. As compared to 1936 this is a 3% decrease in the number of local leaders, but a 40% increase in the time which these leaders spent.

The quality of leadership also continues to slowly but steadily improve. More initiative is shown, a higher quality of technical work is being developed, and real pride in leadership ability is manifest. This improvement in leadership we believe to be due to three factors: personal contact and advice given by the agents to the leaders, more skillful organization of projects with special responsibility and definite goals assigned to the leaders, and community, county, and state publicity and praise carefully planned and systematically carried out.

8. Methods of Evaluating and Checking Results: Results continue to be evaluated in Nevada in terms of families adopting specific practices as compared to the amount of time agents have devoted to the project. In the three counties having county home demonstration agents we feel that this is a just basis upon which to judge extension accomplishments, and often surprising results are obtained.

In a newly established district, or a district having a new agent, this is not a just basis of judgment, as is demonstrated in this year's reports from the two district agents. The agent who is now in the reorganized western district has this year worked in seven counties. Her transfer took place in the late spring so that she has only had a little over a half year in the new area. Besides this, she has carried the heaviest load in Rural Rehabilitation, acted as home management part-time specialist, and on top of all this has substituted for the assistant director, (as far as office work was concerned), during the two months that the latter was confined to bed because of an accident. Of course, with this greatly disturbed program and all the additional responsibility it would be unjust to expect the fine results in adopted practices this agent has usually secured.

The new agent, who took over the southern district in April, should also be exempt from this standard of accomplishment because she is new to extension work, new to her territory, and has not only had to carry on a very heavy load in the home management phase of Rural Rehabilitation, but after the withdrawal of the agricultural supervisor of Rural Rehabilitation in her district has had to assume a large share of the responsibility in collecting loans, etc. Despite the fact that there has not been a large adoption of practices in this district we feel that this agent has been unusually successful in getting to know local conditions, starting an analysis of major problems, and becoming personally acquainted with a large proportion of the rural population in her area. No more than this could be expected of a new agent in this length of time.

IV. PROJECT ACTIVITIES AND RESULTS:

A. Project Organization:

This year the usual Nevada plan of project organization has been carried out. At the beginning of the year project plans were drawn up in each county giving the scope of the work, project goals, and the extension methods to be used. At the end of the year progress reports were handed in giving the results of the year as contrast with goals, supplemented with such information as time spent by agents, by leaders, the type of extension methods that were successful. This is followed by illustrations of the conditions in the county and the particular problems encountered.

Despite the fact that the time of only four home demonstration agents instead of five was devoted to the home economics extension work during this year, we believe that real progress has been made. The quality of the work has decidedly improved, and 75% of the total goals of the state were reached this year as compared to 70% last year. We believe that this is a commendable improvement, particularly during a year when one agent resigned, a new agent took her place, another agent was transferred from one district to another, and the many problems concerned with Rural Rehabilitation and relief were added to the usual extension load.

The project load was not as large this year as last, there being 115 county projects in 1937 as compared with 137 in 1936. This decrease was due to the discontinuance of work in five counties. There were a total of 474 project goals with a completion of 75% as compared to 498 project goals in 1936 with a completion of 70%.

The number of communities and areas in which extension work was carried on was 96, a reduction of 11% from the number of extension areas reached last year. On the other hand, despite this decrease in total projects, project goals, and extension areas there was a decided increase in the volume of adopted practices secured. The number of rural families adopting practices increased 14.7% and the number of urban families adopting practices increased 16.3%.

We believe that these results vindicate our decision to reduce the area in which home economics extension work is carried on in this state; in order to conserve time and funds, and to enable agents to contact a larger proportion of the population and to contact them more frequently.

The summarization of extension results that follows gives additional evidence that the decrease in area has improved both the quality of work, and quantity of results in most phases of home economics extension work.

RESULTS IN HOME ECONOMICS EXTENSION WORK

	<u>1936</u>	<u>1937</u>	<u>% Change</u>	
No. communities where extension work should be carried on.....	125	103	-11	-17 91
No. communities where extension work was carried on.....	108	96	-19	-11 77
No. rural families adopting practices.....	1461	1676	+21	+15 2040
No. urban families adopting practices.....	1627	1867	-10	+13 1680
No. groups carrying on adult home economics extension.....	143	153	-15	+7 130
No. members in above group.....	3753	3660	-13	-2 3172
✓ No. children in Keep Growing.....	3510	2858	-23	-19 2191
✓ No. children in pre-school work.....	434	521	-50	+20 256
No. women extension agents.....	5	4	+25	-20 5
No. days agents' time spent.....	1478	1165	+25	-21 1458
No. days average per agent.....	295	291 $\frac{1}{2}$	0	-0.1 291.6
No. local leaders in adult work.....	403	398	+35	-3 541
✓ No. days assistance given by local leaders...	1497	2104 $\frac{1}{2}$	-22	+40 1634.5
✓ No. days average per leader.....	5.7	5.3	-43	+43 3.02
✓ No. meetings held by agents.....	1637	1303	+31	-20 1709
✓ No. attendance.....	43248	42994	-23	-0.6 30624
No. meetings held by leaders in adult work...	168	143	+111	-15 302
No. attendance.....	3850	5206	+26	+26 6565
No. training meetings for adult leaders.....	29	31	+22	+6 38.
No. attendance.....	662	288	+213	-57 902
No. homes visited by agents.....	1264	1427	-23	+10 1093

RESULTS IN HOME ECONOMICS EXTENSION WORK (CON'T)

	<u>1936</u>	<u>1937</u>	<u>% Change</u>
No. home visits made.....	2516	3100	+37.23 3209
No. calls at agents' offices.....	1360	1303	+24 - 4 1617
No. phone calls agents' offices.....	1764	1709	+61 - 3 2763
No. individual letters written by agents.....	1316	1703	-14 721 1462
No. circulars by agents.....	373	222	+41 -13 314
No. news articles.....	399	294	+58 -26 465
No. bulletins distributed.....	7909	3605	+71 -55 6194
✓ Per cent of extension goals reached in adult work.	70	75	+7

Excerpts from agents' reports give further details in regard to project organization work in the different districts of the state:

Elko County: "A survey of communities and areas worked in for 1937 shows that 32 out of a possible 37 communities were reached this year. All rural areas were worked in. All but one Southern Pacific Railroad Community were reached. All three Nevada Northern Railroad Communities that are in this county were worked in. Ten out of twelve Western Pacific Railroad communities and two out of four Oregon Short Line Communities were reached. The home demonstration agent worked with a total of seventy four organizations in this county. Forty one organizations are worked with directly through direct teaching and project work. Forty three other organizations are worked with indirectly through all types of incidental cooperation, committee work, personal service, and through holding recreational training classes for leaders delegated by these organizations. These leaders then lead recreational activities in the organizations and communities which appointed them, with periodic consultation and supervision from the home demonstration agent.

"Elko County is situated in the northeastern part of the State of Nevada and covers 17,059 square miles which is more square miles than Maryland and Delaware combined. In Elko County there are 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 2,000 miles per month is the average distance traveled by the agent. In order to cover this large territory and have efficient work, leadership must be carefully trained and organized. In selecting

this leadership women's organizations with whom the agent works are approached and volunteers are asked in the case of 4-H Clubs or in the case of project leaders the club is asked to appoint leaders. If there are a number of leaders on the same project these leaders are organized and trained together. This is done in some communities where there are several 4-H Clubs. If there is only one leader on a project in a community she is trained by personal visits of the agent. Leaders do most of the follow-up work with the agent contacting the leaders to learn if there are any difficulties.

"General organization problems of a community and county-wide nature have been discussed by Farm Bureau Directors. It is their opinion and also that of the agents that the organization of community Farm Bureau Centers and development of community leadership has been neglected. The emergency government projects have taken so much time of men extension agents and available men local leaders, that little time has been left for development of new leaderships. This thought was started last year but as yet the problem is still acute in Elko County. Much work must be done to strengthen the community and county organizations ere they fall to pieces. Because of this and because the men agents have no time to aid in this work the woman agent has taken upon herself the strengthening of community organizations by more definite programs. To make strong community centers there must be both men and women working together. Men will not come out to meetings conducted solely by women. Also, there must be definite planned programs. There must not be fewer than four meetings a year."

Churchill County: "Program planning days were held by County Farm Bureau directors, leaders from the local communities and officers of the homemakers' councils. Local policies of a county-wide nature that would be helpful to a large majority of the people in the county were included in the program of work. Committees were appointed by local chairmen to take charge of the monthly programs and to take care of other matters of a community-wide nature.

"The homemakers' council continued to function again this year. Meetings were held with the home demonstration agent to discuss community problems and to plan a program of work most suitable for the majority of people in the respective districts.

"The 4-H Club council, which consisted of leaders and assistant leaders of the Boys' and Girls' Clubs, met at regular intervals to talk over problems and to plan 4-H Club activities of a county-wide nature, such as club organization and club meetings, project work, 4-H Achievement Day, county and state contests and State 4-H Club Camp, etc. These training meetings gave the extension agents an opportunity to become better acquainted with the leaders and their problems, and a chance to help them in every way possible, in carrying out the 4-H Club program and in

developing local leadership. A "model" Farm Bureau meeting was held at one of the training meetings, at which time the proper order of procedure for conducting meetings was carried out, as well as the making and disposing of motions and transacting other matters of business that would usually come before such a meeting. Planned programs were carried out, including both educational and recreational features."

Washoe County: "The Washoe County Farm Bureau coordinated its leadership membership and program behind a wide range of activities beneficial to all of the county's agriculture. The county farm bureau organization also cooperated to the fullest extent in promoting better agriculture in western Nevada through the meetings of Nevada Farm Bureau Region No. 1, better agriculture in the State by close cooperation with the State Farm Bureau; and, in the nation through the county's support of the American Farm Bureau Federation. There is also close cooperation between the farm bureau organization and the Extension Service through the dove-tailing of the two programs with both organizations working together toward the betterment of all agriculture.

"The county directors hold one regular meeting each month, and as many more as are deemed necessary for the proper functioning of the county organization. They are charged with the duty of carrying out the county program of work and any other activities that provide a service to the members and strengthen the organization. Individually they look after the interest of the farm center or department which they represent and report the board's activities back to their respective community. They manage the membership drive through a county chairman, arrange for and hold a Harvest Ball in support of 4-H Club work, and handle the necessary arrangements for the annual county meeting.

"Community centers are the source of all leadership. Leadership comes from center committeemen by way of the center officers and delegates to the annual county meeting. Community centers are likewise the source of membership and program. There are four organized farm centers in Washoe County working on projects of benefit to their community and supporting the county farm bureau program. Regular monthly meetings are held except during the summer months. The community leaders maintain an active community organization and membership in support of the county farm bureau. They also arrange and execute a community program of work and take part in anything furthering the development of their community. Each community center is represented at the annual county meeting by five delegates chosen as follows: The center chairman, the president and secretary of the homemakers club, and two delegates elected from the membership. These delegates are the community leaders at the county meeting and elect the county board of directors and map the program of work for the coming year.

"Regular monthly meetings have been held with the women of the Verdi community. They have a strong PTA in the community and do not care for another club. Since it is the policy of the extension service to work

with clubs already organized rather than form new ones, the agent meets with the group once a month. The members voted to change the date of their meeting in order that the agent might attend. The women seem to be very much interested in the extension work and the attendance is very good. Nearly all of the women in the community attend the meetings. The women of North Truckee and Glendale, (Italians), have been meeting monthly for the last year. The meetings are small but gradually they are increasing in size. In October officers for the club were elected. This is the first time anyone has succeeded in organizing a club in the community. Many home visits have been made in the two communities to assist in any way possible and to encourage the women to come to meetings. We hope to increase the membership during the coming year."

White Pine County: "White Pine County has a very scattered population, interested primarily in livestock and does not have the community consciousness nor the sense of community organization that can be found in more populated areas. The condition has made organization for extension work somewhat difficult. However, during the year, leaders have accepted the responsibility of carrying on, in a great measure, the Keep Growing nutrition work."

Eureka County: "The county board meets at regular intervals throughout the year, and has built up quite a sense of organized responsibility throughout the county. The population of Eureka County is small, and except for Eureka, Palisade and Beowawe, consists almost entirely of ranch people. Palisade and Beowawe are railroad towns that have very little interest in any rural activity. For purposes of home demonstration work extension groups have been organized in the various valleys in the county, but due to the scattered population, only a few people can be reached in each group."

Clark County: "The annual meeting of the Clark County Farm Bureau was held in Bunkerville in December 1936, with four communities represented, Delegates from the Moapa Valley, the Las Vegas Valley, Bunkerville and Mesquite discussed various problems confronting the agricultural industry in southern Nevada. The agent presented the program of work offered to the homes of the county and Mrs. Herman Tobler, Director, urged greater use of this opportunity be made. Director C. W. Creel and Assistant Director, Mrs. Mary S. Buol represented the extension service and talked with a group regarding the outlook for agriculture and the conditions affecting homes throughout the western states. The following Board of Directors was elected, to serve for the next year: Wallace Jones, Chairman; Max Hafen, Vice-Chairman; Lester Mills, Secretary-Treasurer; C. B. Phillips, E. G. McGriff and Mrs. Leah Tobler.

"The annual convention of the National American Farm Bureau Federation was held in Pasadena. The Clark County Farm Bureau and the extension agents, together with representatives from the State Office, greeted the special train carrying delegates that stopped in Las Vegas for

a visit to Boulder Dam. Favors of desert holly and sagebrush were distributed to the visitors. Also bulletins and pictures showing the highway development and some of the colorful points of interest in Nevada. The visitors were most enthusiastic regarding their reception and their brief visit to this section of the state."

B. Project Emphasis:

The project emphasis adopted in 1932 at the beginning of the depression was continued because rural families are still not back to a normal level as regarding incomes and living standards. Therefore measures to safeguard health, conserve cash, improve home conditions and the development of wholesome family and community relationships have been the basis for the home economics extension projects in 1937. We believe that evidence of definite progress has been secured for each of these main objectives, and comments regarding these results will be given under the various projects as they are taken up.

C. Project Techniques and Results:

1. Nutrition:

- a. Live-at-Home Campaign: This campaign, the objective of which is to protect health and conserve cash, is a combination of several projects; food production and preservation, food selection and preparation, and food budgets and costs. As usual, the work was started early in the spring through taking up the Live-at-Home food production and preservation budgets, ~~and~~ with homemakers groups, Parent Teachers Associations, Relief Societies, etc., and with individual families contacted through both extension and Rural Rehabilitation work. The main impetus of this campaign is through these group meetings but there was a definite increase in the number of personal contacts through home visits where definite help was given in planning the home production, preservation and storage of food, and the use which should be made of both home produced and purchased food during the year. Local conditions and the wide range of economic status found among our Nevada families, (ranging from our large wealthy ranch families to Rural Rehabilitation families living on a bare subsistence level), made these home conferences of particular importance. Therefore, much more time was spent on these home visits than has been possible during the preceding years where district agents covered larger areas and emergency work took so much time.

Plans for an adequate garden that meets the Nevada standard of four green leaf vegetables, two root vegetables, two pod vegetables, and three miscellaneous vegetables, including

tomatoes, (wherever they will grow), received special emphasis. These detailed plans are supplemented by lists of varieties suited to local conditions of water supply and length of growing season. Particular attention was given to home demonstrators who were testing out new varieties of vegetables or who were starting to grow new types which they had never grown before.

As a whole, the increased water supply that was available this year because of the heavy snows and rain during the fall and the winter produced encouraging results. Because of the reduced area covered by extension work this year there was some reduction in the number of families contacted in this project, but the individual results secured per family was increased. Next year we look forward to an increase in the total number of families reached.

Emphasis regarding food preservation were concentrated upon three phases:

- (1) The use of safe canning methods for all non-acid fruits, vegetables, and meats. This means the use of a pressure cooker because of the high incidence of botulimus bacteria in Nevada soils.
- (2) The securing of suitable canning equipment and the keeping of such equipment in good working order.
- (3) Adequate storage both for canned and bin stored food products.

Statistics and comments regarding this phase of the Live-at-Home campaign are given below to illustrate the types of problems handled:

	<u>1936</u>	<u>1937</u>	
No. families producing and preserving home food supply according to annual food supply budget.....	730	643	750 +16
No. families assisted in canning and otherwise preserving fruits, vegetables and meats.....	890	721	805 +11
No. quarts canned by these families..	111,334	108,542	173,363 +59
No. other containers of jam, jelly, and other products.....	29,195	21,933	27 744 +26
No. families following recommended methods of storage.....	487	398	679 +70
Estimated value of all products canned, etc.....	\$48,742.	\$40,104.	51,707.75 +28
No. families following recommendations for storage of home food supply.....	476	398	679 +70

Elko County: Food Production. "Five times more calls were received by the agent on this Live-at-Home project this year than last year. People residing in towns are beginning to realize the value of a garden, and more had small gardens this year even though it was only a patch of lettuce and a few radishes. The raising of more greens needs to be stressed however. Unless an individual has four green leafy vegetables, three root vegetables, two pods and three miscellaneous vegetables we do not consider that the garden is adequate here in Nevada.

"There are four different methods of presenting vegetable gardening in Elko County. The first is for the woman agent to make arrangements for the agricultural agent, who acts as the garden specialist, to meet with groups of women to discuss technical phases of vegetable gardening. Or, sometimes the woman agent does this herself. The second method is by individual contact. Upon calling at a home in the spring, the agent is asked advice upon what to plant in a vegetable garden. Sometimes if the seed is a new variety which the individual wishes to plant, this is referred back to the garden specialist for information regarding satisfactory growth in this locality. The third method is by office calls either direct or by phone or letter. Information with bulletins is given to the individual seeking advice. The fourth method is by the use of leaders in a community. These leaders often give short talks before women's groups. Also they call on individuals in their locality and talk over gardens."

Churchill County: Food Production. "The Live-at-Home plan for making the farm feed the family was again one of the major projects to be carried on this year in Churchill County. The climatic conditions were very favorable for the growth of garden products and for the fruit and berries. There was plenty of water for irrigation purposes. The "killing" frost which generally hits this valley about September 15th did not come until around October 1st. This gave about fifteen extra days for the maturing of garden products and for the canning and storage of food products. 432 families adopted the Live-at-Home plan and produced and preserved the greater part of their family food supply this year. Through the Live-at-Home plan, the rural families were encouraged to produce as much of their own food supply as possible, in order to help save on cash expenditures for food. The money thus saved could then be used for other necessary items. For an average family of five people, a maximum of \$10.00 per month was advocated for groceries, and some families by raising much of their food supply, reported spending less than that amount. However, since food prices have raised, that average will probably be exceeded in some cases. The Rural Rehabilitation clients were given assistance in planning gardens that would be adequate for their family needs. The raising of their own garden products greatly helped to reduce their food costs, and the money thus saved could be used for other necessary items."

Washoe County: Food Production. "The Live-at-Home project was again adopted by Washoe County in 1937. The aim of the project is to produce as much of the food supply on the farm as possible and use the cash income for other necessities. The income from the farm is gradually increasing but

if the farmer is to continue to own his property he must produce more of the food supply. The farmers of Washoe County who are having the least trouble meeting their obligations are the ones who are producing as much of the food supply as possible on the farm. 131 families adopted the Live-at-Home project this year. 137 families had an adequate garden and 75 families raised at least one new green leaf vegetable in their garden. 21 method demonstrations were given on Food production and preservation as follows: 4 demonstrations were given on planning the vegetable garden to meet the needs of the family. 138 families grew an adequate garden. 4 demonstrations were given on the making of food budgets. 134 families made out food budgets. 9 canning and pressure cooking demonstrations were given. 153 families were assisted in preserving fruits and vegetables for winter use. 4 demonstrations were given on the storage of fruits and vegetables for winter. 41 families improved their storage space during the year. The county farm bureau offered \$7.50 in prizes for the three best Live-at-Home plans submitted at the Live-at-Home programs. The prizes were offered to encourage the members to keep records and make reports of work done. 121 families took part in the Live-at-Home program during the year.

"Since the growing season is very short in Washoe County, an effort is always being made to find new varieties that will mature in the shortest time. This year seeds were purchased from Bismark, North Dakota to learn if varieties grown there would do well in Nevada. The growing season in both states is very short and the altitude is high. Three varieties of tomatoes, two varieties of peas, and four varieties of squash were tried. Buttercup squash, which has a composition similar to the sweet potato, grew well in Washoe County. The storage of the squash will be tested during the coming winter. The same varieties of tomatoes and squash will be tried out again next year to find out whether or not they are suited to the Nevada climate. Herbs grow well in the vegetable gardens. Some people plant the seeds in the open and other plant them in boxes or tubs. The average Italian garden grows six herbs - mint, thyme, basil, rosemary, sage and parsley. One meeting in each ^{home} makers club was devoted to the identification of herbs and their use. More time should be spent on teaching American people how to use and store herbs. They grow them in their gardens but do not use them as much as they might."

Clark County: Food Production. "In this county it has been found, among the children especially, that the teeth and muscle tone are very poor, due probably to some lack in the diet, or perhaps some definite deficiency in the mineral content of the soil. A survey has been carried on since July among cooperating families. One Rural Rehabilitation client and two other families from each community were contacted. A chart was given to them, for a record of each family's food that was consumed for a week. Since the charts have been filled out and handed to the agent, she feels that the main cause of the poor teeth and muscle tone is the lack of a good fresh and canned vegetable supply in these communities.

Due to the heat in summer, the summer gardens are not very successful, but spring and fall gardens are essential. Food can be preserved and canned, but it is felt that when any fresh vegetable can be grown, (of course with work), every effort should be made to see that as many families as possible plant gardens.

"In the spring, by the time the agent arrived, spring gardens were well along, but after this season was over, many families had no vegetables during the summer. In July every Rural Rehabilitation client and many other were sent a circular letter giving the time of planting for each vegetable grown here in southern Nevada. Also each Rural Rehabilitation client was urged on every visit to prepare his ground in August for his fall garden. During the month of August each client was urged to prepare his ground for fall planting. In September and October planting was done. During October and November tours have been made to at least two cooperators in each locality and a demonstration given on planting of the garden.

"A local man, who sells seeds to the community has reported to the agent that he has sold more seed this year than for a period of years. Ten home demonstrators have taken part and have planted fall gardens in four communities. Assistance in all ways has been given to Relief Agencies in the form of bulletins on Live-at-Home plans and canning bulletins. A total of 325 bulletins have been distributed throughout the county."

Douglas County: Food Production. "Douglas County is distinctly an agricultural and livestock area. The population is definitely among the most prosperous and economically independent of any rural peoples in the state. Good farm practices have provided for home produced food on an adequate Live-at-Home basis. Practically all the rural women do a considerable quantity of canning of fruits and a supply of pork is cured at home or is taken to the local packing plant for processing."

Churchill County: Food Preservation: "A total of 432 families adopted the Live-at-Home plan this year in the different communities. The saving of cash means a great deal to the ranchers in this district since many of the farms are mortgaged, taxes and irrigation charges are heavy, and many of the incomes have been greatly reduced during the past few years.

"The amounts and kinds of foods adequate for good growth and development were worked out for an average family of five people, so it was easy for each family to work out the amount needed. Since this area of Nevada has nearly 26 non-producing weeks during the year when home grown products are not available the homemakers and Rural Rehabilitation clients were urged to can a food preservation budget that would provide a sufficient food supply for that period, which included:

	<u>"Canned</u>	<u>Dried</u>	<u>Stored</u>
Meats	100 qts.	-	30 #3 cans salmon
Fruits	100 "	15 lbs.	10 bu.
Vegetables	150 "	30 "	565 "

In some cases more of the fruits and vegetables were canned and less dried than the amounts called for, and probably less meat canned, since beef, lamb, hogs and poultry were usually available for butchering or use the year around. Canning in pressure cookers, as advocated by the Bureau of Home Economics, was stressed as the only safe method of canning non-acid fruits, vegetables, and meats because of the danger of the botulinus organisms in the soil. Eight new pressure cookers were tested.

"The amounts of canned and stored food products canned by 455 families the past year were as follows:

"Fruits and vegetables	57,740 quarts
Meats, canned	3,250 "
Jellies, jams and preserves	12,280 "
Pickles and relishes	8,325 "
Fruit juices	3,210 "
Total	<u>84,805 quarts</u>
"Meats cured	26,500 pounds
Fruits and vegetables dried	340 "
Fruits and vegetables stored	85,725 "
Total	<u>112,565 pounds"</u>

Elko County: Food Preservation: "Methods of presenting food preservation varied. One way is for the individual to call for information and instruction at the extension office. Usually this type of individual has had some experience in preserving. Another method is for individuals to write for instructions. Another method is to stress Food production and preservation under home management and food selection and preparation. Another method is to demonstrate some method of canning in a home at request.

"Another method is for trained leaders who have had much experience along this line to demonstrate or give advice regarding canning problems. Mrs. Eugene Drown of Elko gave a demonstration in Elko and one in Starr Valley. Mrs. E. G. Reynolds, Superintendent of the Fair received more than 30 calls regarding canning problems, before the Fair. During the Fair she aids those who have questions regarding canning problems. The exhibit at the Fair also has much to do with arousing interest in this project. This year there were 147 exhibits. In this canning exhibit was an exhibit of meals. Seven women competed in this contest. All the meals were good. A menu had to appear with five jars of foods to be used in the meal."

Clark County: Food Preservation. "Much of the agent's time is spent working through the Relief Society of the Latter Day Saints Church. In their church work they have a social security program. Each community church has purchased a large pressure cooker and from 1,000 to 2,000 cans for food preservation. In each place much canning has been done. The agent has seen that 100 canning bulletins have been given and sent to these people. Also, there are two cookers owned by the Farm Bureau of the county. By having these cookers at a certain place, all Rural Rehabilitation clients are free to use them as well as others. The cookers have been passed around from family to family all summer and fall. There isn't much summer canning due to the intense heat."

- b. Food Selection and Preparation: Efforts in regard to food selection and preparation were concentrated upon the protection of health and conservation of cash in order to free money for loans, and other obligations. Another problem, that of preparing attractive meals with a minimum expenditure of time and effort received increased emphasis during the year.

The methods used in carrying on this phase of the nutrition projects were, demonstrations before group meetings, personal conferences during agent visits to the home, personal conferences, and group instruction in connection with the Keep Growing work with school children ^{and} with mothers taking part in the preschool work. Also exhibits have been prepared for county and 4-H Club fairs and group meetings.

Two series of material on "Winter Meals and "Summer Meals" created decided interest. This material was carried out in the form of menus, marketing orders, and recipes which were prepared by Mrs. Helen S. Tremewan, (the home demonstration agent of Elko County, who acts as part-time nutrition specialist), assisted by the state leader and Dr. Penelope Burtiss Rice (nutrition specialist, who now lives as a homemaker in Reno, and closely cooperates with this department). This material was so popular that there were a number of calls from outside organizations for this type of assistance. Other problems taken up were the preparation of vegetables, the use of inexpensive meats, simple desserts.

The problem of mineral and vitamin content of food was also given special attention at a training conference held by Dr. Rice during the annual extension conference, the follow-up work ^{being} done by the agents. In one section of the state, (Clark County), there is still evidence of a decided mal-nutritional condition among the population. This point was commented upon by the Maternal and Child Health Division

of the State Board of Health during work in this section of the state. The question was raised as to whether this was due to insufficient protein in the diet or to a lack of mineral and vitamin content. Detail study of this problem was started this year through having selected families in each community keep a record of actual food used. So far, results indicate there is a decided lack of vegetables, although this is the only section of the state where winter gardens are possible. An earnest effort is being made to increase interest in fall and winter gardens. The problem is further complicated by the possibility of a mineral deficiency in the soil in this county. This is a section of the state where due to lack of funds the home economics extension work has been discontinued several times and therefore no continuous work under home demonstration guidance has been possible. We are sincerely hoping that the present agent can be continued in Clark County if for no other reason than to help with this problem. No permanent results can be secured for several years due to the isolation of the people in this area and their long established habit of not growing gardens because of the poor results secured from summer gardens. The instability of their water supply, the severe summer heat and the low incomes received from the very small land holdings are very greatly complicating this problem. However, considerable interest has been created among the women belonging to the Latter Day Saints Relief Society, a number of good demonstration gardens were secured this year, and we believe that results can be secured if home demonstration work can be maintained in this county.

Interest continues to grow in regard to the home management phase of the food selection problem, i.e.; the legitimate amount of money that should be spent for the purchase of food. An increased number of families reported the use of a year's food budget, the suggested monthly grocery bill of \$10 to \$12 per family, and such consumers' problems as, large quantity buying and the selection of the grade of canned goods suited to family situations. (This problem is discussed in greater detail under Home Management).

Considerable time was also spent upon the problems involved in the school child nutrition. A large amount of this was done in the Keep Growing project or a supplement to this project. The contents of the school lunch box, a hot supplement to the school lunch, adequate breakfasts and evening meals for school children were taken up with both group and individual families. Cooperation was given to the hot school lunch project carried on under the WPA. Equipment, menus, recipes being furnished and assistance given in securing and training personnel.

A large amount of individual assistance was given to Rural Rehabilitation clients in the planning of their food supply and the use they make of it. This work was started through the home management plan required from each Rural Rehabilitation client by the Farm Security Administration. As the home demonstration agents this year acted as home management supervisors for this work, these home management plans gave an effective approach to this problem. In a majority of these cases it was found that the greatest possible saving a family could make was through food production and preservation. Special assistance was given these families through arousing interest in making a definite plan of how much should be spent for the monthly grocery bill, what types of food should be bought with the funds allotted and finally, the use that should be made of the foods that are available. Most of this work with the Rural Rehabilitation families was done through home visits in which the regular home management supervisory work was supplemented by extension instruction; (menus, marketing orders, recipes, etc.).

Every effort was made to bring these Rural Rehabilitation mothers into local community groups studying these problems, so that they would feel that they were taking a part in general community effort. This, we believe, did much to dissipate the feeling that these Rural Rehabilitation families were being set apart and asked to live upon a lower level than their more fortunately placed neighbors. The encouraging results secured by a large majority of these Rural Rehabilitation families in reducing the food costs at the same time they were improving the nutritional status of their families created much interest in the general population and stimulated non-relief families to try and adopt the same methods.

- c. **Special Nutritional Problems:** A large volume of special nutrition problems continued to be brought to the extension agents with the request for their personal assistance. These home demonstration agents are the only residents of these counties who have been especially trained in nutrition and, therefore, are capable of giving this technical advice. The medical and dental professions are more and more referring patients with special dietary problems to the extension agents with the request for assistance in carrying out prescribed diets for such conditions as weight control, anemia, constipation, tooth development, etc.

Cooperation is growing up between the Maternal and Child Health nurses, the Social Welfare secretaries, and the extension service in regard to social service nutrition problems. Assistance has been given regarding minimum food budgets, (with marketing orders, menus and recipes to go with them), as well as much help in regard to nutritional problems of individual families.

- d. **Keep Growing:** June, 1937, marked the completion of the fifteenth year of the Keep Growing demonstrations. In view of this fact a summary of the 15 years of work was made with a report of the accomplishments which we believe have been secured during these many years of effort upon this particular nutrition activity.

At the end of this period of 15 years, the question was placed before the state whether or not Keep Growing demonstrations should be continued. By an over-whelming majority the various communities signified their earnest desire that the work should be continued as there seemed no other agency in the state that could step in and carry on this type of work. In compliance with this request the extension service this fall started a reorganization of this project that would suit our present conditions. Cooperative plans are under way whereby the extension service takes the responsibility for nutrition and posture work, while the new Maternal and Child Health Nursing Service, (now established under the joint supervision of the State Board of Health and the Maternal and Child Health Division of the Social Security Administration), carries on the phases concerned with physical condition, immunization, etc. This reorganization has decidedly lightened the burden formerly carried by the extension service. Also the fact that the Sparks community has secured a full-time school nurse has made it possible for us to drop the Keep Growing demonstrations in this community. Close cooperation is, however, continued with this community through advisory service on the nutrition phases of the program and specific nutrition assistance given individual problems that are forwarded to us by the school nurse. The local leaders who were trained by us in this community are continuing to give assistance to the school nurse in carrying on the reorganized work in these schools.

- e. **Specialist Assistance Received from Washington Office:** We deeply appreciated the visit of Miss Miriam Birdseye, Extension Nutritionist, U. S. Department of Agricultural of Washington, D. C. The week which she spent with us at

the state 4-H Club camp was surely a profitable one not only to 4-H Club work but to adult work. The ideals and standards regarding posture, nutrition, and general wholesome attitudes toward health problems which Miss Birdseye gave to club members, leaders, and agents have proved of great value to us. This type of specialist assistance is greatly needed in Nevada where we have no full-time specialists. We also wish to acknowledge the help received from the subject matter material which Miss Birdseye has sent us throughout the year. The correlation of nutrition and home management has been especially helpful.

Statistics regarding this work and excerpts from agents' reports giving accounts of problems encountered and methods used in presenting this work are given below:

	<u>1936</u>	<u>1937</u>	<u>% Change</u>	
No. communities in which work was conducted.....	90	79	-12	61 ⁻²²
No. voluntary local leaders assisting.....	156	108	-30	129 ⁺¹⁹
No. adult result demonstrations conducted.....	2338	1492	-36	1705 ⁺¹⁴
No. community Keep Growing demonstrations.....	87	73	-16	
No. children involved in above.....	3309	2858	-13	
No. families budgeting food expenditure for year.....	277	353	+32	291 ⁻¹⁷
No. families following food-buying recommendations.....	676	895	+31	818 ⁺⁵
No. families serving better balanced meals.....	2180	1671	-23	1767 ⁻³
No. families improving home-packed lunches.....	1392	848	-39	820 ⁻²²
No. schools following recommendations for a hot dish or school lunch.....	77	58	-24	45
No. children involved.....	2426	1908	-21	1504 ⁻²¹
No. families following recommended methods of child feeding.....	2107	1569	-25	1359 ⁻¹³
No. individuals adopting corrective feeding and other special diets prescribed by doctors (such as weight control, anemia, constipation, etc.).	1571	1477	- 5	1444 ⁻²

Clark County: Food Selection and Preparation. "Early in the fall of 1937 the women of Clark County expressed a desire for lessons in nutrition along the lines of food selection in relation to vitamin and mineral content of certain foods. There was especially need for information regarding the protective foods. During September and October five lessons have been given in Mesquite, Overton and Logandale. Vitamins A, B, C and D in relation to calcium and phosphorus content of certain foods that can be easily procured in these rural districts were discussed. A cooperative plan has been followed whereby one woman has the lesson, finds all the new material she can, and then discussion is held with all contributing something. At the completion of each meeting recipes that contained an abundance of the discussed vitamin were given. In connection with these meetings the food checkups for the county were given to key members so that they as well as Rural Rehabilitation clients could cooperate in this checking. Methods demonstrations have been given before local Relief Society meetings, stressing the lack of vegetables and fruits locally grown, and striving to create an interest to be certain that each child will be in a good nutritional condition. In the 4-H County Fair there was an exhibit by the Overton Relief Society on "Food for Child from 6 to 12". In the exhibit average servings were shown for a child, with calories needed for each age and protective foods included. It was a very educational exhibit."

Elko County: Food Selection and Preparation. "There are several methods of presenting this subject. The first way is by demonstrating to groups of women showing or emphasizing certain particular practices. "New Ways of Preparing Vegetables", "Fill Up the Cooky Jar", "Frozen Desserts", "Summer Time Menus", and "Winter Menus", were some of the demonstrations given. The second method of presenting this project is by emphasizing careful buying of foods in connection with consumer problems. This is usually done by the consumer chairman of each group. The third method of presenting this subject is by giving individual advice and assistance as the need arises. The fourth method is to present wholesome and economical ways of preparing cheap foods to school children under the Keep Growing project and under the 4-H program. Working with children in their food problems is one of the most important methods of changing incorrect practices in diet, when no other methods appeal."

Washoe County: Food Selection and Preparation. "The selection and preparation of foods is always of interest to the homemaker. The women are anxious to learn new ways of serving foods they grow in their gardens. They continue to feel the need of selecting food carefully in order to meet the needs of the family. Financial conditions have improved greatly over the last year but families are still not back to normal. The composition of foods is stressed at all times. It is hoped that the homemakers will spend a little more time selecting the food they serve the family, keeping in mind the value of mineral matter and vitamins necessary

to keep the family in good nutritional condition. The value of cod liver oil has been brought out when food selection has been discussed.

"Four demonstrations were given on the place of liver in the diet. Ways of serving liver are welcomed because not many people seem to like it unless it is combined with other foods. Calves' liver is very expensive and is not always available at the local markets. Therefore, the use of liver from other animals was stressed. Four demonstrations were given on planning meals for winter months. Material prepared by Mrs. Helen Tremewan, Elko County Home Demonstration Agent, was used to help with this problem. The women are interested in one-dish meals and are also interested in serving the family well balanced meals. Four demonstrations were also given on the serving of new vegetables on the market. Avacados were prepared in five different ways. Many of the women of the groups had never tasted this fruit before. Avacados are on the Reno markets several months during the year and are inexpensive. The preparation of Zucchini squash was also demonstrated. This squash is grown in many Washoe County gardens. Buttercup squash was also grown for the first time in the county. This squash is said to be used in place of sweet potatoes in cold climates where the sweet potato will not grow.

"The use of one raw vegetable each day was stressed. Spinach salads and the use of endive were demonstrated. Endive may be had in the home garden most all winter and is always on the Reno market. Salad dressings were also demonstrated at these meetings.

"A demonstration was given by the president of the North Truckee Homemakers Club on the making of Italian noodles. She has a noodle cutting machine and the noodles were ready to serve in an hour. The Italian noodle dishes are truly "one dish meals", meat, tomato sauce, cheese and herbs being used to make the gravy which is poured over the noodles. More time could well be spent in learning to prepare Italian dishes.

"650 families were helped to serve better balanced meals. 289 families are following food buying recommendations. 137 individuals adopted recommendations for corrective feeding, such as weight control, anemia and constipation. 317 families followed recommended methods of child feeding. 247 families improved the packing of school lunches."

Churchill County: Food Selection and Preparation. "Method demonstrations were given at various community meetings on preparing and serving of fruits, vegetables, meats, one-dish meals, milk dishes, whole-grain cereals, etc. Particular stress was placed upon planning menus that would be adequate for safeguarding the health of each member of the family. 503 families reported serving better-balanced meals as a result of meetings held. Home visits were made and personal conferences were held with some of the homemakers to plan adequate diets and to explain the forms for keeping the food expense accounts. Forty-five families budgeted food expenditures during the year.

"Assistance has been given various committees during the year in planning menus and table decorations for dinners and banquets, including the annual County Farm Bureau meeting, Homemakers' meetings and various church and fraternal organizations. Assistance was also given to the relief agencies and Rural Rehabilitation clients in planning adequate menus. Many recipes, low cost dietaries, and bulletins were distributed during the year. Consumers problems were also studied, stressing economical purchases and grade labeling of canned foods. 421 families reported following food-buying recommendations during the year."

Lyon County: Food Selection and Preparation. "The importance of the hot school lunch has been emphasized in every community in the county participating in the Keep Growing nutrition program. Although practically every child carries a lunch to school, there are only a few who have thermos bottles and take any warm beverage or soup for their noon meals. Effort is being continued along this line and plans for better school lunches this next year are under way."

White Pine County: Food Selection and Preparation. "Early in the year the extension agent met with Mrs. Louise Springer, State Supervisor of the WPA hot school lunch projects and Mrs. E.E. Hinckley, County Director of WPA work projects for women and outlined to them some of the needs for hot school lunches in the various sections of the county. Through the efforts of these agencies hot school lunches were established in Baker, Cherry Creek, Preston, and Lund. Also for a time a hot supplement was maintained in the Steptoe school with the local teacher in charge. Although practically all the children in these rural schools of White Pine County are so situated that they can go home for their noon meals a large percentage of them do not go home for their noon meals. Hence the projects carried on by the WPA, and with which the extension service has cooperated whenever possible, have been of outstanding value in improving the general nutrition of the school children in this county."

NEVADA'S KEEP GROWING DEMONSTRATION

Report for the Year 1936 - 1937

This report marks the completion of the fifteenth year of Nevada's Keep Growing demonstrations in the Nutrition and health of school children.

Ultimate State Goals Reached At Last: We are happy to be able to announce that Nevada has at last reached the ultimate state goals of these nutrition and health demonstrations. There are now 76.35% of these Keep Growing children who are in Good Nutritional Condition and only 9.02% who must still be classified as being in Poor Nutritional Condition.

Years ago, soon after this project was started, the ultimate goals were set up to some day have 75% of the children in Good Nutritional Condition and 10% or less in Poor Nutritional Condition. We hoped to reach these goals in ten years; but instead, it took fifteen years. For many years the high prevalence of handicapping physical defects kept many of the children from being "free to gain". The depression, which brought with it bank failures and low family incomes, caused a decided reduction in the family diet for four years. However, even during the depression, there was some improvement secured in nutritional condition, but the rate of progress was decidedly reduced. Now, with improved economic conditions, the rate of improvement has increased, the family diet has been liberalized to include greater amounts of milk, vegetables and fruits, and many more physical defects have received medial attention.

The cooperation secured from Nevada's lone health nurse through all the years that she was maintained jointly by the Public Health Association and the State Board of Health, and this year from the newly established Maternal and Child Health Nursing Service has been a large factor in securing improvement regarding physical defects. Getting rid of these physical defects has resulted in many more children being "free to gain".

Also, each year the cooperation and skill of sponsoring organizations, (such as the Farm Bureau, Homemakers' Clubs, Parent Teachers Associations, and schools), has steadily increased. The follow-up work of the local leaders has become more effective, and community interest and support is more general. To all these cooperating agencies, the Agricultural Extension Service of the University of Nevada offers its sincere thanks and hearty congratulations upon at last reaching the ultimate state goals of these Keep Growing demonstrations.

Progress Through the Years: Now, when the ultimate state goals have at last been reached, it is interesting to look back and note the progress made in the scope and results of these demonstrations. Therefore a tabulation of the yearly statistics is given below:

Statistics Regarding Keep Growing Results at the End of Each Year's Demonstration:

Year	No. Communities	No. Children	% in Good Nutritional Condition	% in Poor Nutritional Condition	% Free from Serious Physical Defects
1923	8	853	73.20%	12.10%	No
1924	30	1846	56.00	15.00	
1925	47	1969	65.00	18.00	Record
1926	51	2427	71.50	17.40	
1927	61	3342	67.40	18.00	Kept During
1928	45	1696	71.70	13.50	
1929	58	2048	71.20	15.02	These
1930	63	2145	70.62	15.15	
1931	66	2507	72.04	14.72	Years
1932	83	3396	71.73	14.87	
1933	74	3255	67.47	10.75	29.00%
1934	76	3065	70.21	10.87	35.00
1935	88	3231	72.36	10.21	46.00
1936	87	3309	73.82	11.45	53.50
1937	73	2858	76.35	9.02	63.00

The above record shows the gradual spread of the work, and the fairly steady improvement that has been made during these fifteen years, both in nutrition and health. These figures give definite proof of the results that community cooperation and devoted volunteer leadership can secure. We believe these communities and local leaders should be, and are, justly proud of these results. But more valuable than statistical results is a general interest and belief in Positive Good Health as a family and community responsibility, and this, we all believe, these Keep Growing demonstrations have implanted in the general life of Nevada.

Nutrition Results For This Year: During this school year (1936-1937), the number of children in Good Nutritional Condition was increased 8.37%. This decidedly exceeds the annual goal of 5% improvement in this group. The number in Poor Nutritional Condition was decreased 3.63%. This does not fulfill the annual goal of 5% decrease; but this rate of progress was hardly to be expected as the ultimate goal was more and more closely approached.

A very encouraging element in this year's record is the fact that there was so little ground lost during last summer's vacation. Frequently there has been a decided set-back during the summer months. This year special effort was made to prevent this summer loss through greater attention to sleep and rest, regular meals, and the adjustment of farm work and physical exercise to fit the ability of individual children. As a result, the number of children in Poor Nutritional Condition remained practically stationary during the summer (May 1936, 11.42%; Sept. 1936 11.65%); and the number of children in Good Nutritional Condition dropped back only 5.84% (May 1936, 73.82%; Sept. 1936, 67.98%). Both these records are a decided improvement over former years, when there was often a set-back of from 15% to 25% during summer vacation. We believe this is an indication of definite improvement in the nutrition and health condition of this large group of children. The credit for this improvement is due to the teachers, who, during the last weeks of the school year, emphasized the wise use of vacations. Credit is also due the parents and children, who gave special attention to daily living habits in an effort to help solve this problem. The figures given above prove that this concerted effort regarding the wise use of vacations really produced excellent results.

More Children "Free to Gain:" The new Maternal and Child Health Division of the State Board of Health has given active cooperation with the problem of physical defects. This public health nursing service was established in Nevada, May 15, 1936. Ten field nurses, the supervisory nurse (Mrs. Christie A. Thompson), and the director (Dr. H. Earl Belnap) have carried on an effective campaign to interest parents in securing medical attention for all children having physical defects that might handicap them in their effort to "Keep Growing". The field nurses have given physical inspections to practically all these children. Where indications of defects were found, the parents have been so informed, and advised to consult their family physicians. Help has also been given to arranging for medical attention for those children whose parents were unable to pay for medical aid. Local organizations have cooperated by furnishing funds (for glasses, etc.); physicians have been most generous in reducing fees, and have

even donated services in urgent cases. As a result of all this cooperative effort, 1012 physical defects were reported as having received correction since June 1, 1936. We are not sure that even this impressive figure represents all the corrections that were made; but local leaders and nurses do have definite records for the above 1012 corrections, which include 58 eye, 45 nose, 141 throat, 274 tooth, and 473 posture corrections. These records also indicate that 63% of the 2858 children who completed this year's demonstrations are now free from serious physical defects, and therefore, are "free to gain". The correction of these physical defects and interest aroused, in both parents and children, in being "free to gain", is a valuable contribution to the Positive Good Health of the State of Nevada. Great credit is due to the Maternal and Child Health Nursing Service, and the fine work it is doing. We are all deeply grateful to it.

Immunization Campaign: Another fine service rendered by the Maternal and Child Health Nursing Service is the immunization campaign, which they have carried on in cooperation with local physicians and health authorities. The records show that 1375 or 48% of the Keep Growing children have been vaccinated against small pox and 1137 or 40% immunized against diphtheria. This is a decided contrast to previous records. Up to this year only about 4% of the children enrolled in the Keep Growing demonstrations had been vaccinated, and only 1% immunized against diphtheria. All the communities that have taken part in this immunization campaign are sincerely proud of this improvement, and many other communities are planning to avail themselves of this service in the near future. While immunization has no immediate effect on nutrition and health conditions, it is a very real protection for the future, particularly in this state where tourist travel is growing so rapidly, bringing with it the inevitable danger of contact with both of these diseases.

The Problem of Tuberculosis: Real progress was also made this year in attacking the problem of tuberculosis in this state. Mantoux tests have been given by the Maternal and Child Health Nursing Service to selected groups in four communities in the state. Here, again, close cooperation was maintained with the local medical profession. The parents of all positive reactors were strongly advised to consult their family physicians immediately. The State Board of Health cooperated by furnishing the material used for these skin tests. The Nevada Public Health Association, (whose funds come from the sale of Christmas Seals), has given invaluable cooperation in this campaign by furnishing money for the X-ray films. A total of 665 Mantoux tests and 70 X-ray pictures have been made, and the results are "disturbing", to say the least. If conditions throughout the state are as serious as this preliminary

work seems to indicate, Nevada is faced with a very grave situation that deserves the serious consideration of all parents, civic organizations, and the whole population of the state. We strongly urge that wholehearted cooperation be given to the Nevada Public Health Association, (which is now devoting all its meager funds to this problem), and to the Maternal and Child Health Service, (whose staff is carrying on the field work), in this attempt to find out the actual conditions in this state. Surely Nevada, which has the highest per capita wealth and most scattered population of any state in the union, should be deeply concerned over the fact that it has the fourth highest death rate from tuberculosis of any state in the nation. Some people may say that this is a problem not directly involved in the Keep Growing demonstrations, which are primarily concerned with the nutrition of school children; however, any widespread infection of tuberculosis is a constant menace to the general health of the whole population, and therefore, has a direct bearing upon the nutrition and health of school children in particular. Therefore, we again solicit the active cooperation of all organizations such as the Farm Bureau, Homemakers' Clubs, Parent Teacher Associations, Federated Women's Clubs, and schools. We urge that they study this problem in their local communities, in cooperation with the Nevada Public Health Association and the Maternal and Child Health Nursing Service, so that actual conditions can be definitely determined. Plans can then be made to solve this problem. If present indications are correct, Nevada faces a more serious situation than any of us have realized. No time should be lost in contacting these organizations and arranging to have the children in your community receive the Mantoux test, followed by X-ray pictures for positive reactors. Then, and only then, will you have definite knowledge of conditions in your community. We sincerely hope that this will be done in all Keep Growing communities during the coming year.

Posture: A steady and persistent posture campaign has been carried on for a number of years in connection with these Keep Growing demonstrations. Poor muscle tone (due to Poor Nutritional Condition and over-fatigue), desks that do not fit, and poor lighting are, we believe, the reasons for the large number of poor postures that were originally found in this state. The nutritional condition has improved decidedly, and effort is being made by the school authorities to improve seating and lighting as fast as funds are available. A number of schools are also giving posture instruction. This year there were 473 children who made decided improvement in posture during the school year.

School Sanitation: Each year there has been steady progress in the sanitation phases of these Keep Growing demonstrations. This year 65 schools had safe drinking water (as proved by test), 62 had sanitary toilets as far as present local conditions would permit (i.e., at least kept clean and protected

from flies), and 61 had safe handwashing facilities. This provision for washing hands under running water, sometimes meant using the "teakettle method", where the school had no running water and no pump with a safe, leak-proof drain. This emphasis on safe handwashing and the discarding of the common washbasin was started about eight years ago by the "lone" state nurse who was maintained by the Nevada Public Health Association at that time. It has done so much to reduce the number of cases of skin diseases among school children, that now there is only an occasional flare-up, and that is quickly controlled.

This year special emphasis has been placed upon sanitary toilets. The Sanitation Division of the State Board of Health, (under the direction of Mr. W. W. White, Mr. Frank Ingram, and Mr. Joseph Smith), in cooperation with the W.P.A., has carried on a sanitary privy project. 364 installations have been made in the state and 6 have been installed for Keep Growing schools. The Farm Bureau and the Agricultural Extension Service have cooperated by sending out notices to all rural communities regarding this opportunity to secure these excellent units at just the cost of the materials, a very small expense. We sincerely hope that many rural schools and rural homes will avail themselves of this opportunity. It will certainly do much to safeguard health in this state.

Supplementary Keep Growing Activities

There are a number of supplementary activities which have influenced Keep Growing results. This year has been an unusually encouraging one in regard to interest in these activities, and the good results are in a large part due to this coordination of effort.

Prepare-for-School-Roundups: Prepare-for-School-Roundups were held, in cooperation with the Maternal and Child Health Nursing Service, in 11 communities, with 212 children in attendance. Many of these preschool clinics had to be postponed until later in the summer, due to the prevalence of epidemics this spring. The Maternal and Child Health Nursing Service, in cooperation with local doctors, is gradually establishing a regular pre-school consultation service in a number of the more settled areas of the state. Therefore, in the future, the primary responsibility for this type of work will gradually pass into their hands, freeing the time of the extension agents for more intensive nutrition service. As a whole, the results of these pre-school conferences indicate a decided improvement over conditions that existed a few years ago. There are fewer signs of rickets and teeth defects, most of these little folk are within the average range of weight for height, age, and body build. Nutrition conferences

held with parents and children show that there is a much more general observance of good food and sleep habits. All these factors indicate that the Keep Growing demonstrations have carried over into the homes and become a part of general family living habits. As a result, these younger children are entering school in much better condition than did their older brothers and sisters six, ten, and fifteen years ago. Much credit is due the Keep Growing children themselves for this improved condition. They have taken real interest in finding out what nutrition and health habits little folks should establish, and both by precept and by example have sought to establish these habits among their younger brothers and sisters. This has been an excellent piece of community service, quietly and effectively performed. Therefore, to these Keep Growing demonstrators we express our sincere thanks on behalf of their communities and the Agricultural Extension Service.

Hot Supplement to the School Lunch: Sixty-one communities saw to it that children who ate lunch at school had a hot food at noon during the cold winter months. In some communities, children brought this hot food in a thermos bottle. In others, food was brought in pint jars and heated in a pail of water placed on top of the school heating stove. In other places, committees of older children and the teacher prepared one hot food in the school room, the hall, or cloak room, using equipment furnished by a local organization; or the school board, and food supplies brought from home. In some communities a hot lunch was provided by the W.P.A., as a women's work project under the direction of Mrs. Harriet Gaddis Spann, (State Director for Women's and Professional Projects), and Mrs. Louise K. Springer, (Field Supervisor). Long years of experience have proved conclusively that a hot food at noon during cold weather prevents over-fatigue, improves nutritional conditions, and keeps children gaining during this difficult part of the school year. Teachers testify to the fact that hot food at noon also makes for much better school work in the afternoon.

Supervised Lunch Periods: Practically all schools that served a hot food at noon, and some that did not, had a supervised lunch period in which teachers and pupils sat down and enjoyed a leisurely lunch together. This is another decided help to good nutrition because more of the lunch is eaten, and the food is eaten more slowly and not "gobbled". Also, the social intercourse relaxes nerves, and gives an opportunity for effective education concerning what constitutes a good lunch, and the conventional table manners that make one an acceptable table companion. The busy teachers, who find or take time to carry on both the hot lunch and supervised lunch activities, are deserving of real community appreciation and we believe they receive it. We have heard school board members and parents

brag about their fine teachers, and these are two activities that are frequently mentioned.

Supplementary Food: In 38 schools milk was provided for a supplementary feeding at morning recess. In some places the children brought milk from home; in others it was delivered by a dairy, with most children contributing a quarter a week for the half pint a day. The Parent Teachers Associations and Homemakers' Clubs cooperated by providing milk for children whose parents could not afford to do so, and it was always done so quietly that no one but the teacher knew "which was which". We wish also, to express our gratitude to those rural mothers who quietly sent extra milk to school for children who would otherwise not have it; it is certainly a good deed. This drinking of milk at recess serves more than one purpose; it prevents over-fatigue, increases the amount of milk consumed, and is one of the best methods of breaking down the prejudice against milk that some children still have. We have many direct proofs that the milk habit learned in this way at school carries over into the home, and then the "milk problem" is solved. We feel that every community should arrange for the serving of milk at morning recess to all children in the first three grades, to all seriously underweight children, to easily fatigued children, and to children from families living on inadequate incomes.

Many children have adopted the practice of eating a sandwich, or some fruit at afternoon recess, or before starting home on the bus, or taking a glass of milk upon reaching home, or at bed time. Again, this small supplementary feeding has done much to make good gains and prevent over-fatigue. Candy or other sweets are avoided in order not to interfere with normal appetites at regular meal time.

Rest Periods: We are sorry to have to report that only four schools carried on rest periods in school for seriously underweight and easily fatigued children. Here is an activity that costs practically nothing to establish. The donation of a cot or two, quilts or blankets, and pillows is easily arranged. The results of a ten or fifteen minute rest period are very noticeable in preventing over-fatigue, and produces not only better gains but better school work. Rest periods for selected pupils are an established practice in most private schools, and in many big city systems. We strongly urge that this matter get active support by school authorities, Parent Teachers Associations, and Homemakers' Clubs. A number of communities emphasized rest periods at home, (at noon, or after school) for all pupils in the first, second, and third grades, and for seriously underweight and rapidly growing children. Excellent results have been secured in increased weight and lessened nervous tension.

Child Health Day Celebrations: In 40 communities Child Health Day celebrations were held, with a total attendance of 2844. Washoe County held its usual county-wide Health Day as the guest of the Sparks school system. Many more celebrations would have been held but for the epidemics which broke out just before the end of the school year. These health "Achievement Days" are not only keenly enjoyed by the children who take part and the parents and friends who attend, but they are an effective means of educating the whole community as to the basic factors affecting child health, and arouse wholehearted community cooperation. The quality of the programs steadily improves. At first the Agricultural Extension Service had to furnish mimeograph program material. Now, each community prepares its own program, much of it being written and produced by the children themselves as a coordinated project involving many aspects of their regular school work. The originality of the material and the effective presentation deserve special comment, and do much to "sell" the idea that "Positive Good Health" is a joyful part of community life, as well as a personal and community duty.

Silver and Gold Star Awards to Keep Growing Demonstrators: Silver and gold stars are used as an "outward and visible" reward for achievement in these Keep Growing demonstrations. When a child reaches Good Nutritional Condition for his age, height, and body build, he is given a silver star on the Keep Growing report which he takes home each month and one is placed after his name on the class room wall chart where height and weight records are kept. A child who is in Good Nutritional Condition and free from indications of serious physical defects (according to the nurse's inspection or the family physician's examination), and has good posture, receives a gold star. This simple recognition of nutrition and health achievements has done much to maintain interest, and has furnished an effective motive for establishing good nutrition and health habits.

Silver and Gold Star Communities: In the same way, Silver and Gold Star Certificates are awarded to communities that meet certain nutrition, health, and sanitation standards. A community that reaches the ultimate nutrition goals (75% of the children in Good Nutritional Condition and 10% or less in Poor Nutritional Condition), receives a silver star certificate signed by the State Superintendent of Public Instruction, the Director of the Agricultural Extension Service, the extension agent, and the local leader. Communities that fulfill these nutrition requirements and also meet the health and sanitation standards, (10% improvement in number of children free from indications of serious physical defects, and have safe drinking water, toilets, and handwashing facilities), are awarded gold

star certificates, signed by those listed above and also by the President of the State Board of Health (because the Nursing and Sanitation Services are part of this department). Communities that maintain a silver or gold star rating throughout the entire school year are awarded "all year" certificates. It is the ambition of every Keep Growing community to achieve an "All Year Gold Star" rating; and when they do we all feel that a completely successful Keep Growing demonstration has been achieved.

Silver and Gold Star Counties: In the same way silver and gold star certificates are awarded to counties that meet nutrition, health, and sanitation standards. A county that reaches the ultimate state nutrition goals (75% of the children in Good Nutritional Condition and 10% or less in Poor Nutritional Condition) receives a silver star certificate. When a county also has 33% of its Keep Growing children free from indications of serious physical defects, and 75% of its Keep Growing schools fulfill the sanitation requirements regarding drinking water, toilets, and handwashing facilities it is declared a Gold Star county. Only a very few counties have ever won a silver or gold star certificate, and no county has as yet won an "All Year Gold Star" certificate. Perhaps Nevada's population is too shifting ever to reach this last and most perfect achievement of being an "All Year Gold Star County". However, as more gardens are planted, more family incomes reach the adequate zone, more physical defects are corrected, and school sanitation gradually improves even this high state of Keep Growing achievement may not be impossible. We know two counties that have their ambitions set upon reaching this "sometime".

These community and county awards have grown to mean a great deal to Keep Growing communities and counties, and are much sought after. They are framed and then presented at a community meeting or special school assembly. They are usually hung on the wall beside athletic penants, or put in trophy cases along with the loving cups, plaques, etc., won in athletic competition. Communities and counties are just as "human" as the people who live in them, and these public awards for Keep Growing achievement have done much to awaken public interest and cooperation.

1937 Silver and Gold Star Communities: This year 10 communities won a Silver Star certificate and 32 communities reached a Gold Star rating. A list of these communities follows. Those starred (*) are "all year" star communities. Our congratulations to all these communities. They are certainly a credit to themselves, their county, and the State of Nevada.

Silver Star Communities

<u>Community</u>	<u>County</u>	<u>Good Nutri. Condition</u>	<u>Poor Nutri. Condition</u>	<u>Community</u>	<u>County</u>	<u>Good Nutri. Condition</u>	<u>Poor Nutri. Condition</u>
*Cobre	Elko	100.00%	0.00%	*Lamoille	Elko	85.71%	0.00%
*Elburz	"	100.00	0.00	*Metropolis	"	82.35	0.00
*Halleck	"	100.00	0.00	Mountain City	"	78.94	5.26
*Humboldt	"	83.33	0.00	Preston	White Pine	82.76	0.00
Jiggs	"	100.00	0.00	Cherry Creek	" "	73.91	8.69

Gold Star Communities

<u>Community</u>	<u>County</u>	<u>Good Nutri. Condition</u>	<u>Poor Nutri. Condition</u>	<u>Community</u>	<u>County</u>	<u>Good Nutri. Condition</u>	<u>Poor Nutri. Condition</u>
Beach	Churchill	80.00%	6.66%	*South Fork	Elko	100.00%	0.00%
*Harmon	"	80.00	10.00	Spanish Ranch	"	75.00	0.00
Island	"	85.71	0.00	*Wells	"	89.00	3.20
Northam	"	78.57	10.71	Beowawe	Eureka	79.31	3.45
Oats Park	"	80.00	8.80	Eureka	"	77.65	4.70
Old High	"	78.30	8.49	Palisade	"	93.33	0.00
Stillwater	"	79.31	10.34	*Meisner	Lyon	78.57	7.14
West End	"	75.57	9.92	Brown	Washoe	90.90	0.00
*Boulder	Elko	84.61	7.69	*Clark	"	100.00	0.00
*Carlin	"	88.54	7.63	*Galena Creek	"	100.00	0.00
*Contact	"	89.00	0.00	St. Thomas	"	83.59	8.46
*Jack Creek	"	80.00	0.00	Vista	"	87.50	0.00
*Lee	"	91.66	0.00	Wadsworth	"	81.25	9.37
*Montello	"	89.15	3.61	Rob't Mitchell	" (Sparks)	74.60	6.58
*Rabbit Creek	"	100.00	0.00	Mary Lee Nichols	" (Sparks)	71.91	3.25
*Ryndon	"	100.00	0.00	*Steptoe	White Pine	85.71	0.00

Silver Star Counties

County	% in G. N. C.	% in P. N. C.	% free from serious physical defects	% meeting school sanitation goals
* Elko	85.38%	4.83%	68.00%	70.00%

* Elko County failed to receive a Gold Star certificate because only 70% of its Keep Growing school buildings met the sanitation requirements in regard to toilets and handwashing facilities. 83% met the requirements regarding safe drinking water.

Gold Star Counties

County	% in G. N. C.	% in P. N. C.	% free from serious physical defects	% meeting school sanitation goals
Churchill	78.06%	9.05%	64.00%	100.00%
Eureka	79.54	3.79	36.00	75.00

Churchill and Eureka Counties now have the highest standing that has ever been reached by a county carrying on the Keep Growing demonstrations. Congratulations! Churchill and Eureka Counties!

Elko, Ormsby, Washoe, and Humboldt counties are very near the Gold Star standards. A small improvement in nutritional condition and some sanitation improvements would make all four Gold Star counties. We hope this improvement will be secured soon.

Communities Having No Children in Poor Nutritional Condition: Another group of communities that deserves special praise is composed of those having no children in Poor Nutritional Condition. There may be some "doubters" who still feel that it is not important for a community to have 75% of its school children in Good Nutritional Condition; but we know of no community that would not be proud to boast of having no school children in Poor Nutritional Condition. It means not only good food and sleep habits, but a high degree of freedom from physical defects and a community-wide interest in "positive good health". The following communities are members of this especially fine group. Those starred (*) had no children in Poor Nutritional Condition throughout the entire school year!

Communities Having No Children in Poor Nutritional Condition

<u>White Pine County</u>	<u>Churchill County</u>	<u>Washoe County</u>	<u>Eureka County</u>	<u>Elko County</u>	
Melvin	*Island	Brown	Palisade	*Cobre	*Lamoille
Preston		*Clark	Diamond Valley	Contact	*Lee
*Steptoe		Franktown		*Elburz	Metropolis
		*Galena Creek		*Halleck	*Rabbit Creek
		Vista		*Humboldt	*Ryndon
				*Jack Creek	*South Fork
				*Jiggs	Spanish Ranch

Health Booklet Contest: Every year for the past five years a Health Booklet contest has been carried as another supplementary Keep Growing activity. This contest has furnished motivation for an excellent health education project. Each child, who is interested and has the time makes a health booklet upon any subject or subjects he wishes. Stories, rhymes, and essays regarding nutrition, health, sanitation, etc., are prepared by the children. These booklets are illustrated by "cut-outs", magazine pictures, traced or free hand drawings, etc. Each has an attractive cover with the words "Keep Growing" incorporated into its design. In these booklets are kept the height-weight records for the year, the health standing based upon a doctor's examination or the regular inspection by the Maternal and Child Health nurse, and information regarding corrections of physical defects. By the end of the year these booklets give a cross section of the nutrition, health, and sanitation knowledge and activities of each child. Excellent correlation is secured in the art, language, and health activities of the school program.

No credit is given for artistic ability; but original and forceful presentation as well as accurate and locally useful information are given much credit. Nutrition improvement, posture, and health condition as regards physical defects (and their correction) are also considered in judging these books. The judging is done independently by three persons representing nutrition, health, and educational interests. The six highest ranking books in two classes are awarded ribbons and small cash prizes, and four others in each group receive ribbons and honorable mention. The first prize winner in one class has the cover of his book used to illustrate the cover of the yearly Keep Growing report.

Last year the highest ranking book in Division A was considered so good in educational value that it was made the subject of two radio talks over the Western Farm and Home hour of the National Broadcasting Company. Also one national radio talk from Washington D. C. was devoted to this booklet. Nevada is proud of the distinction given to this Keep Growing method of motivating nutrition and health education.

These booklets serve a very useful purpose. They are exhibited at local P.T.A. and Farm Center meetings, at county fairs, at district and state meetings of various kinds; and do much to build up public interest and cooperation, not only in the Keep Growing demonstrations, but also, in the Positive Good Health of the state as a whole. They also travel from school to school and add interest to the succeeding year's work.

There were 102 Health Booklets entered in the state contest this year, after elimination contests were held in the communities and counties.

HEALTH BOOKLET CONTEST WINNERS, 1937

Division A

Division A - for children in Poor Nutritional Condition who make a decided improvement in nutritional condition. Score card - 40% for nutritional improvement, 10% for posture, 25% for health information, 25% for forceful presentation.

- 1st Prize - Calliope Frugoli, Empire, Washoe County, age 12 years. Gained 12 pounds, from 109 to 121 pounds. Grew 2 inches. Ended the school year with good muscle tone, color, posture, and nutritional condition. Subject of booklet: The Keep Growing Ladder, (good food, sleep and rest, cleanliness, exercise, play). Illustrated by magazine cut-outs.
- 2nd Prize - Myrtle Lee, Lamoille, Elko County. Age 12 years. Gained 8 pounds, from 79½ to 87½ pounds. Also grew 3 inches, ending the school year with good muscle tone, color, posture, and nutritional condition. Subject of booklet: Food For Health. Illustrated with water color drawings.
- 3rd Prize - Alice Williams, Lamoille, Elko County. Age 11 years. Gained 2 pounds, from 52½ to 54½ pounds. Also grew 2 inches, and ended the school year with good muscle tone, color, posture and fair nutritional condition. Subject of booklet: Health Habits. Illustrated by crayon drawings.

4th Prize - Bobbie Late, Glendale, Washoe County, Age 15 years. Gained 14 pounds, from 100 to 114 pounds. Also grew 1 inch and ended the school year with fair muscle tone, good color and posture and fair nutritional condition. Subject of booklet: The Health Journey. Illustrated by original drawings.

5th Prize - Maie Nygren, Harmon, Churchill County. Age 12 years. Gained 7 $\frac{3}{4}$ pounds, from 85 $\frac{1}{2}$ to 93 pounds. She also grew 1 $\frac{1}{4}$ inches, and ended the school year with good muscle tone, color, posture, and good nutritional condition. Subject of booklet: Rules of Health. Illustrated with cut-outs.

6th Prize - Bessie Nisheguchi, Gerlach, Washoe County. Age 13 years. Gained 10 pounds, from 68 to 78 pounds, also grew 1 inch. She ended the school year with good muscle tone, good color, good posture and fair nutritional condition. Subject of booklet: A Health Story. Illustrated by crayon drawings.

Honorable Mention: Loretta Lewis, Clark, Washoe County; Renee Bates, Kate M. Smith, Sparks, Washoe County; Thelma Chase, Franktown, Washoe County; Theresa Roberts, Rabbit Creek, Elko County.

Division B

Division B - for children who are free from physical defects, or have had defects corrected. Score card, average increase in weight 5%, Good Nutritional standing 10%, posture 10%, freedom from physical defects, or defects corrected 25%, health information 25%, forceful and original presentation 25%.

- 1st Prize - Betty Schaffer, Beach, Churchill County. Age 14 years. Gained $13 \frac{3}{4}$ pounds, from $121 \frac{1}{4}$ to 135 pounds, and grew 1 inch. She ended the school year with good muscle tone, color, posture and good nutritional condition. Subject of booklet: Posture. Illustrated with cut-outs.
- 2nd Prize - Catherine Gibbons, Kate M. Smith, Sparks, Washoe County. Age 9 years. Gained $2 \frac{1}{4}$ pounds, from $61 \frac{3}{4}$ to $64 \frac{1}{2}$ pounds. Also grew $1 \frac{1}{2}$ inches and ended the school year with good muscle tone and posture, fair color and good nutritional condition. Subject of booklet: Sleep. Illustrated with cut-outs.
- 3rd Prize - Joe Garcia, Lakeside, Washoe County. Age 12 years. Gained $5 \frac{1}{2}$ pounds, from $67 \frac{1}{2}$ to 73 pounds and grew 1 inch. He ended the school year with good muscle tone, color and posture and good nutritional condition. Subject of booklet: Family Cooperation to Keep Growing. Illustrated with cut-outs.
- 4th Prize - Eileen Pezzi, Glendale, Washoe County. Age 7 years. Gained $4 \frac{3}{4}$ pounds, from $48 \frac{1}{4}$ to 53 pounds and grew 2 inches. She ended the school year with good muscle tone and posture and good nutritional condition. Subject of booklet: Keep Growing with Vitamins. Illustrated with original drawings.
- 5th Prize - Clinton Peterson, Elburz, Elko County. Age 8 years. Gained $6 \frac{1}{2}$ pounds, from $49 \frac{1}{2}$ to 56 pounds and grew $1 \frac{1}{2}$ inches. Ended the school year with good muscle tone and posture and good nutritional condition. Subject of booklet: Keep Growing Helps. Illustrated with original drawings in water colors.

6th Prize - Gloria Antoinelli, Mary Lee Nichols, Sparks, Washoe County.
Age 8 years. Gained $5\frac{1}{2}$ pounds, from $61\frac{1}{4}$ to $66\frac{1}{2}$ pounds, and
grew $\frac{1}{4}$ inch. She ended the school year with good muscle tone,
color, fair posture and good nutritional condition. Subject
of booklet: A Keep Growing Day. Illustrated with magazine
cut-outs.

Honorable Mention: Jim Smiley, North Star, Elko County; Aldo Lepori,
Mary Lee Nichols, Sparks, Washoe County; Norris Clark,
Kate M. Smith, Sparks, Washoe County; George Jensen, Moleen,
Elko County.

THE RESULTS OF FIFTEEN YEARS OF KEEP GROWING DEMONSTRATIONS

Now that Nevada's Keep Growing project has at last reached the ultimate state goals, toward which it has worked for fifteen years, this is a good time to take stock of what really has been accomplished. Therefore, we are listing below the results that we believe have been secured through these community demonstrations in the nutrition and health of school children.

1. Positive Good Health Made Popular: For fifteen years 2532 children on the average, have received nutrition and health education, motivated by their own personal development. Also an average of 61 communities in the 12 agricultural counties of the state have been stimulated to improve these conditions.

2. Nutritional Condition has Been Improved: a. The percent of Keep Growing children who can fairly accurately be judged as being in Good Nutritional Condition has been increased 20.15% (from 56.20% in the fall of 1922 to 76.35% in the spring of 1937). The percent of children classified as being in Poor Nutritional Condition has been decreased 16.48% (from 25.5% in the fall of 1922 to 9.02% in the spring of 1937).

b. The proportion of observable indications of malnutrition, i.e.; rickets, cavities in teeth, poor muscle tone, etc., has been decidedly decreased. Although no exact statistics are available a conservative estimate made by checking samples of communities for 1922 and comparing them with this year's records, places the improvement in teeth at about 25% for whole school populations, and 45% for first grade children.

The subject of individual variation in nutrition conditions has always been a much discussed question. However, these Keep Growing demonstrations have proved, we believe, the definite knowledge of community nutritional condition is of value as a means of securing concerted effort toward improvement.

3. Family Food Habits Have Improved: There has been a wide-spread family adoption of better food habits, particularly in regard to the use of milk, vegetables, cod liver oil, and a more substantial breakfast. The proof of this statement rests on the following facts:

a. The nutrition of pre-school children has been decidedly improved, as indicated by the reduction of the number of cavities in teeth, and observable rickets.

b. There has been a decided increase in the consumption of milk. Nearly all rural families now maintain at least one cow, and this was far from true in 1922. The state per capita consumption of fluid milk has more than doubled; from .6 pints per person in 1921 to 1.3 pints in 1938, (based on figures for total production less butter, cheese, and ice cream manufactured).

c. There has been an estimated increase of 40% in home vegetable gardens. A large proportion of rural families now have as much of a garden as the water supply and frost conditions permit. Also the home preservation of food has greatly increased.

d. Members of homemakers clubs and teachers report that much better breakfasts are eaten by school children, (both as to total amount of food and the use of whole-grain cereals).

e. There has been a very noticeable increase in the use of protective foods, (cod liver oil, orange and tomato juice, green leaf vegetables, and whole-grain cereals).

f. Community interest in a hot food for the noon meal, a supervised lunch period, and the use of milk for supplemental feeding has greatly increased. None of these activities was in existence fifteen years ago. This year 84% of the Keep Growing schools had a hot supplement to the noon meal, 86% had a supervised lunch period, and 53% used milk as a supplementary feeding at morning recess.

4. Posture Has Improved: There has been an estimated improvement of 15% in the number of children having good posture, and a general improvement in the posture of a large majority of the rest of these Keep Growing children. Interest in posture problems has also increased among school authorities and the homes of Keep Growing communities.

5. More Children Are "Free to Gain": There has been a 34% decrease in the number of children having indications of sericus physical defects (from 71% in 1933 when this work started, to 37% in 1937). There is a definite record that 9032 defects have been corrected during this time. Of course, credit for this improvement belongs to the State Public Health Nursing Service, maintained at first by the Nevada Public Health Association and the State Board of Health, and this year greatly expanded under the Maternal and Child Health Division of the State Board of Health.

6. School Sanitation has Improved: When sanitation was added to the Keep Growing program in 1932 only 10 or 13% of the Keep Growing schools could qualify for Gold Star Certificates. This year 32 or 43% of the schools met all sanitary requirements as regards drinking water, sanitary toilets, and handwashing facilities.

7. Community Interest in Positive Good Health has Increased: When the Keep Growing work was started in 1922 only a few scattered members of Homemakers' Clubs, Parent Teachers Associations, and Relief societies showed active interest in community nutrition and health, and fewer still were interested in sanitation conditions. In 1922 only eight communities were willing to assume responsibility for carrying on Keep Growing demonstrations. For the past twelve years from 51 to 88 communities have fostered these community demonstrations by having some local organization sponsor the work, furnishing volunteer leaders, and equipment; and correlating the study of nutrition and health with the rest of the school work.

8. Public Interest and Cooperation has been Aroused: We believe that these Keep Growing demonstrations have had a decided effect in awakening state-wide interest in nutrition and health problems. Workers in the new Maternal and Child Health Nursing and Sanitation Services, recently established under the State Board of Health, have commented upon the greater interest and cooperation found in Keep Growing communities than in areas where this work is not established.

9. Value of Volunteer Leaders Demonstrated: Last, but not least, we believe that these Keep Growing demonstrations have conclusively proved the value of volunteer, technically untrained, local leadership, its skill in arousing home and community cooperation, and its ability to make the services of a small staff of trained workers reach a much larger proportion of the population than would otherwise be possible. The interest and devotion of these local leaders has been the foundation of success for these Keep Growing demonstrations; and the community service that they have rendered is deeply appreciated by the whole state.

FUTURE PLANS

Having carried on these Keep Growing demonstrations for fifteen years, and having at last reached the ultimate state goals, the Agricultural Extension Service of the University of Nevada is much inclined to feel that it should consider these demonstrations completed. Its funds are limited and its staff is small, there are a number of other problems needing more attention than is now available.

We have always hoped that the time would come when some public health agency would take over the direct responsibility for the monthly weighing of these children, and for all health and sanitation activities. This would free the time of extension agents for more intensive consultation work regarding nutrition problems of individual children and more nutrition instruction work in schools. Now that Nevada has the new Maternal and Child Health Nursing Service, with a large staff of field nurses, and an efficient supervisory nurse, and excellent physician acting as director, would it not be a good idea to turn over to them the directing of these Keep Growing demonstrations? The Agricultural Extension Service could then confine its activities to the nutrition phase of the work. This would give seventeen instead of five trained workers to assist with this project, and these new workers would bring to it much training and experience along health lines that extension workers do not have. The new Sanitation Division of the State Board of Health now has two trained sanitary

engineers on its staff. Would it not be a good idea to invite them to cooperate in promoting the sanitation phases of this work? We are sure that they would be a real addition in both service and guidance.

The Agricultural Extension Service would be entirely willing, and glad to work with these agencies in your behalf, in any cooperative way that we three agencies and the state Department of Education can work out. The basis of the work might have to be decidedly changed to do justice to the activities of these new agencies. This would be entirely acceptable to the Extension Service. The main thing we are interested in is arousing community interest and effort in securing the best possible results from the agencies you now have available.

We earnestly urge that each Keep Growing community and the state as a whole, devote real thought to this problem. Then, we suggest that a conference be held early in September at which representatives of the school system, the Farm Bureau, the Parent Teachers Association, the Federation of Women's Clubs, Keep Growing leaders, parents, and the Maternal and Child Health and Sanitation Divisions of the State Board of Health, and the Agricultural Extension Service can sit down around a table and consider how the Keep Growing communities and the rest of the state can best use these nutrition, health and sanitation services. These three agencies are all supported by your taxes and are organized to help solve your problems. Therefore, we believe the best interest of the state will be secured when you fulfill your responsibility by helping to determine how these agencies can best be mobilized to serve your communities.

COMMUNITY COOPERATION SINCERELY APPRECIATED

Finally, may we express the admiration of the Agricultural Extension Service for the devoted leadership and community interest that has been given to these Keep Growing demonstrations. Not only has nutrition, health, and sanitation conditions been improved, but a spirit of community cooperation has been developed that is of real value to the life of this State. To all these cooperators, children, parents, leaders, schools, and civic organizations, we wish to express our sincere appreciation, our best wishes for the future, and our desire to cooperate in any way that you may desire.

(Signed) (Mrs.) Mary Stilwell Buol
Assistant Director for
Home Economics,
Agricultural Extension Service,
University of Nevada.

NEVADA KEEP GROWING NUTRITION DEMONSTRATION
STATE SUMMARY FOR THE YEAR 1936-1937
STATE AND COUNTY RESULTS COMPARED WITH STATE GOALS

COUNTY	CHILDREN	ANNUAL STATE GOALS				ULTIMATE STATE GOALS			
		Increase in num-ber of children in Good Nutri-tional Condition:	Decrease in num-ber of children in Poor Nutri-tional Condition:	Number of physical defects corrected:	% of children in Good Nutri-tional Condi-tion. State goal 75%	% of children in Poor Nutri-tional Condi-tion. State goal 10% or less.	% of children free from physical defects.	% of children free from physical defects.	
		#Ex:	#Com:	%Com:	:	:	:	:	:
		:	:	:	:	:	:	:	:
**Churchill	: 653:	652:	99:	/17.42	: - 8.56	: 278	: 78.06	: 9.35	: 64
Douglas	: 171:	:	:	School closed early due to epidemics, no complete record available.					
*Elko	: 596:	517:	87:	/ 3.84	: - 0.20	: 101	: 85.88	: 4.83	: 68
**Eureka	: 132:	132:	100:	/21.21	: -14.39	: 36	: 79.54	: 3.79	: 31
Humboldt	: 47:	51:	108:	/ 6.76	: / 3.42	: 28	: 70.58	: 9.80	: 55
Lyon	: 87:	88:	101:	- 5.74	: / 8.04	: 149	: 63.22	: 16.09	: 26
Ormsby	: 298:	275:	92:	- 1.20	: / 7.31	: 46	: 75.62	: 12.00	: 37
Washoe	: 495:	469:	95:	/11.45	: - 1.50	: 260	: 71.85	: 14.49	: 86
Sparks	: 585:	516:	88:	/18.85	: -14.17	: 26	: 75.77	: 6.00	: 75
White Pine	: 150:	138:	92:	/11.33	: - 5.34	: 13	: 68.00	: 9.33	: 36
STATE	:	:	:	:	:	:	:	:	:
TOTALS	:3214:	2838:	91:	/ 8.37	: - 2.63	: 970	: 75.35	: 9.02	: 63

COUNTIES	TOTAL NO. COMMUNITIES (or school units)	SILVER STAR COMMUNITIES (Having reached ultimate state nutrition goal)	GOLD STAR COMMUNITIES (Having reached state health, as well as nutrition goal)	NO. COMMUNITIES (Having no children in Poor Nutritional Condition)
Churchill**	10	0	8	1
Douglas	2	0	0	0
Elko*	23	8	11	14
Eureka**	4	0	3	1
Humboldt	1	0	0	0
Lyon	3	0	1	0
Ormsby	1	0	0	0
Washoe	20	0	6	4
Sparks	3	0	1	2
White Pine	6	2	2	0
Total	73	10	32	22

* Silver Star County

** Gold Star County

2. Good Growth and Development Projects: (Child Care and Parent Education): The work in this project is carried on in two phases:
- a. Home demonstrations with families having pre-school children: In this phase certain mothers acting as home demonstrators keep simple records of physical growth, habit formation, and personality development, and occasionally report results to the group and at community meetings. Much of this work is done through home visits, although some conferences are held before or after meetings and at the extension offices. Group meetings are also held on specific problems. Because of the additional work involved in the Rural Rehabilitation and other emergency relief projects the number of home demonstrators were reduced this year to the number that could be adequately handled by each extension agent.
 - b. Pre-School Roundups: Much^{less} detailed help is given to a much larger group of children through the pre-school roundups which are held each spring. The main effort in this latter phase is to reach five-year-old children who are entering school in the fall. However, a number of families are adopting the habit of bringing or sending younger children to the schools when Keep Growing work is being carried on, in order that they may receive more frequent check-ups. As far as time is available the extension agents, of course, are glad to give this cooperation.

Considerable subject matter material was prepared this year, including simple tests in regard to physical and social development which parents could apply to their children. A bibliography of books suitable for children of different ages supplemented by an exhibit of some of these books, exhibits of children's toys and of simple home-made furniture from apple boxes, orange crates, etc., were prepared. These were supplemented by group instruction, and home consultations on these subjects.

The Washoe County home demonstration agent, Miss M. Gertrude Hayes, spent 25 days of her time on this specialist work, largely in the preparation of material and the training of the agents during the extension conference.

Close cooperation has been built up with the field nurses of the Maternal and Child Health Nursing Service, particularly in regard to the pre-school roundups. Also the extension agents have given help in regard to specific nutrition and habit formation problems at the request of these nurses. On the other hand, the nurses have referred cases to the extension service where family situations involved nutrition, home management, and family relationships have been found to be the limiting factor in families which they were handling.

The greatest handicap we have in this problem is lack of time to adequately handle the demands that are made for this type of work. The time spent upon Rural Rehabilitation and emergency relief problems had to be taken from some other phase of the work and this project suffered as a result. Only 45% as much agents' time was devoted to this project this year as last. This resulted in a decrease of 39% in the number of adults participating in the program and a decrease of 66% in the number of children involved. However, a large part of this decrease was due to dropping this project from the urban area of Sparks, where there is a larger pre-school population than in our rural areas. The pre-school roundups held in the more isolated rural areas reached a smaller population but secured more specific and lasting results. Also the fact that Sparks now has a school nurse and a Maternal and Child Health nurse in this county, resulted in the extension service deciding to withdraw pre-school roundups in this area in order to free time for more isolated areas.

Considering the amount of time devoted ^{to} this work we feel that the results in regard to the number of families involved, and results in habit formation, substituting positive for negative discipline, providing play equipment, adopting furnishings to children's needs, as well as the numerous phases reported under the nutrition and clothing projects are excellent. The various problems encountered and the extension methods are illustrated below by excerpts from agents' reports:

Washoe County: Good Growth and Development Specialist's Report. "The Washoe County agent, who acts as a part-time specialist for the good growth and development project, spent 23 days on specialist's work this year. The two projects, pre-school home demonstration and prepare for school roundups, are the projects carried on in connection with this work.

"The following subject matter material was prepared this year:

1. A scrap book of sources of material on child care and training.
2. Five sets of intelligence tests for parents.
3. List of books for children of different ages.
4. Exhibit of books for children.
5. Exhibit of children's toys.
6. Children's play equipment made from apple boxes and orange crates.
7. Children's self-help furniture made from apple boxes and orange crates.

"The above material was presented at the annual extension conference and at five homemakers clubs in Washoe County. Another phase of specialist's work is to summarize county reports and assist in making the state report."

State Statistics Good Growth and Development Projects

	<u>1936</u>	<u>1937</u>	<u>% Change</u>	
No. communities involved.....	41	48	+12	24 - 8
No. volunteer local leaders.....	68	66	- 3	43 - 34
No. adult demonstrations.....	349	279	-20	198 - 29
No. families improving habits of children.....	505	498	- 1	276 - 44
No. substituting positive for negative methods of discipline.....	172	178	+ 3	143 - 19
No. providing play equipment.....	160	85	-46	111 + 30
No. adapting furnishings to child needs..	42	38	- 9	106 + 163
No. different individuals participating in child development and parent education programs.....	768	489	-39	739 + 51
No. children involved in above.....	1507	521	-66	1334 + 156
No. pre-school roundups.....	38	33	-13	13 - 60
No. children involved.....	461	211	-54	123 - 41
No. days agents' time spent on project...	65	34	-45	51 + 50

Washoe County: Good Growth and Development. "The number of children in the rural communities of this county is very small. The farms are far apart and the children have practically no playmates of their own age. A nursery school in the rural districts is prohibitive because of the long distances and the expense of operating such a school. The project as planned in Washoe County, therefore, is to apply nursery school methods in the home. The project as planned would work nicely if enough time could be spent on the work to get the desired results. 13 communities in Washoe County carried on pre-school home demonstration work. 95 children were reached during the year. Most of the work is done by home visits. This year more work was done at regular meetings as 11 meetings on this project were held with adult groups. Some of the children are brought to the school and weighed with the school children, others are reached at the prepare for school roundups. 3 demonstrations have been given on the selection of toys and play equipment to suit the child's needs. Three demonstration have been given on books for children of different ages. Three demonstrations have been given on the making of home-made play equipment using orange crates and apple boxes. Three demonstrations have been given on the making of self-help furniture for the pre-school child, using apple boxes and orange crates, clothes closet, a chair, and book cases. Family relationship talks have been made in 3 homemakers meetings and 3 PTA meetings. The mothers are becoming more interested in the importance of a better understanding of the child and his place in the group.

"The work done on the pre-school home demonstration is difficult to report because of the varied type of assistance given. In nearly every casual conversation with a mother she asks for some type of help. When

home visits are made the child is weighed and measured and the improvement noted. If the child has made no apparent improvement the same is noted and an effort made to see what is causing the trouble. The following habit developments are always checked: Toilet training, sleep, sunshine and fresh air. More parents have asked for help in forming good habits of eating, playing with toys, and how to get along with other children this year than ever before. Two mothers have asked for help on sex training. The mothers are realizing more and more that habit training must start early in life. Most of the children enrolled in the project have been given a physical inspection by a doctor or nurse. Most of the babies enrolled are under the doctor's supervision. This is a real step forward to have the babies given a regular check-up by a doctor. Practically all of the children enrolled have been vaccinated for small pox and immunized against diphtheria. Seven years ago this seemed impossible because the parents did not think it necessary.

"In the pre-school roundups 93% of the children were found to be in good nutritional condition and 6% in poor nutritional condition. All reported drinking a quart of milk a day and eating vegetables. 48% reported taking cod liver oil. In 1936 only 76% were found to be in good nutritional condition while 13% were in poor nutritional condition. However, last year a very high percentage of the children were from small towns. The incomes were low and there was not enough money to buy adequate food. In 1931, the year the project was started, 84% of the children were in the "good nutritional group. The 1937 figures are such an increase over those for 1931 that we sincerely hope we can maintain this good record with the ultimate goal of having all the children in the first named group. Real progress has been made in the improvement of the physical condition of the children since the project started. In 1931, 90% of the children inspected showed signs of physical defects. In 1937 only 16% showed signs of physical defects. The number of children having teeth defects has also greatly decreased. In 1932, 35% of the children showed signs of needing dental care; in 1936 21%, while in 1937 only 11% needed dental care. The greater part of this progress has been made through the education of the parents in the necessity of watching the child's teeth and in having them checked by a dentist from time to time. Many parents still have the idea that the temporary teeth should not be filled. Most encouraging, however, is the growing realization of the value of a balanced diet in making good bones and teeth. 33% of the children were immunized for small pox and 30% for diphtheria. This is a splendid record. The Maternal and Child Health nurses and doctors are doing good work in getting the children immunized against contagious diseases.

"The WPA nursery schools in Reno now take children from families other than those on relief. The teachers are provided by the WPA and the parents pay ^{for} food and a few other items. 6 children enrolled in this project attend the nursery school. There is also a cooperative nursery

school organized by a group of mothers in Reno. The supervisor is a WPA worker. The mothers take turns helping the regular nursery school teacher. The children are kept three hours each day. They have tomato juice and cod liver oil but go home for their lunch and nap. The school is held in a church. Heat and lights are paid for by the mothers. (The agent gave advisory service). The American Association of University Women have a study group for the study of the pre-school child. They have no background for the work. At each meeting two members have charge of the discussion. The agent was asked to join the group and help with the program.

"Case 2.

Sex: Female
 Date of birth: Year, 1935; Month, May; Day, 20th.
 Weight at birth: 7 lbs. 1 oz. Height 21 in.
 Weights: 12 mos., 22 lbs.; Height 28 in. NW 19 lbs.
 2 yrs., 29 " " 33 " NW 25 "

"Parents: The parents operate a poultry ranch. They live in the home with the grandmother, an elderly aunt and usually other relatives are in the home.

"The baby: The baby is the second child in the family. She was born at St. Mary's Hospital. Normal birth. The baby was 15 days old when the demonstration was started. After coming from the hospital the baby did not make regular gains. The mother's milk was tested and found not to be meeting the baby's needs. The doctor put the baby on a formula of cow's milk and karo syrup. Help was given in working out the formula and making the changes as the baby grew. Help has been given on planning meals for the child and suggesting ways to get the baby to eat cereals and vegetables. Cod liver oil has been given the baby since she was 3 months old. She showed signs of rickets at the age of 4 months and was given cod liver oil twice a day. The mother was encouraged to have the child vaccinated against small pox and immunized for diphtheria. She has had whooping cough and a number of colds.

"The baby is very active and is considered a bit rough when playing with other children. Help has been given on the selection of play equipment suited to her age and that belongs to her. She always wants to take the toys away from someone else. However, the baby started to the WPA nursery school this fall and got along real well with the children. She did not like to take a nap at school. It took some time to get her adjusted to the new sleeping room.

"The mother has many problems to overcome with so many adults in the family. They work with her but it is almost impossible to deal with a child when there are so many adults around to humor her. The child is growing rapidly. She is very active and gets along better with the other children as she grows older."

Churchill County: Good Growth and Development. "The pre-school home demonstration project was carried on with twelve pre-school children this year in seven different communities. The children were weighed and measured at regular intervals and suggestions given the parents regarding proper food and health habits, such as sleep, rest, clothing, toilet training, and suitable toys for children of different ages. Methods used in carrying on this project include: (1) The home visit method where the agent conferred with the parents in their homes. (2) The office visit where the children were brought to the extension office by the parents to consult with the agent. (3) The group method where conferences were held with the parents at Homemakers' club meetings or other community gatherings.

"Occasional help and assistance was also given to 77 other families, including 28 Rural Rehabilitation clients and Relief families. With reduced incomes during the last few years, the proper feeding of children has been quite a problem in some of the homes. Cod liver oil was secured from the Public Health Association and given to nine families who were unable to buy it. Bulletins and circulars were distributed dealing with the planning and serving of adequate meals, care of the teeth, desirable eating habits, sleep and rest habits. Demonstrations were also given on self-help garments for pre-school children.

"Results of these twelve home demonstrations were as follows:

Number of children establishing regular eating habits....	12
Number of children establishing sleep and rest habits....	11
Number of children establishing toilet training habits...	5
Number of children taking cod liver oil.....	8
Number of children taking sun baths.....	12
Number of children cooperating with other children in use of toys.....	7
Number of children learning to accept new foods pleas- antly.....	5
Number of families adopting self-help garments.....	8"

Eureka County: Good Growth and Development. "The two small youngsters at the Wallace Bailey ranch in Diamond Valley have been in pre-school home demonstrations since infancy. These children give an interesting demonstration of how food and health habits can be modified from year to year. Although their nutritional improvement has been rather slow, it has been continuous and bears definite tribute to the untiring efforts of their parents. The older youngster is making such marked improvement that when he enters school in another year we have every reason to expect he will be an example of a sturdy, well-developed child."

Clark County: Good Growth and Development. "In April preparation had been made by the former agent for the county pre-school roundups to be held in four communities, Mesquite, Bunkerville, Logandale and Overton.

Four days were given to this spring pre-school roundup. The nutritional inspection and check-up was given by Mrs. Mary S. Buol, Assistant Director, Extension Service, and weighing and measuring was done by the agent. Two volunteer leaders from each community cooperated during the day. 110 children were examined in the four days. There was a great deal of enthusiasm and interest shown by all the parents concerned. Most of the questions involved were how to increase appetite and weight of the children, immunization against contagious diseases and habit formation for the young child. Follow-up inspections have been made in June and October in the four communities with the cooperation of Mrs. C. Miller, Public Health Nurse, and follow-up visits made to those expressing a need for more nutritional instruction. Many of these mothers who have pre-school children have also been contacted through the nutritional meetings."

Lyon County: Good Growth and Development. "Through the cooperation of the extension service and the Nevada Public Health Service, the district nurse, Mrs. Mary Williams, worked with the extension agent in conducting roundups in Smith Valley, Yerington, and Dayton. The homemakers clubs in each community provided the assistance needed for these roundups. Mrs. Williams had charge of the health and the physical inspections and the extension agent of the nutrition conference. Mr. Elmer Pedroli, Superintendent of the Smith Valley schools arranged for the roundup to be held in the grade school auditorium in that community, and the Mason Valley homemakers arranged for the Legion Hall in Yerington as the place for the roundup there. Dr. Magee and Dr. Reese attended the conference in Yerington at which 24 pre-school children and 17 parents were present. Dr. Mary Fulstone attended the conference in Smith Valley which 12 pre-school children and 7 parents attended. Dr. Ross of Virginia City attended the conference in Dayton at which 14 pre-school children, 6 school children and 8 parents were present."

3. Home Management:

Six phases of the home management project were carried on during this year:

- a. Consumer education.
- b. Indirect Home Management phases included in other projects such as food, clothing, child care, house furnishing equipment, etc.
- c. Budgets and accounts with extension families.
- d. Home management plans, including budgets and accounts, with Rural Rehabilitation families.
- e. Budgets and accounts with a small number of demonstration families which are doing special demonstration work in farm and home accounts, under the direction of the Experiment Station and the agricultural economist of the extension service, with consultant service from the home economics extension staff.
- f. Family financial problems in cooperation with the Farm Credit Administration.

a. Consumer Education: This work has been a part of the program of practically all homemakers groups and a number of other groups such as the Relief Societies of the Latter Day Saints Church, and some Parent Teachers Associations and Federated Women's Clubs. In each of these groups a consumer chairman is appointed who receives guidance and subject matter assistance from the extension agent, and has charge of the scrapbook to which all members contribute as the opportunity presents itself. One or two meetings during the year are devoted specifically to consumer problems; and at the rest of the meetings about ten minutes' time is spent in presenting some particular phase in which the group is interested. In furtherance of this project specific topics are assigned to certain individuals for continued study, (clothing, drugs and cosmetics, standards for grading foods, labels, advertising material, etc.). As this information is secured it is presented to the group and the illustrative material is incorporated into the consumer scrapbook. Governmental material such as "The Market Basket", "Consumers' Guide", reports from the Bureau of Home Economics, Bureau of Standards, Federal Trade Commission, American Home Economics Association, etc., are brought to the attention of these groups by the extension agents or consumer chairmen. This is supplemented by material from books, magazines, newspapers, which members and the chairman believe bear upon the questions being studied. Both agents and consumer chairman report a sustained interest in consumer problems and that these scrapbooks are frequently consulted in solving family consumer problems. Both the extension service and the groups are finding at every meeting that this continuous emphasis upon consumer problems brought ~~out~~ develops a larger body of interest and information than just one or two meetings devoted entirely to such problems.

The aim of the extension service in this work is to arouse interest, to develop standards by which consumers may judge commercial and professional information, and to stimulate both individuals and groups to accumulate a fund of specific information to which they may refer when individual problems arise. Real effort is made by the extension agents to avoid radical attitudes and to keep before these groups the idea that this is a long-time problem in which cooperation of consumers and merchants is necessary in order to work out a satisfactory solution. The initial antagonism shown by local merchants toward consumers actively is gradually changing to a more intelligent desire to find out the real needs and desires of their local patrons and to cooperate in solving mutual problems. On the other hand we believe that these groups are realizing more and more that merchants have serious problems

during this period of economic change, and that most merchants are now making an earnest effort to find the sensible, middle of the path between the pressure exerted by wholesalers and the demands of consumers.

- b. Indirect home management phases included in other projects such as food, clothing, child care, house furnishing equipment, etc., are producing increased interest, and re-enforcing the more direct project instruction. This indirect approach possibly has more results in terms of adopted practices than the more formal consideration of consumer problems. Many women who are not "consumer conscious" are much interested in specific problems involving the welfare of their families such as providing food, clothing, etc. Repeated emphasis along these lines does in time build up good consumer habits, and finally consumer consciousness.
- c. Budgets and Accounts with Extension Families: A large part of this work is done on specific problems such as the value of home produced food, (in connection with the Live-at-Home campaign), the cost of purchased foods, (in connection with the Live-at-Home grocery bill), the cost of clothing, (in connection with planning seasonal wardrobes and particularly in connection with the 4-H Club clothing project), the cost of other specific family needs, (such as medical care, education of children and recreation). Nevada's public opinion is still quite antagonistic toward a direct consideration of this problem of family planned spending. However, a large proportion of our rural population is now compelled to live on a budgetary plan imposed by the various loan agencies, such as the Farm Credit Administration, local banks, and Rural Rehabilitation. Of course, where this financial pressure is brought to bear upon a family it accepts the inevitable, and then is faced with the problems involved in adhering to the budget allotments. With such families the extension service devotes a considerable amount of time to unobtrusive help. On the one hand, this consists of listening to "tales of woe" regarding the inadequacy of the budget imposed by the loan agency, complaints regarding the slavery involved in keeping track of expenditures. On the other hand, there is the worry as to whether financial obligations can be met and family standards of living maintained, particularly in regard to medical care and education of children. These confessional periods occur usually during home visits because there is a strong antagonism to discussing these personal financial problems in group meetings because of the dread of neighborhood gossip. However, it is just on such occasions that the extension agent is able to give unobtrusive but much needed

guidance, technical assistance in account keeping, and encouragement to face realities and make the adjustments that are vitally needed if financial security is to be maintained. This is a period of radical transition for many of Nevada's agricultural families. The financial worries and necessary change in buying habits have raised many problems in regard to family relationships, such as irritation between family members and the sense of "loss of face" in the community. We believe this quiet method of family council has been helpful and has produced some results. In fact, we feel we are getting further by this method than we did by the formal and direct attack involved in urging definite work as enrolled budget and accounts demonstrators. More families are becoming able to talk over these problems with the agent and have confidence in her ability to help them analyze their difficulties. Above all, there is an increasing sense of confidence that the agent will "keep her mouth shut" and not discuss these intensely personal problems with someone else. On the other hand there is some evidence that this supersensitiveness in regard to financial problems is gradually wearing away. One group in Elko County has asked for specific appointments with the agent in her office so that they can all bring in their budgets and accounts and discuss mutual problems. This work has already started with the new project year.

There is a slow increase in families volunteering for demonstrations in budgets and accounts, but aside from those forced to accept loaning agency budgets, this remains a small number. There is an increased number keeping budgets and accounts for some particular phase of family living, such as food, clothing, education, etc. 4-H Club clothing accounts is an outstanding example of this approach. There is good evidence that such activities awakens family interest and discussion, and in a fair proportion lead on to a more sustained effort toward planned family spending.

d. Home Management Work with Rural Rehabilitation Families:

Because Nevada home demonstration agents are acting as home management supervisors for Rural Rehabilitation under the Farm Security Administration, they have had close contact with a majority of these families in regard to Rural Rehabilitation home management plans and the accounts which each client family is supposed to keep. 254 Rural Rehabilitation plans (which include the total family financial set-up), have been made with families who are clients of the Farm Security Administration. Difficulty was encountered in making out these plans because so few families had any idea what their past expenses had been. But the experience has been an educational one for both the client families and the extension agents, and there is strong evidences that next year's plans will be

much more effectively prepared.

Throughout the year home demonstration agents have made frequent calls on client families who were willing to keep up their Rural Rehabilitation accounts. There was a considerable proportion, about one third, of these families who absolutely refused to keep accurate accounts, and ^{neither} the agricultural supervisor nor the home supervisor have been able to overcome their reluctance. With these families we have simply done the best we could through getting them to put down the larger items of expenditure. However, even where this rebellious attitude has been encountered there have been indications of improvement and on most return home visits agents find that more and more items of expenditure are being recorded, and better attitudes toward planned spending are gradually developing.

With the other two-thirds of these Farm Security clients definite and systematic work on farm and home accounts have been carried on. As with our extension families we find that both farm and home accounts involve many difficult problems of family relationships. Where good farm and home accounts are secured it is usually the results of the tact and persistence of the mother in the family, as most of the work for both the farm and home accounts is done by her. Home demonstration agents have given detailed assistance with this problem by sitting down with the mother, (and sometimes the father or older children), and helping them make up their accounts. Of course, the greatest benefit comes through assisting these families analyze the situations which are involved in regard to inadequate expenditures for some items and unwise expenditures for others. Our greatest effort has been made toward safeguarding health by seeing that an adequate amount of money was spent for food and that such funds are wisely spent. On the other hand, repeated effort has been made to cut down unwise expenditures in regard to clothing and recreation. This work has been particularly effective with the younger families who are, of course, much more open minded and better able to form new habits than the older group.

Aside from the general supervision that has been given Rural Rehabilitation families through the usual home management supervision, the extension agents, as part of their regular extension work, have given guidance to these families in regard to home production of a greater proportion of their food supply, preservation of the same, and better buying habits in regard to food, clothing, etc. This has meant detailed work but the volume of results have more than justified the expenditure of time.

Despite their many handicaps, these Rural Rehabilitation families are showing considerable ability in meeting their Rural Rehabilitation obligations. We estimate that 76% of the families are up-to-date or ahead of time in repaying these Rural Rehabilitation loans. As of September 30th, a little over 19% of the money loaned in this state had been repaid. We believe that this ability to pay out on these loans is proof of the fact that these families are capable of obtaining economic security in their present set-ups. However, undoubtedly many of them need continued guidance in order to establish stable habits in regard to financial problems.

- e. Budgets and Accounts Demonstrations in Cooperation with the Experiment Station and the Farm Economist of the Extension Service, with Consultant Service from the Home Economics Extension Staff: The Agricultural Experiment Station and the Agricultural Extension Service have continued their plan of cooperation in regard to home demonstration in farm, and home accounts. Sixty-nine families are carrying on farm accounts, and of these, 66 families are also carrying on home accounts this year. Of these 66 families 61 records were sufficiently well done to be considered completed demonstrations. These farms are scattered throughout the state. In 13 of these families income was secured from specific crops, 19 of them live on general farms, 17 are dairy families, 8 are typical livestock families and 3 are poultry producers. The average family membership was 5.2. the average gross income was \$5539. The average total living expenditure \$1628, but varied from \$1444 for the crop group to \$2375 for the livestock group. The percent of income spent for family living was 29.4%.

The percent of living expenses spent for various items are as follows:

Groceries	28.1%
Clothing	11.6%
Personal	7.1%
Operating & Supplies	8.6%
Furnishing equipment	7.7%
Health	6.5%
Development & Recreation	18.1%
Miscellaneous	2.3%

On the basis of expenditure per person the following figures were obtained:

Foods	from \$49.00 to \$73.00	average \$60.00
Clothing	" 14.00 " 29.00	" 25.00
Personal	" 4.00 " 24.00	" 15.00
Operating & Supplies	" 13.00 " 26.00	" 18.00
Furnishing & Equipment	" 10.00 " 23.00	" 16.00
Health	" 10.00 " 20.00	" 14.00
Development & Recreation	" 25.00 " 46.00	" 39.00
Insurance	" 7.00 " 31.00	" 14.00
Housing	" 3.00 " 13.00	" 8.00
Miscellaneous	" 3.00 " 11.00	" 5.00

Total expenditures per person for living expenses figured from \$183 to \$263 with an average of \$214. These figures show the wide variation in standards of living among this group; for most items the poultry families had least and the livestock families had the most cash expenditure for family living. This is, we believe, fairly typical of living standards throughout Nevada.

Most of the detailed work for this sub-project is done by a representative of the Agricultural Experiment Station and one of the agricultural economists from the Agricultural Extension Service. The home demonstration staff has cooperated through home visits, analysis of family problems, and assistance in analyzing the final figures. The best results have been secured in families where the mother has been interested in the problem of money management, as many of the farm as well as home accounts were kept by the mother in the family. There is a growing sentiment with the experiment station and extension men having charge of this work that for both farm and home budgets and accounts the cooperation of the mother in the family is necessary not only to secure good records but to profit by an analysis of them. Therefore, more and more effort is being made to secure family cooperation for this project. We only wish there were more time to devote to this type of home management work. Next year we expect a small increase, particularly among the better types of Rural Rehabilitation families, several of whom are signing up as farm and home account demonstrators with this service.

- f. Family Financial Problems in Cooperation with the Farm Credit Administration: A new phase of home management work was started this year in cooperation with the Federal Credit Administration. A meeting for the purpose of training selected leaders and the home demonstration staff was held

last January. Assistance was given by Mr. W. S. Guilford, of the Federal Land Bank of Berkeley and Miss Barbara Van Heulen, from the Farm Credit Administration. Assistance was also secured from Professor V. E. Scott, Agricultural Extension Economist and Professor Cruz Venstrom, Economist of the Experiment Station staff. The theme of the meeting was "How Much Credit Can a Family Afford to Buy?". The use of long term, short term, and installment credit were taken up, as well as the amount of credit a family is justified in using. Also from experiment station records a preliminary report was made upon one rural area where a detailed study of land use, ownership, income, age, and future prospects is being made.

Following this conference a series of group and community meetings have been held throughout the state on the following: "ABC's of Farm Credit", "The Farm Family and Short Term Credit", "Farm Family and the Farm Mortgage". This material has been presented by either of the extension agents, usually the woman agent, or by local leaders whom the home demonstration agent has trained. The best results have been obtained where these subjects have been presented before community meetings, where men, women, and young people could take part in the discussions.

A further effort to get families to consider their financial problems from a long-time standpoint was made through the farm outlook material received from the outlook conference and summary of the cost of living studies that are being made in this state. There is a decided development of interest in this outlook material.

In all work involving money management, progress is slow and there is decided difficulty in securing concrete evidence of results. However, we do believe that progress is being made. 222 families used economic material in adjusting living standards.

Due to lack of agents' time no organized work has been done on the problem of time management, but several phases have been taken in regard to time saving in food preparation, labor saving equipment, clothing construction, and laundry problems.

Four members of the home demonstration staff attended the meeting of the Western States' Agricultural Economists, held at Reno and at Lake Tahoe in June and received much profit from this experience. The assistant director was asked to discuss Dr. Peterson's paper on "Small Farm Homes", and the general discussion that followed resulted in some rather heated arguments between those who looked at the problem purely

from an economic standpoint and those pleading for human as well as dollar and cent values. The states of Utah and Nevada seemed the two states most concerned about the permanency of farm families living on small land holdings and what would happen to American life if these families passed out of the agricultural picture.

We wish to make grateful acknowledgement for the assistance received from the Federal Extension office through the good efforts of Miss Mary Rokahr and her subject matter material and reference regarding home management problems. Such assistance is particularly valuable to Nevada because of the fact that we do not have a full-time home management specialist. It would be impossible to carry on this project if it were not for the guidance received from Miss Rokahr and the subject matter information sent us by the Bureau of Home Economics.

Excerpts from agents' reports will give illustrations of the various types of work carried on in the different sections of the state.

	<u>1936</u>	<u>1937</u>	<u>% Change</u>	
No. communities conducting organized work.	40	35	-12	40 ⁺¹⁴
No. volunteer leaders.....	40	38	- 5	39 ⁺²
No. adult result demonstrations.....	240	285	+13	333 ⁺¹⁶
No. families adopting recommendations in care of home.....	454	342	-25	330 ⁻³
No. families assisted in using timely information for adjusting family living (other than reported under food and clothing).....	311	292	- 6	177 ⁻³⁹
No. families keeping home accounts....	59	174	+195	186 ⁺¹⁶
No. 4-H Club members keeping personal accounts.....	82	70	-15	72 ⁺²
No. families budgeting expenditures according to recommended plan.....	79	195	+147	220 ⁺¹⁷
No. families following recommended methods in buying, other than food and clothing.....	254	469	+85	364 ⁺²²
No. families assisted in making adjustments in home making to gain a more satisfactory standard of living..	358	478	+34	405 ⁺¹⁵
No. kitchens rearranged or improved for convenience according to recommendations.....	91	82	-10	112 ⁺³⁶
No. families following recommendations in obtaining labor saving equipment...	246	112	-55	73 ⁻¹¹²
				- 34

	<u>1936</u>	<u>1937</u>	<u>% Change</u>
No. families assisted in making home made equipment of convenience.....	311	130	-55
No. families following recommended schedule for home activities.....		54	
No. families increasing time for rest and leisure activities.....		165	
Estimated saving due to home management program.....		\$6,375.	
No. ^{days} /agents' time spent.....	61	58	-5

99⁻²³
20⁻⁶²
100⁻³⁹
86,150⁻³
-5 45⁻²²

White Pine County: Home Management. "Budgets and accounts and consumer education phases of home management problems have occupied the attention of the extension agent in all contacts with rural families during the past year. The fact that so many from this group have been operating on an extremely limited budgetary allowance, particularly for family living, has necessitated the utmost caution on the part of the homemakers in spending their money. Effort has been made to stimulate in the mind of the purchaser an attitude of inquiry regarding the value and service ability as well as the satisfaction to be derived from any purchase. A large percentage of the ranch population is still operating on budgets fixed by banks or loan corporations of one kind or another. These budgets have a decided effect in determining the living standards of these people. Home accounts have been kept by very few families except where they have been required by the loan agencies. Some families have, however, used the information gained from keeping these business records to make a more satisfactory adjustment to their economic conditions. In a few instances these records have been a means of helping to raise the standard of living in the homes."

Lyon County: Home Management. "A limited amount of work has been done on the question of food buying to assist the consumer in getting greater food value for the money spent. All work in consumer education has been for the purpose of arousing greater interest in the home management, as well as in the spending of the family income. Since the price trend of foods has been consistently higher there has been a decided need for better management of spending to prevent any serious decline in the standard of living of rural families."

Elko County: Home Management. "Each of the three groups of homemakers, Elko, Lamoille and Lee, appointed a consumer chairman, who at each meeting brings something of interest on consumer problems before her group of women. Some of the topics presented were "Soap vs. Soap Powders", "Canned Goods", "What to Look For in Buying Textiles", "Labor Saving Devices", etc. Mrs. John Patterson, Consumer Chairman of Lamoille, spent all last winter while she was snowed in gathering all sorts of materials covering home management problems for scrap books of consumer problems."

When summer came she had over two scrap books full of materials. She presented these materials to the Lee Homemakers and the Montello Relief Society. Mrs. Eugene Drown and Mrs. Mark Menke of the Elko homemakers prepared a short skit on finance called "Dr. Kurzum". This was presented at Lee, Elko, Montello, Metropolis and Wells."

Churchill County: Home Management. "Home management plans were made out for each Rural Rehabilitation client receiving a loan, and record books given out for the keeping of their farm and home records. This was necessary for the clients to really get a true picture of the amount to their income and expenditures. This work was carried on in the following communities: Soda Lake, Union, Wildes, Harmon, Island, Lone Tree, Old River, Stillwater, Sheckler, Northam, Beach, St. Clair and Fallon. Group discussions were held regarding the use of Farm Credit available for rural families with the following topics presented: "The ABC's of Farm Credit", "Factors determining the need for Credit Studies", "The Farm Family and Short Term Credit", "The Farm Family and the Farm Mortgage".

"Consumer's buying problems were studied relating to food, clothing and household furnishing, in order to better enable the families to choose wisely and to save money whenever possible. A study was also made of grade labels on canned products, as well as the advisability of buying large-sized cans of food for large families and for hay crews. The purchase of foods in bulk rather than in package form was also found to be economical.

"A bulletin entitled "Guides for Buying Coats" was prepared and used when giving the demonstration on buying coats. Swatches of coating materials were shown and tested for the amount of wool content. Lining materials suitable for both inter and outer linings were shown and samples tested to see if they were weighted or pure-dye silk, or cotton or rayon. Different labels found on ready-made coats and on coating materials were also shown and points denoting good or poor construction were demonstrated, including accurate cutting, stitching, proper staying, buttons, buttonholes, fur and other trim. In all phases of the home management project, the buying for good quality and long wear rather than poor quality at low price, was strongly emphasized."

Clark County: Home Management. "The home management project was carried on in five communities, Mesquite, Overton, Logandale and Bunkerville with Rural Rehabilitation cooperators especially. Fifteen cooperators were secured among Rural Rehabilitation clients and trained to use extension and Rural Rehabilitation record books. Since April home visits have been made to each cooperation family and definite information given to each on home management so that the families will know their own resources and expenditures. It has been a difficult procedure. The biggest obstacle to overcome is to create an interest in budgets and records. With any discouragement at

all from sale of any farm product this record account is immediately stopped and consequently it is difficult to get started again. It is hoped by next year to have all Rural Rehabilitation clients with working records. Through cooperation with Rural Rehabilitation clients, it has been possible to have two Rural Rehabilitation records taken over by extension records; i.e., made home demonstrators for home and farm accounts under the joint extension service-experiment station project."

Washoe County: Home Management. "The home management project has been carried on in Washoe County for four years. The aim of the project is to educate the consumer in better buying practices with the results that the housewife receives a dollar's worth for a dollar spent. "The Consumer's Guide", published by the Agricultural Adjustment Administration, was used as a basis for part of the project as all commodities are found in this bulletin. "The Market Basket", issued by the Bureau of Home Economics, was also used. Two members from each homemakers club were appointed to report on consumer's problems at each meeting. Very valuable information was presented by the committee at each meeting.

"Four very interesting demonstrations were given on the study of containers used to sell products. Attention was called to the size of packages used to sell soap chips and soap flakes. The size of the box has little to do with the contents of the package. Glass bottles and other glass containers were also studied to show how the lines of the container may deceive the public. Also the buying of products just to get the container was discussed. Another phase of buying stressed was the purchase of products in order to get a premium such as a dish, glass or some other prize which costs very little if purchased but added greatly to the cost of the article purchased. The attention of the homemakers has also been called to the market reports explaining the effects of surplus crops or a shortage of some particular crop. The women were shown how they might help to use more potatoes, eggs, fruits, etc., to help relieve the market and keep prices up. They were also told how to select fruits and vegetables in the local markets. The project is becoming more and more interesting as well as educational as shown by the reports given by the women at the meetings. The more knowledge the housewife has on better buying the more she will receive for her money."

SPECIALIST WORK IN HOME MANAGEMENT
(Hellen M. Gillette, Part-time Specialist)

The Extension Service in Nevada is organized without any full-time women specialists. Instead, each woman agent has a special field in which she does some extra work, such as preparing subject matter, writing 4-H bulletins, or planning and arranging for demonstration materials which may be loaned to the various counties interested in the particular line of work. Due to the press of county work in the area the agent has served during the past year, very little specialist work has been done. What has been done in the

limited time available has been worked out in direct cooperation with Mrs. Mary Stilwell Buol, Assistant Director for Home Economics in Nevada.

The outstanding work of the year was the conference, attended by all women agents, on Farm Family Credit with Miss Barbara Van Heulen of the Farm Credit Administration and Mr. W. S. Guilford of the Federal Land Bank of Berkeley. The particular theme of this conference was "How Much Credit Can a Family Afford to Buy". Miss Van Heulen, assisted by Professor V. E. Scott, Extension Economist of the University of Nevada, led the discussion in which the actual problems, confronting ranch families throughout the state, were considered. Mr. Guilford presented use of credit from the view point of the loaning agency and outlined some of the information that loaning agencies throughout the country wished farm families had before they applied for credit.

The use of long term, short term and installment credit and how to determine the amount of credit a family is justified in buying were discussed in detail. At the close of the conference Miss Van Heulen presented a mimeographed booklet "The ABC's of Credit", and a scrapbook of the pamphlets available from the Federal Land Bank and other credit organizations which were placed on exhibit during the Home and Community sessions of the Nevada State Farm Bureau conference.

We, of the Nevada Extension Service, are grateful to the Farm Credit Administration and the Federal Land Bank for the many helps they have given us in our programs and particularly to the personnel from these organizations who have visited us from time to time and given us valuable assistance. We also express our thanks to the various states who have so kindly sent us material and guidance for furthering home management work in Nevada.

A summary of the 1937 Cost of Living Outlook for Nevada indicated sufficient advance in cost of supplies and equipment to warrant continued emphasis on ^{consumer} education along these lines if better habits of buying were to prevail. Accordingly a scrapbook of material giving sources of information valuable for consumer education together with the type of information available was assembled. It was suggested that this type of scrapbook be assembled by every community consumer chairman. Recommendations for the use of this information by each community organization were briefly outlined.

4. Home Improvement:

In Nevada the home improvement project involves the part of the usual home management work dealing with kitchen arrangement, labor saving equipment, storage, etc., agricultural engineering as it affects the farm home, as well as the usual work of home furnishings, treatment of walls, floors, woodwork, design and color, and general household repair. The amount of time devoted to this project was decidedly reduced this year, (from 58 to 27 days), due to the added responsibility for Rural Rehabilitation. 24 communities and areas carried the work instead of 35 as in 1936. As a result there was a decrease in the total amount of results secured under most items. But, on the other hand, there was an increase in savings, as estimated by the various homemakers at the end of the year, (from \$6,837 in 1936 to \$7,715 in 1937).

Practically all of this work was the result of specific requests from individual families and from groups, as the agents made no effort to stimulate interest in this project this year. Due to increase in farm income there was an increased amount of interest in home improvement. However, due to the fact that many of our families are still deeply in debt most of the home improvement costs were limited to material, and nearly all the work was done by family labor. In each agents' office there is a considerable file of reference material including house plans, plans for storage space, plans for rearrangement of kitchens, and suggestions in regard to suitable home methods of refinishing walls, woodwork, furniture, etc. This material is available to any group or individual family on a loan basis. Smaller files are placed in the hands of local leaders, and the 30 local leaders assisting in this work report that practically all the families doing home improvement work in this district availed themselves of the privilege of consulting these files and conferring with either the local leader or the agent. Excellent cooperation has been secured from the merchants in our county seats, who have loaned illustrative material such as samples of wall paper and floor coverings, swatches of curtain material, color cards, etc.

One of the long-time objectives in this project is stimulation of appreciation of the fundamentals of color and design as applied to interior decoration. Another aim is to increase conveniences and create a sense of restfulness and contentment through improved storage facilities in regard to food, clothing, equipment, and recreational facilities such as toys, games, and books. The third objective is the creation of centers of interest and activity so that each member of the family may feel that he has a spot to "call his own", in which to study, to keep his belongings, including hobbies, to rest, to enjoy life. Many phases of this

work tie in with the child care and parent education work that involves family relationships. Others are closely linked with food problems, with clothing, with home management. Progress along these lines is slow, but we know definite improvement is being made. One of the most stimulating methods used in this project is the family and group aim stated each year; i.e., that each family shall improve its home surroundings in one or more respects. When income is small this improvement has to be made for very little cash expenditure, but this naturally stimulates thought and initiative. The results throughout the years prove that this project is helping to make Nevada homes more attractive and more convenient. As a result there is a growing feeling of permanency among Nevada's rural population.

The summary of project statistics and excerpts from agents' reports give an insight into the type of problems handled. Considering the small amount of time spent on this project this year, we feel these are commendable results.

	<u>1936</u>	<u>1937</u>	<u>% Change</u>	
No. communities conducting the work.....	35	24	-26	36 +50
No. volunteer leaders.....	41	30	-27	33 +10
No. kitchens rearranged according to recommendations.....	91	82	-10	112 +36
No. families obtaining labor saving equipment.....	246	112	-55	73 -34
No. families improving selection of household furnishing.....	424	337	-21	381 +13
No. families repairing, remodeling, re-finishing furniture.....	197	177	-10	217 +22
No. families following recommendations in improving treatment of windows.....	303	256	-15	223 -12
No. families following recommendations regarding arrangement of rooms.....	190	208	+9	225 +8
No. families improving treatment of walls, woodwork, and floors.....	389	374	-4	410 +9
No. families applying principles of color and design.....	226	235	+4	276 +17
Total estimated saving on home furnishing.....	\$6837.	\$7715.	+13	\$7360. -4
No. days agents' time spent on project...	58	27	-61	43 +59

Churchill County: Home Improvement. "Twenty-four method demonstrations with 479 people attending were given this year on problems relating to the interior home improvement and house furnishings project. Demonstrations were given on treatment of walls, floors and woodwork, remodeling of furniture, selection for drapery and curtain materials, pillows and couch covers. Household accessories suitable for gifts and bazaars were also demonstrated around the holiday season. Patterns were distributed to the women at these meetings and many inexpensive articles were made. The making of quilts continues to be popular, with some of the homemakers as well as all-day quilting parties. Such gatherings, together with the homemakers' meetings each month, afford recreational advantages and a chance for the women to become better acquainted with their neighbors.

"Homemakers clubs held an exhibit in connection with the County 4-H Club Achievement Day, July 28th, which was declared by local leaders to be the best exhibit of handicraft work displayed in Churchill County since State Fair time. This exhibit was sponsored by the County Homemakers' Council. Cash prizes amounting to \$28.00 were donated by the homemakers' clubs. Awards were given to the clubs having the best exhibits, with Island winning first place, LDS Relief Society second, Stillwater third and the Thimble Club fourth. Keen competition was offered in the handicraft work, with the quilt and bedspread divisions outstanding.

"Due probably to an upward trend of economic conditions, more improvements have been made in the homes this year than in several years past. The number of rooms improved were as follows: 61 kitchens, 37 dining rooms, 93 living rooms, 85 bedrooms and 17 bathrooms.

"The following improvements were reported by some of the demonstrators:

1. Mrs. Wilson improved her living room and dining room by calcomining the walls and ceiling cream color, varnishing the woodwork, securing new curtains and new shades at each of the windows and purchasing new rugs. New curtains and shades were also secured for the kitchen and one bedroom.
2. Mrs. Crurry painted the walls and ceiling of the kitchen ivory and the woodwork and cabinet work green. Green and white curtains were secured and a new sink with proper drains was installed.
3. Mrs. Howard has transformed an old house into practically a new one. In the dining room and living room the walls and ceiling were given a coat of interior stucco and the woodwork was painted ivory. The floors were sanded and the border around the rugs was varnished. Marquisette glass curtains and new shades were secured for the windows. The two bedroom were calcomined, the woodwork was painted ivory, and white ruffled curtains secured for the windows. The bathroom fixtures were rearranged, new linoleum secured for the floor. The outside of the house was stuccoed

a tan color to replace the old brown, weatherbeaten boards. It makes an entirely different looking house, both inside and out, and it is now one in which it will be a pleasure to live.

4. Mrs. Taylor has a new porch across the front of the house which adds greatly to the appearance of the home and really makes another living room and a sun porch for plants. The house also received a coat of white paint, trimmed in green.

"Assistance was also given to the Rural Rehabilitation clients regarding the improvement of their homes and rearrangement of furniture and rooms to make them convenient."

Washoe County: Home Improvement. "Thirteen method demonstrations were given during the year in the following problems; the selection and use of electric equipment, small kitchen equipment, children's furniture, refinishing of furniture, curtain materials, etc. Useful and attractive Christmas gifts were shown at all of the homemakers meetings. They consisted of candle wick work for bed spreads, table runners and pillows, luncheon sets using various trimmings, the use of ric-rac braid for trimming table covers, dresser scarfs, bed linens, etc., aprons, tea towels and hot dish pads. The making of Swiss embroidery work proved to be of interest to all groups. Metal patterns for making the work were made at the tin shops. 30 patterns have been given out. The work is done with yarn and is suitable for many household purposes. The use of local materials for table decorations at holiday times has been shown at the meetings. Pine cones of various sizes are used to make turkeys and gilded or silvered for table decorations and wreaths for the holidays. Pine and fir branches were also gilded to carry out the holiday spirit to be made into wreaths and table decorations. Pine needle baskets, picture frames and trays were also made. More time is to be devoted to this work the coming year. The homemakers clubs answer roll call part of the time by giving household hints and magazine articles. Many new and helpful ideas were learned. This is one phase of the work in which all members usually take part.

"A great deal of the home improvement work is done by home visits. 79 home visits were made to assist with the project this year. Practically all home improvement work is done by members of the family, with the only cash expenditure being for materials. The following story by a home demonstrator illustrates this type of work:

'I wanted a new living room set of furniture. My husband told me to get what I wanted but be sure and let him keep his old chair. The set of furniture we had was out of style but the chairs were comfortable and my family seemed to dislike the idea of giving them up. They were covered with leather. The chairs were rocking chairs

and I found were bolted together and were very easy to take apart. I decided perhaps the best thing to do was to reupholster the furniture we had because the room would not take care of two sets. The material I liked in Reno was too expensive. To have the work done would cost over \$50.00. I sent for samples from a mail order house and persuaded my husband to get busy on the job. He agreed, but neither of us realized just what a real task we were in for. The furniture, two chairs and a davenport, was taken apart. The springs were mended first and felt padding, excelsior, and cotton were used for the padding. The set is entirely changed and no one would recognize it as being the same pieces of furniture.

'Cost of materials used:	10 $\frac{1}{2}$ yds. material @ .87	8.19
	Tacks	.80
	9 yds. gimping @ .04	.36
	Felt padding	3.60
	Wire	.30
	10 yds. webbing @ .03	.30
	6 lbs. padding @ .40	2.40
		<u>\$15.95</u>

'We are very much pleased with the work and learned many new things about upholstery work. The furniture will last a number of years.

Mrs. A. C. Swesey
Anderson-Riverside District' "

5. Home Grounds Improvement:

This is another project which has practically carried itself this year. Effort along this line was carried on in 15 communities this year with 13 $\frac{1}{2}$ days agents' time devoted to the project. 17 volunteer leaders assisted and gave 32 days of time to furthering the work. With this small amount of time and attention, we consider excellent results were secured. There were 222 adult home demonstrators; who made definite plans in regard to improving home grounds and carried out the same. Elko County organized a very active garden club in the county seat and this group took over a considerable amount of work that has usually been carried by the agent and project leaders with, of course, advice from both the agricultural and home demonstration agents. Interest was also shown in Clark County where home demonstration work is again established on what we hope to be a permanent basis. Flower Shows were held in three counties and plant and seed exchanges in four counties.

We estimate that we are doing about 25% of the work that could be done in this project if time were available. But as more time is not available we are trying to make up for this lack through

more skillful organization of the project, increased use of volunteer leaders, and the stimulation of garden clubs as separate groups. Through the years this project has begun to make a decided difference in the appearances of Nevada rural homes. The project practically carries itself now and we no longer feel that we are justified in expending time in community and county-wide yard improvement contests as we did ten years ago. The agents, however, continue to keep on hand a large amount of subject matter which can either be distributed or loaned. They also continue to stimulate the cooperation between leaders, groups, and the local or nearest source of good garden supplies. A considerable proportion of time is also spent on planned publicity. Agents' comments regarding this project illustrate problems and methods used.

Lyon County: Home Grounds Improvement. "Improvements in the yard and garden adds much to the attractive appearance of the home surrounding and to the satisfaction accruing from living in such surroundings. Directions for controlling certain diseases and pests in the flower gardens were given to cooperating individuals who desired this service. The fall care of perennials, bulbs, lawns and shrubs was the subject of discussion at one meeting of the homemakers clubs. The extension agent discussed some of the desirable features of fall planting and urged cooperation in a general yard improvement and home grounds beautification campaign next year."

Elko County: Home Grounds Improvement. "The Elko Garden Club was started a year ago and has a membership of 49 members. Early in the year a program was drawn up and put in each members hands. The following are some of the topics of different programs. These were discussed by different club members, (with subject matter guidance from the two agents).

- "Seed Boxes and Cold Frames".
- "Spring Division of Perennials".
- "How To Transplant".
- "Propagating Shrubs from Slips".
- "Setting out Young Plants".
- "Conservation of Natural Beauty and Plants".
- "May Flower Tour".
- "Planting for Continuous Bloom".
- "Cultivation and Care of Roses".
- "Garden pilgrimage with Special Attention to Outdoor Living Rooms and Vines".
- "Mulches".
- "Summer Care of Trees and Lawns".
- "Lily Pools and Rock Gardens".
- "Planting for the Shady Garden".
- "Plans for Fall Planting".
- "Forcing Bulbs for Winter Bloom".
- "House Plants".

"The work of the agents in the club was divided, Mr. Menke taking the technical end of the work and Mrs. Tremewan the organization problems. The major project of this club was to improve the cemetery. It was decided a hedge was needed for a windbreak. Volunteer donations were received from individuals and organizations. Work was also donated. At the present time a nice hedge is stated.

"Elko County Flower Show: This show was started in 1928. In 1929 it was held separately from the Fair. From then on, however, it was held in connection with the Women's Department of the Fair until this year. This year the dates for the Fair were changed to the 17th of September. It was feared frost would spoil flowers for that section of the Fair. Because of this, the Flower Show was held during the Rodeo at the end of August in the Legion Hall. Although there were fewer exhibits than last year the quality of exhibits was high. The Elko Garden Club prepared the premium list. In this list was a yard improvement contest. There were 12 entrants. Before and after pictures were shown at the Flower Show. This Garden Club provided Superintendents and aids in classifying and arranging exhibits for the Flower Show. Judges remarked that the exhibits were of much higher quality than last year."

Churchill County: Home Grounds Improvement. "A list of shrubs and trees best suited to the soil and climatic conditions in this county was obtained at the Experiment Station. This information was the result obtained from 20 years experiments carried on at the Station and was very valuable for landscaping purposes. A general clean-up of yards and surroundings was urged to help improve the appearance of rural and urban homes. It was felt that this could be accomplished by the cooperation of every member of the family and was greatly needed, in most cases, to help raise the standard of living and to maintain the family morale. A total of 193 different families improved their home grounds in at least one respect over last year."

Washoe County: Home grounds Improvement. "The Home Grounds Improvement project gives a great deal of pleasure to all members of the family because good results may be obtained with a small amount of cash. Therefore, the project continued to grow more successful each year. The homemaker and her family do most of the work of caring for the yard. The outdoor exercise is good for all members of the family and gives the homemaker a change from her regular household duties. The aim of the project is to have every ranch in the county with an attractive yard. In 1931, 55 homemakers improved their home grounds; in 1936, 146, and in 1937, 153. Five communities took part in the yard improvement project during the year 1936-37. 153 families planted flowers. 2,475 trees were planted in the county. 79 shrubs were planted and 15 new lawns started. Five communities took part in a plant and seed exchange. At least 550 shrubs, plants, and bulbs of all kinds were exchanged during the year. 83% took

part in the plant exchange and 77 persons in a seed exchange. The exchange of plants is a fine way to increase the number of shrubs and plants each family may have in their yard. Also this is a splendid way to learn new plants. The Washoe County Farm Bureau gave \$7.50 to be used as prizes in the County Yard Improvement Contest. A new contest will be worked on and prizes given in the spring. 9 demonstrations were given during the year, 3 on planning the home grounds, 3 on care and selection of plants and shrubs, and 3 on the selection of trees for farm use. Assistance was given in making a program of work for the Garden Gate Club. A display of flowers and shrubs were shown at each homemakers club. A great many of the members took part in the flower show sponsored by the Garden Gate Club and the Century Club. 10 members of the Washoe County homemakers attended the flower show held in Minden by the ladies of the homemakers clubs of Douglas County. A display of flowers was sent to this show by Mrs. George Holcomb. Practically every homemaker takes part in the yard improvement project. They can grow flowers when they cannot grow a vegetable garden. The home ground improvement project will be continued until every home in the county has attractive surroundings. Emphasis is placed on cleaning up the grounds and removing unsightly accumulations. 153 adult demonstrations were conducted this year. 2475 shade trees were planted, 96 fruit trees, 225 bush and small fruit trees, and 550 seeds and plants were exchanged."

Douglas County: Home Grounds Improvement. "There have been no actual demonstrators in home grounds improvement but practically every member of the homemakers club as well as several members of other groups in Minden and Gardnerville have made improvements in their yards and flower gardens. County Agricultural Agent Wilbur Stodieck has given excellent advice and help on planting and cultural methods both to the extension agent and to the members of the club. Advice in precautions for controlling diseases and methods for combatting pests in the flower garden were given to those cooperators who desired this assistance. One meeting was devoted to a group discussion of the fall care of perennials, shrubs and lawns and to the planting of bulbs and the winter care of bulbs and tubers. The homemakers featured a plant exchange at one of their meetings early in the year.

"The annual Flower Show was held late in August. There was an excellent display of flowers from all sections of Douglas County and some from Washoe County. The number of entries, particularly in the senior division showed an increase this year over previous years. Local committees who were in charge and 4-H Club members who assisted with the show deserve a great deal of praise for their efforts."

6. Clothing:

The volume of clothing project activity carried on in this state seems to maintain itself despite efforts of leaders and agents to reduce the amount of time devoted to this work. The persistence of this demand for clothing work makes us doubt the judgment that we have had for several years; i.e., that clothing is a minor project. Every year in the preliminary program plans committee chairmen, leaders, and agents agree that clothing has grown to be a minor project and therefore less time should be devoted to it. However, when project plans are completed, about the same volume of work on clothing continues to persist. Therefore, we are all coming to the conclusion that clothing continues to be a major problem with rural families. The emphasis in clothing has undoubtedly changed, more time being given to clothing budgets, costs, and clothing selection, and considerable less to construction problems. However, the reconstruction of clothing continues to be the major factor in the clothing project. Part of this, we believe, is due to the deficiency in clothing which occurred during the recent depression. Families are now being forced to replace the clothing which they wore so long and so hard during the years of low family income. Therefore, we rather expect that if family income keeps somewhere near its present level there will come a time in the next year or two when clothing assistance will be somewhat reduced.

The encouraging aspects of this project are the fact that more assistance is being requested for guidance in clothing budgeting. The increase this year was 102%. There was an encouraging increase in the estimated total savings due to both the adult and junior clothing program. The former increasing 17% and the latter 65%. This, we consider, evidences that the clothing project is meeting the needs of rural families and is having a decided effect upon their clothing planning and selection habits. The fact that with a reduction of 7% in the number of communities conducting the work, 19% in the number of volunteer leaders and 11% in the amount of agents' time spent on this project. There has been an increase of 16% in the number of adults adopting clothing construction recommendations, 38% increase in the number of families adopting suggestions regarding children's clothing, 102% increase in the number of adults budgeting clothing expenditures according to recommendations, a 40% increase in the number of adults keeping clothing accounts, a 21% increase in the number of adults following recommendations in clothing selection and a 10% increase in the number of families assisted in using timely economic information, is an indication of increased efficiency in carrying on this project.

4-H clothing club work has been decidedly strengthened this year due to the revision and reprinting of the first, second and third year project instruction books. This has decidedly strengthened local leadership and reduced the amount of time the agents need to spend on technical instruction.

Another method of strengthening both adult and junior clothing has been through the preparation of models showing technical construction problems and methods. These models were designed by Miss Lena Hauke, (our part-time clothing specialist), and then reproduced by a WPA sewing group. They have been used for all types of clothing instruction work, WPA sewing groups, Rural Rehabilitation families, adult and junior extension work, and have done much to improve the technical proficiency of clothing construction.

Decided help was also received from two loan exhibits secured from the Bureau of Home Economics and a clothing scrapbook.

Statistics and quotations from agents' reports are given below to illustrate the trends in this work.

	<u>1936</u>	<u>1937</u>	<u>% Change</u>	
No. communities conducting work.....	57	53	- 7	36 ⁻³⁷
No. volunteer leaders.....	128	104	-19	96 ⁻¹
No. days of assistance rendered by leaders.....	525	332	-39	248 ²⁵
No. adults following recommendations in selection of clothing.....	456	556	+21	517 ⁻¹
No. adults budgeting clothing expendi- tures according to recommendations.....	96	194	+102	219 ⁺¹²
No. individuals keeping clothing accounts	27	135	+400	147 ⁺⁸
No. families assisted in using timely economic information.....	430	477	+10	380 ⁻²⁰
No. adults following clothing construction recommendations.....	455	529	+16	460 ⁻¹³
No. adults following recommendations on care and renovation.....	482	484	+0.05	323 ⁻³³
No. adults improving children's clothing.	227	313	+38	345 ⁺¹⁰
Total estimated savings due to adult clothing program.....	\$5082	\$5926	+17	6512 ⁺⁹
Total estimated savings due to junior program.....	\$ 819	\$1357	+65	1596 ⁺¹⁷
No. days agents' time spent.....	223	198	-11	156 ⁻²¹

Churchill County: Clothing. "The clothing project was one of the major projects carried on this year in the various homemakers clubs. Thirty demonstrations were given. Eighteen demonstrations were given regarding selection and construction problems. Points to look for when buying winter coats were discussed and demonstrated, as well as the buying of other ready-to-wear garments, such as slips, dresses and undergarments. The reading of labels on ready-made garments, as well as on yard goods, was urged before making purchases in order for the consumer to be better informed regarding the quality of the garments under consideration.

"Construction problems demonstrated included appropriate hems, seams, placket, necklines, collars, etc., suitable for cotton, rayon, silk, linen, and wool materials. Twelve demonstrations were held regarding the renovation and remodeling of clothing and millinery. After careful cleaning, some of the garments were made to look like new with slight alterations and by adding a new clip, belt, buttons, or a different collar and cuff set. Others were improved by the use of harmonizing or contrasting material in yoke or sleeves. The millinery renovation work consisted of brushing and cleaning hats and then perhaps re-shaping or changing the brims or crowns to bring them more up-to-date."

Clark County: Clothing. "The extension agent, meeting with members of the Latter Day Saints Relief Societies, continued the series of meetings on clothing selection and construction started last year. Meetings held in Mesquite, Overton and Logandale featured particularly work in clothing rehabilitation problems. In Overton the work was almost entirely one of fitting coats, with particular attention to the applying of collars. In Logandale, re-lining and also putting on collars took up the time. The group in Mesquite worked with altering patterns, cutting and fitting. Some attention was given to cleaning articles preparatory to making them over. The women in Mesquite and Logandale worked on dresses, jackets and trousers for children and coats for adults. A loan exhibit of childrens' clothing aroused considerable interest in selection and methods of construction. In work with the Rural Rehabilitation clients special attention has been given to budgeting clothing needs for the year. In this area of large families this has necessitated careful planning and buying, so that the needs of all members of the family could be met."

Douglas County: Clothing. "While no definite clothing project has been organized and carried through to completion in Douglas County the extension agent has through home visits and other personal contacts offered assistance in selection and buying problems. Knowledge of good selection of clothing, whether ready made or not, is of the utmost importance if results are to be satisfactory. Knowing what and how to combine fabrics as well as the construction methods to use affords the homemaker who sews the satisfaction of creating a beautiful article. In an effort to serve this interest and aid the women with their individual clothing problems and knowledge the extension agent has given assistance wherever possible."

Washoe County: Clothing. "The selection, care and renovation of clothing was taken up in nine communities. Adult clothing projects were carried on in 5 communities. 4-H Club clothing work was done in 9 communities. 21 leaders assisted and the agent spent $19\frac{1}{2}$ days on the project. 175 individuals followed recommendations in the selection of clothing. 115 families improved the selection and construction of children's clothing. 158 families were assisted in using timely economic information in determining how best to meet clothing requirements. As the farmer now has more money to spend more garments are purchased ready made. Emphasis has been placed on the selection of ready made garments and a knowledge of the new materials on the market. The clothing stores in Reno carry a good line of ready-to-wear garments at reasonable prices. The market is easily accessible to the people in Washoe County, and as a result, most of the clothing is purchased ready made.

"Reno has a number of excellent dry cleaning establishments, but the work is very expensive. 352 garments were dry cleaned in the home this year with a saving of at least \$428. There is always a need for safe methods of dry cleaning that may be used in the home. Most families cannot afford to send all of the dry cleaning to a professional cleaner.

"The agent serves on the local Red Cross Board to assist in planning the year's work. The quota from the homemakers clubs this year was three layettes. Each club gave three layettes."

Elko County: Clothing. "Methods of presenting this project are varied. One method is by direct demonstration. Another method is by leaders demonstrating before a homemakers group some thing of interest. For example, a leader in Elko presented fall fashions and materials. Still another method is by loaning patterns and models, and books. Twenty patterns were loaned, a sun suit and pattern were loaned, as were also rompers and pattern. Six books on crocheting were loaned. Last year a set of seven model aprons and patterns were made for the use of the women of the county. To this were added five more this year. Approximately 100 aprons were constructed. These aprons are in great demand in the fall of the year for bazaars. There is help given to individuals as they ask for it. This is either by home calls, telephone or office calls.

"Under miscellaneous aid, help was given to the local Business and Professional Women at their Fashion Tea. Fall fashions were displayed by the merchants at this time. 241 attended."

Report of Clothing Specialist Work, (Miss Lena Hauke): "Besides performing the duties of a home demonstration and home management supervisor for the Farm Security Administration, the agent here also acts as state clothing specialist. Owing to lack of funds, no trips were made to outside counties this year. Plans were made at the extension conference held in January and demonstration supplies were distributed by mail to the other agents throughout the state.

"A bulletin entitled "Guides for Buying Coats" was prepared jointly by the clothing and home management specialists to be used and distributed in connection with consumers buying problems.

"The clothing renovation and remodeling project was stressed again this year, in order to help save on clothing expenditures. Cleaning and pressing problems were emphasized as well as fitting problems and construction processes. The keeping of clothing records was urged and clothing budgets made out by members of the homemakers clubs, 4-H Clubs, and Rural Rehabilitation clients. An exhibit of aprons and inexpensive gifts for the holidays, bazaars and other occasions was prepared and shown at community meetings. Samples of new textiles were also shown and methods of identifying the different textiles demonstrated.

"At the Boys' and Girls' State 4-H Club Camp held at Zephyr Cove, Lake Tahoe, in August, the clothing specialist had charge of the clothing projects, including clothing exhibit contests, clothing judging contests, textile identification and style dress revue contest.

"The following recommendations are offered for clothing specialist work in Nevada for 1938:

1. Continue the study of Consumer Buying problems relating to clothing.
2. Stress textile identification work.
3. Prepare subject matter material on guides in buying shoes and hose.
4. In cooperation with the child development specialist, prepare subject matter material on guides in buying children's clothing.
5. Prepare exhibit of inexpensive gifts and favors for the holidays, bazaars and other occasions.
6. Prepare exhibit of suitable accessories.
7. Prepare demonstration material on new textiles for the various seasons."

7. Home Health and Sanitation:

No formal project in home health and sanitation is now carried on in this state. The direct responsibility of this work has been turned over to the new Maternal and Child Health Nursing Service and the Sanitary Division of the State Board of Health, both of which during the last year have been established as a division of the State Board of Health, with finances largely supplied from Social Security funds. The Agricultural Extension Service however, continues to closely cooperate with these new services in home health and sanitation problems in the various areas of the state having home demonstration agents. Instead of having a separate project for this cooperation, a large part of this work is intergrated with the Keep Growing and good growth and development projects.

Also, help has been given to the nurses in introducing them to rural communities, arranging for them to use our volunteer leaders, and to give instruction before homemakers and other groups on problems of mutual interest. The extension agents have been glad to help in this way. On the other hand, the nurses have given valuable assistance in re-enforcing many of the points where we have been placing emphasis for many years. This has been a direct assistance in such problems as the sanitation, health habits, home nursing, and safety in the farm home.

Special cooperative assistance has been given to the sanitation division regarding the sanitary privy campaign, the labor for which has been financed through WPA work projects. The announcements regarding this project, the methods through which it was to be carried out, etc., were mimeographed in this office and distributed to all extension communities, Keep Growing and pre-school leaders, as well as program chairmen, homemakers groups, and Farm Bureau officials. The extension service also assisted in carrying on the publicity, filling out applications, and otherwise acting as contact agents. As a result 224 sanitary privies have been installed in home demonstration counties this year and 575 in the state as a whole. Not only have these new privies been installed by these WPA projects, but the general discussion concerning sanitary conditions has resulted in considerable improvement in localities where the project could not be carried out at the present time.

Similar cooperation has been given to the immunization campaign carried on jointly by the Epidemeological and Child Health Divisions of the State Board of Health. For the past four years the extension service has been urging Keep Growing communities to

take an interest in this problem of vaccination against small pox and immunization against diphtheria. Keep Growing records show that only 4% to 5% of these children had been vaccinated and a little over 1% immunized. This year an active campaign has been carried on. The extension service cooperated through the Keep Growing leaders and agents appealing to parents and children to take advantage of the special rates arranged for this work done on a group or a community basis. As a result home demonstration records show 733 children have been vaccinated and/or immunized, while for the state the figures are 2558 for vaccination and 2338 for immunization. Also there were 101 immunized against typhoid and 1099 received the Mantoux test. We have been sincerely glad to cooperate with this immunization campaign as we feel it is an important measure for health protection.

Cooperation has also been continued with the Nevada Public Health Association, which has recently been reorganized as the Nevada Tuberculosis Association. As Nevada has the fourth worst rating in the United States regarding tuberculosis we consider this a major health problem. Here again, groups, local leaders, and agents have acted as contact agents between low income families and this organization in order to secure funds where families were unable to finance chest X-rays and adequate care for tubercular cases. This organization is the only one in the state having funds available for direct medical relief. Extension agents have also acted as contact agents between rural families and this organization in regard to financing much needed medical assistance, such as, tonsil operations, dental work, and glasses. This organization and the Surplus Commodities commission have also given much appreciated assistance in the distribution of cod liver and haliver oil to rural families unable to finance the problem for themselves. This has been a very real assistance in both the Keep Growing and pre-school work.

Besides this direct project cooperation the assistant director is a member of the Maternal and Child Health State Board, and the assistant director and one home demonstration agent are directors in and members of the executive committee of the Nevada Tuberculosis Association.

Statistics and excerpts from agents' reports follow:

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	<u>1936</u>	<u>1937</u>	<u>%Change</u>	
No. communities carrying on the work.....	87	53	-39	65 ⁻ +22
No. voluntary leaders.....	74	34	-54	57+50 -33
No. individuals having health examination.....	2353	1871	-20	1249 -19
No. improving health habits (sleep, rest, etc.) according to recommendations.....	2385	2136	-10	1709 -82
No. adopting recommended positive preventive measures to improve health (immunization diphtheria and small pox).....	442	783	+77	135 ⁻ +22
No. improving posture according to recommendations.....	770	718	- 6	918 -75
No. adopting better home nursing procedure as recommended.....	100	335	+235	80 -15
Total number enjoying improved health as result of health and sanitation program.....	2726	2566	- 5	2177

Washoe County: Health and Sanitation. "The Maternal and Child Health nurses visited 19 schools in Washoe County. 345 children were given physical inspections. 163 children have been immunized against small pox and 120 against diphtheria. The nurse also attended 4 prepare for school roundups in Washoe County. 69 children were given physical inspections by the nurse. The agent arranged the meetings, took the nurse to the meetings, kept all records, made up the community and county summaries of all work, and turned the reports in to the Maternal and Child Health office. The nurses are very nice to work with and have cooperated with the extension agent in every way possible.

"The agent works with the Nevada Public Health Association with a view to assisting needy people to get medical care and correction of physical defects among school children. The agent is a member of the executive committee of this association. The agent also served on the committee to revise the constitution and by-laws of the organization. The Maternal and Child Health nurses now do the work of the Nevada Public Health nurse. The same cooperation given the latter group is given the Maternal and Child Health nurses. The organization will now devote most of its work to the tuberculosis program. The money for carrying on the program is derived through the sale of Christmas Seals. 64 physical corrections were made during the past year among the rural school children of Washoe County.

"Assistance was given the Rural Sanitary program by supplying the office with a mailing list of the ranches in the county and members of the school boards. Assistance was also given in mailing out the material explaining the project. Announcements were made at farm center and homemakers meetings telling of the project and where the clients might go to make arrangements for the toilets. Three schools put in toilets and more than 300 were placed in the county."

Eureka County: Health and Sanitation. "Throughout the year the extension service has placed emphasis on the need for acquiring proper habits of rest and sleep. Emphasis has been placed on the need to improve posture, and some advance has been noted in both these fields as well as in the improvement of food habits. All schools in the county have handwashing facilities, with some type of running water available for use. Paper towels and paper cups are generally used. These facilities have tended to make for better and safer sanitary measures within each community."

V. COMMUNITY AND COUNTRY LIFE ACTIVITIES:

A. Community Organization:

As previously stated under supervisory problems, efforts in behalf of community organization has suffered because of the heavy programs carried by both agricultural and home demonstration agents. Responsibility for this work due to, lack of time on the part of agricultural agents, tends to be placed more and more upon the shoulders of the women agents and women members of county and community committees and boards. The women agents and local committee women have earnestly tried to do their best with this increased responsibility and in the counties where permanent home demonstration work has not been disrupted by a new agent, or a transfer in agents, real progress in community organization has resulted. The programs at community meetings are slowly but steadily improving both as to content and local responsibility. We also feel that considerable progress has been made in the responsibility shown by county boards. These responsibilities in both community and county organization, however, ultimately depend upon both the men and women agents having or taking time to cooperate in this work. Our greatest fear at the present time is that too much of the responsibility in regard to this problem is being left in the hands of the women, and if this continues, it cannot but weaken community and county organization.

B. Recreation:

The recreation project this year has had to be carried on without any out of state assistance. Despite this handicap a considerable volume of planned recreation has been maintained. This work took the form of conferences with community and county committees to plan the recreation features of community meetings, county annual meetings, county picnics, and 4-H Club recreation. In nearly all rural communities the program chairman acts as recreation chairman with the assistance of a local committee. In the county seats conference work is done with not only the homemakers clubs but various church and fraternal organizations. A recreation reference file is kept in the county and in the state extension office which is available to all groups. These include loan exhibits, on drama, music, material for community singing, and suggestions for recreation for special occasions. One community has secured

a phonograph with a loud speaker which helps considerably in both community singing and community games.

One of the phases of recreation that continues to steadily progress is the series of one-act plays put on by 4-H Clubs for the benefit of the various community centers. Five counties this year have put on series of these plays, covering practically all the communities and ending up with a state contest at the state 4-H Club camp. This activity gives, we believe, wholesome recreation and group activity for the young people involved, as well as provides many of these communities with their only opportunity for attending dramatic presentations. The interest in this phase of recreation is slowly but steadily increasing.

County Farm Bureau picnics are also improving in both attendance and the type of activities carried on. Both the urban and rural populations now take an active part in these events. Urban and rural teams compete in the various athletic events with a wholesome attitude of friendly rivalry and cooperation. A community picnic dinner is served at noon and afterwards there is a short period for special speakers and discussions of county problems, also musical numbers, dramatic presentations, etc. We believe that these county picnics do much to develop county cooperation and the sense of solidarity in solving county problems.

The greatest handicap in this recreation program is the lack of specialist assistance in order to train leaders in new material and to help them analyze local situations. The lack of community halls in which to hold meetings is also a limiting factor. Effort is being made in two counties to have such a community hall built in or near the county seat, so it can be used for all types of county-wide meetings. At the present time community meetings are held in school houses which are small and inadequate for the type of recreation our rural groups would like to carry on. In one community a WPA appropriation was allotted for a rural recreation center, but the building has never been started due to lack of unemployed skilled labor.

Two counties are carrying on library work. In one county the 4-H Clubs are taking the library project for their special community service, and each year raise money and purchase a small number of high grade books. In another county the homemakers clubs have donated books and the library is kept in the county agent's office.

County or inter-county 4-H Club camps were participated in by three counties this year, and decided success was secured in getting the cooperation of the families of these 4-H Club members and local organizations. One of these camps was held in beautiful Lamoille Canyon in Elko County and the other at Mt. Charleston in Clark County. At the latter camp a most successful

arrangement was made, whereby the total responsibility for eating and sleeping arrangements was assumed by families of 4-H Club members, and the whole family came to camp out. Nature study, crafts, and recreation activities were carried on for both adults and juniors, supplemented by conference groups for senior 4-H Club members and for leaders. In these camps excellent cooperation was given by the forest service who loaned some equipment and furnished leadership assistance for the nature study work. Also the Maternal and Child Health Nursing Service furnished the camp nurses for both local and the state 4-H Club camps.

State 4-H Club camp continues to be an important recreation feature for both the juniors and adults, as well as the training period for specific 4-H Club problems. This year 19 women leaders attended the encampment at Lake Tahoe. Conference groups, leader training periods, handicrafts, nature study trips, and sight-seeing tours were included in the program, as well as the usual 4-H project instruction. Besides this special recreation instruction in community singing and conference work regarding dramatic presentations was given.

An effort was made this year to hold a woman's camp either directly before or after State 4-H Club Camp, but two major obstacles prevented the carrying out of this proposal. These were lack of transportation facilities over the long distances that would have to be covered, and lack of time due to the summer rush of feeding hay crews. We very much doubt that these two problems can be solved at the present time. Therefore the women's groups and the extension service are considering overnight camps for women on a purely recreational basis.

The good results from the training schools carried on in this state by the National Recreation Association and the specialist assistance given by Miss Ella Gardner, the national extension recreation specialist, continue to produce results. We only hope that in the future another series of recreation training schools can be arranged, as we decidedly need this stimulation. The most encouraging aspect of the present situation is the fact that the rural population through their Farm Bureau and homemakers organizations and the town groups through their various clubs are conscious of the fact that there are recreation needs in their localities and are earnestly endeavoring to do the best they can with this problem under the handicaps of lack of funds and trained leadership. The Elko County agent reports that the largest number of persons reached through any project are contacted through the recreation project.

Statistics and Examples from agents reports follow:

Washoe County: Recreation. "The recreational program has been carried on in Washoe County for six years as a result of the three recreation schools held under the direction of the National Recreation Association and two training meetings conducted by Miss Ella Gardner of the Washington office. Four farm center recreational groups have been organized to take care of the entertainment at the community meetings. Then 4-H Community Clubs carry on recreational programs at their meetings and also assist with the farm center programs and other recreational programs carried on in the county. A county recreation council was organized but it was not satisfactory because there was no place available for the group to meet. The present method is satisfactory if time is available to meet with the committees to plan the programs. The aim of the recreation project is to assist in promoting a balanced program of business and recreation at the 4-H Community Clubs and farm centers. It is also intended to encourage groups to take part in their own entertainment instead of importing it from the outside and to develop a healthful and beneficial use of leisure time. A phonograph with a loud speaker attachment has also been purchased. Musical games may now be played, providing there is space in the hall, and fortunately, good phonograph records are available. Community singing and musical numbers are a part of the farm center programs during the year, but we are handicapped at some of the meetings by not having anyone to play the piano or lead the singing. However, a few of the 4-H Club members play musical instruments and we have a number of good accordion players who may be called on to give a few musical numbers. We hope to build up the musical part of the farm center programs.

"More time was spent on this project than is shown by the report as the recreational work is combined with so many other meetings. 11 training meetings were held with an attendance of 249. 43 home visits were made. We are very much in need of a centrally located community hall where recreation meetings might be held. The Farm Bureau Board of Directors applied for such a building under the WPA, and an allotment of \$17,000 was made, but the building has not materialized. Every effort has been made to push the project through but so far nothing has been accomplished."

Churchill County: Recreation. "Office conferences were held with program committees to outline programs and to acquaint the leaders with the recreation material available for use and distribution in the extension office. A program chairman was appointed in each community to have charge of the recreational activities at community gatherings. Numerous requests for material of this sort were received from Farm Bureau leaders, homemakers groups, 4-H Club members and leaders, and from various church and fraternal organizations. Requests were also taken care of regarding place cards, favors, table decorations, etc., for banquets, card parties and dinner parties. Five communities presented one-act plays at local Farm Bureau meetings. A one-act play was also presented by senior 4-H Club members at the State 4-H Club Camp at Lake Tahoe in August. Six schools gave excellent health numbers at Child Health Achievement Day programs."

Elko County: Recreation. "Although it has been three years since a recreational program was held under the direction of the National Recreational Association, the work still goes on. The Recreational Council as "set up" under this program holds no more meetings. However, the members are still known for their leadership and are called on frequently to lead music, games or call for "old time dances". The main object of the Recreational Council was to stress a Recreational Hall for the youth of the community. Elko and other small communities of Elko County have little in the way of wholesome recreation for its youth. Most recreation is sought in pool halls or night clubs which are always questionable. Although this Recreational Council holds no more meetings, each members helps the Recreational Hall idea wherever possible. A year ago the 20th Century Club of Elko asked every civic organization to send a representative to form an organization to discuss ways and means of improving the community. This committee approaches the city council or the county commissioners for whatever they desire. Because they are backed by all civic organizations of Elko they usually obtain what they desire. At the present time the representatives of the Elko homemakers and the Business and Professional Women have been instructed to work for a recreational hall for the youth of the community. A year ago a hobby department was started in connection with the Elko County Fair. More interest was shown this year, as evidenced by a larger number of exhibits. A small recreational library composed of plays, games, music, suggestions for parties, etc., is in almost constant use. This project probably touches more people than any other project with which we deal."

Lyon County: Recreation. "The county Farm Bureau picnic held in Smith Valley in June was the big recreational meeting of the year. Games and contests were the order of the day. Farm Bureau members from both valleys attended this gathering. The county Farm Bureau assisted the 4-H Club of the county in their drives for successful dances to raise funds to send club members to the state 4-H Club camp at Lake Tahoe last summer, and also to send competing teams to Regional Contests in the western part of the United States."

C. Discussion Groups:

Discussion groups for homemakers groups, Farm Bureau centers, federated clubs, and Parent Teachers Associations were held. Such topics as legislation in behalf of agriculture and in behalf of women and children, soil conservation, farm loans and loaning agencies, consumer problems, health and sanitation problems, and aims and objectives of the Farm Security Administration have been taken up. This work is usually done through having one person or a local committee prepare the initial presentation and then have this followed by group discussion. We believe this has done much to awaken interest and a feeling of responsibility in furthering the aims of the federal government and awakening group responsibility in solving local phases of these problems.

D. County and Local Fairs and Achievement Days:

The same type of local responsibility and cooperation has been manifest toward county and local fairs and achievement days. Special committees are appointed by community and county Farm Bureau organizations with the cooperation of urban organizations such as women's clubs, men's service clubs, and fraternal organizations. At the present time we have only one county fair still in existence; that is in Elko County. Splendid county-wide cooperation is given to this event and it is truly a home coming and county get-together occasion. Year by year more responsibility is taken by local committees and the extension agents now act largely in an advisory capacity.

In Churchill County where the State Fair used to be held a county-wide "Youth's Fair" is carried on in cooperation with the 4-H Club, Future Farmers and all the adult organizations. Although this is only a one-day event it does produce remarkably good results, all the county turning out to attend. Good exhibits were prepared this year by not only members of the 4-H and Future Farmer organizations but by homemakers clubs. A large amount of recreation is worked in with this event, there being a style show, various athletic contests, and a general county-wide get-together. A similiar one was started in Douglas County.

Statistics and excerpts from agents' reports give further details in regard to community and country life activities:

	<u>1937</u>	
No. communities in which work was conducted.....	50	15
No. volunteer leaders assisting.....	124	16
No. days assistance rendered by leaders.....	307	12
No. meetings held.....	367	3
No. days agent time devoted to project.....	86	81

Elko County: Fairs & Exhibits. "More interest was shown in the fair this year than for several years. The cause may have been a later date for the fair - September 17th in place of the first of September. Or, it may have been because people had more available money this year. The handwork department was especially large with the finest workmanship ever displayed. The premium list in the canning department was increased with marked results.

"Whenever a superintendent drops out another takes her place from a waiting list of women interested in working with the fair. This new superintendent is trained by the agent, who goes over the entry list with her. She is told all entries bearing the same number should be placed

together for the convenience of the judges. When the judging is done she is told to arrange her exhibit anyway she desires just so they are attractive. All superintendents are told to remain in their department when judging is proceeding. This is to enable her to tell the public why one exhibit received a ribbon and another did not. Many superintendents are efficient in this type of educational work. This has a great bearing on higher quality of work each year. At the close of the fair each superintendent is asked for criticisms of the women's department in general and her department in particular. In other words, each superintendent is made to feel the success or failure of the fair remains with them. Several women are so well trained in fair organization it is felt they could conduct the women's department without the help of the agent. Again a Senior 4-H Club Council member took charge of the Junior Canned Goods and Baked Foods Departments. Scores for articles entered in the fair are explained through the local newspapers and by demonstrations. Suggestions for making exhibits as attractive as possible are made through the newspapers and by demonstrations."

Elko County: Agricultural and Civic Problems. "This project is stressed along with other programs. It takes up a detailed study of legislation, national, state, and local law enforcements and what it means to be a voter; a study of consumer problems, for the Soil Conservation Act, various farm loans, and state as well as local health problems. Outside of health chairmen in each group no individual person was appointed to take charge of any particular phase of this work. Some topics noted in various homemakers clubs or Relief Society programs are "Ideas on World Peace", "Home as Influenced by Radio, Pictures and Newspapers", "Home as Influenced by Community and Community as Influenced by Home", "Health Problems of Community and State", "Soil Conservation", "Farm Bureau Legislation and Problems", "Consumers Problems"."

Douglas County: Agricultural and Civic Problems. "Although there is no rehabilitation work being carried on in the county the agent has attempted to acquaint the homemakers of Douglas County with the program of the Farm Security Administration. Some time has been given to discussion of the program of the Agricultural Adjustment Administration, with particular reference to the Soil Conservation program in Nevada."

Douglas County: Fairs and Exhibits. "The county Farm Bureau, through the Douglas County homemakers club and the 4-H Club boys and girls cooperated with the high school in putting on a county school fair in Gardnerville. The homemakers assembled and put up a most interesting exhibit of home-made quilts, comforts and spreads. Over 30 quilts and comforts were exhibited. Some of them were very lovely. Also there were a number of hand crocheted, knotted and embroidered spreads. Various members of the homemakers club exhibited cooking, canning, foods and flowers in their respective divisions. Most of the 4-H clothing club members, as well as canning club members exhibited some of their work. The agent assisted in the organization and setting up of these displays."

VI. COOPERATION WITH RELIEF AND OTHER AGENCIES:

A. Rural Rehabilitation Work Under the Farm Security Administration:

Due to a cooperative agreement between the Farm Security Administration and the Agricultural Extension Service in this state, arrangements were made in the fall of 1936 whereby the Farm Security Administration pays the salary of one extension agent, the traveling expenses of another and contributes to the traveling expenses of other extension agents and the assistant director for the time spent on Rural Rehabilitation. In return for this the four home demonstration agents and the one Rural Rehabilitation agent during this past year, spent a total of 325.75 days or 1.11% agents' time carrying on the home management phases of Rural Rehabilitation work. The work was carried on in 39 rural areas in this state with a total of 255 client cases being handled. Only those cases in which families were involved were included in this list. Cases involving bachelors and widowers without children were handled entirely by the agricultural supervisor of Rural Rehabilitation.

Assisting in this work have been 20 volunteer leaders who gave a total of 41 days to assisting in contacting client families, getting them to attend community meetings, getting their children into 4-H Club work, etc. Agents made a total of 646 home visits to these families for specific Rural Rehabilitation work, (this is not counting home visits made in the interest of extension problems which grow out of these cases). 328 office calls directly concerning Rural Rehabilitation problems were also handled.

With each of these families a home management plan was drawn up covering the entire family expenses for the year, this including clothing, household furnishings and operating, medical care, recreation, church and charity, insurance and savings, and miscellaneous items. Because a majority of these Rural Rehabilitation families had no definite idea as to how money had been spent the previous year the first home management plans were prepared largely on an estimate basis, and some of them varied a good deal from actual expenses as shown by the home account records kept during this year. Home management plans made later in this year, when both clients and agents had more definite information as to the expenses incurred have worked out to be fairly accurate, although not as accurate as we hope to have in the coming year.

In these home plans for Rural Rehabilitation families special emphasis has been placed upon the home production of food and its preservation and storage. This, we found to be the weakest point on the home sides of the financial set-up of these families, as the majority of them either never had raised good gardens, or had fallen out of the habit of doing so. Over and over again we have had to emphasize with

this group that the agricultural families in this state who are successfully maintaining their financial independence are those who produce from one-half to two thirds of their food supply, and thereby conserving their cash for repayment of loans and for education, health, and other needs. A study of 45 Rural Rehabilitation families in one area shows that this year the average food production per family was \$275 (based upon local farm prices). We estimate from the data available that this is an increase of \$90. over the food production for last year. Given a good water supply we hope to increase this family average to \$300 this coming year.

This problem of the home production of the family food supply is a complicated one with some of these families because of poor land, inadequate water supply, and lack of the technical skills involved in both gardening and home food preservation. It will take several years to bring these families up to the point where they will be producing as much of their food supply as our more successful type of rural family. A considerable amount of extra extension time has been spent with these families in the attempt to supply this technical instruction.

Clothing has been another serious problem with these Rural Rehabilitation families. Their clothing supply was seriously depleted because of their bad financial situation, and they have not all shown good judgment in the type of clothing they have selected. The trend has been to buy cheap clothing which gave very little wear, and the care of clothing has not been up to the average. Here again, effort has been made to improve their judgment in regard to clothing selection, and their technical skill and habits in the care of clothing.

Very little has been done with these families in regard to home and yard improvement, because we felt the other two factors were more important in safeguarding their financial situation. Much time has been spent, not only during the regular visit, but during the follow-up extension visits, in regard to home management problems particularly the budget and accounts work. About two-thirds of these families have kept fair to good home accounts and there is evidence that they have really profited by this experience. It has caused many of them to realize the serious "leaks" which have occurred due to faulty spending habits. This work on budgets and accounts has taken a surprising amount of agents' time. It has meant sitting down with these families and helping them with the details of their home accounts work, both to give them the technical skill required in keeping accounts, and to help by persistent encouragement in the establishment of the habit of recording the day by day expenses. Some of these families have required only a monthly visit, but a number of them have had to be visited once in two weeks, and a few of them once a week.

Every effort has been made to get the mothers of these families to attend the local homemakers clubs or project groups in order to stimulate interest, strengthen their technical information, (particularly in

regard to the selection of food and clothing), and above all, to make them feel that they are taking part in a general community-wide effort to raise living standards and reduce cash expenditure. We have felt this to be of particular importance in order not to have these families feel that they were a group "set apart", who were expected by the government to live on a standard below that of the rest of the rural community.

We feel that much good has been accomplished by getting the children of these families into 4-H Club, as a general thing they had not been in club work. This year's experience has shown that the ideas which these girls carry home from 4-H Club work has a direct affect upon family attitudes and habits. Frequently parent interest and cooperation can be stimulated more effectively this way than through direct work with the parents themselves.

Medical care is a serious problem with these families. Due to their straightened financial condition they have not felt it possible to secure medical care and the large volume of neglected medical problems that have accumulated forms a serious menace to family efficiency. Every effort has been made to secure help for these families through contact with the Maternal and Child Health Nursing Service, and the Epidemiological Division of the State Board of Health, etc. A number of cases have been handled through free tonsil clinics which have been held this year under these services, but there is still a grave problem in regard to these health handicaps. During the coming year effort will be made to increase the budget for medical care wherever the financial status of the family makes it ^{at} all possible. Nevada having no regular free clinics makes this a serious problem and in some cases special medical grants will have to be made.

Recreation is also a problem with these families. Here again, every effort has been made to draw them into local community center meetings, to get them to re-establish their contacts with church groups, and particularly to get the children into the 4-H Club work. The tendency of these families has been to withdraw more and more from community life, because of lack of funds, poor clothing, and general depressed mental condition. Considerable success has been secured in getting these families back into the normal stream of community life, and it has a definite affect upon family attitude and cooperation. The fact that some of these Rural Rehabilitation families have been keeping such excellent accounts has resulted in their having been asked to act as local demonstrators for farm and home accounts for the coming year. We have taken all opportunities to give praise wherever it has been due ^{so} that these Rural Rehabilitation families would feel the stimulus of wholesome self respect, and the communities would look up to them as families contributing to the progress of the community and county.

The great handicap in this work has been lack of time. To give a completely satisfactory service would take at least twice as much time as it has been possible to give, because of the wide-spread distribution of these families and the amount of time it takes to reach them. We have endeavored to give every advantage to these client families, particularly the younger families now forming their life habits.

As a whole, we believe this cooperation between the Farm Security Administration and the Agricultural Extension Service has been of benefit to both organizations, to client families, and to the state. It has certainly given more service than could be secured through the maintenance of one home management supervisor by the Farm Security Administration. It has also conserved travel expense in covering the immense distances over which the Rural Rehabilitation cases are scattered.

Extracts from agents' reports are given below to illustrate volume of work and the types of problems handled:

No. communities in which work was conducted.....	39
No. days agents' time spent.....	325.75
No. volunteer leaders assisting.....	20
No. days assistance rendered by leaders.....	41
No. client cases handled.....	255
No. meetings held.....	17
No. home visits made.....	664
No. office calls.....	328

Churchill County: Rural Rehabilitation. "In September, 1936, the home demonstration agents in Nevada were appointed part-time home management supervisors for the Rural Rehabilitation division of the Resettlement Administration. 55½ days or 19% of the agent's time was spent on this project this year.

"No. communities in which work was conducted.....	13
No. voluntary committeemen assisting.....	3
No. days of assistance rendered by committeemen.....	15
No. home visits made.....	163
No. office calls received.....	137
No. homes directly assisted by extension agents to carry out the Rural Rehabilitation program.....	56

"Home Management plans were made out for 56 clients. Farm and home record books were given out to each one, fifty of whom kept fairly good records. Food, clothing, operating and household expenditures were budgeted according to income. Each client was encouraged to plant a garden to help provide the family food supply and to can as much of their food supply as possible to help save food expenditures. There was plenty of water for irrigation purposes and 52 clients reported

having excellent gardens. Some garden truck and fruit was sold by a number of the clients and the proceeds used to buy the necessary staple supplies and to help pay on their indebtedness. Home visits were made to the clients to assist them in keeping their accounts and to advise them in every way possible, to help them re-establish their financial standing, and to make them feel that they really belonged to the community in which they live. A total of 37 or 56% of the clients attended community meetings during the year."

Clark County: Rural Rehabilitation. "Home management plans were made out for each client who has a loan. In this county there are 45 clients. This business plan must be followed with home visits and it is always planned to make at least one visit each month to each client. During home visits it is the purpose of the agent to give assistance along all types of home problems such as the food supply, clothing for the family, budgeting the income, and the keeping of business records. It has also been the plan to include all clients in a county wide nutrition program along the line of lining up cooperators in fall and spring gardens. When the home plans were worked out in detail there was a decided lack of vegetables and fruits in most diets. This is not necessary here when there are really three seasons for having a good garden, fall, winter and spring that could supply the family with an adequate fruit and vegetable diet.

"Home accounts are urged from each client for his own good and of course has helped the agent determine for the government the security of the loan. There are fifteen clients who keep excellent accounts while some of the others do it spasmodically, but it is felt that in time some excellent accounts will be forthcoming. As long as a county agricultural supervisor was in the southern part of the state it was not necessary that the agent need to know all about each loan, but now that the supervisor handles the business from Utah it is felt that the agent will do some collecting and disburse funds. This will be an excellent check on the accounts of each client."

Lincoln County: Rural Rehabilitation. "Most of the clients have been visited once a month. Nine of the fourteen clients keep detailed accounts. For example, one family in particular had a chicken project. There was a question whether any financial help at all was derived from the chickens. With this in mind the accounts were kept and in one month the chickens had paid for all of their feed and furnished the family of five with groceries. This family has no place for a garden either. Just one proof that accounts are valuable in any business especially a farm business. This county has an entirely different climate than Clark County. Gardens are in the late spring and summer. Most of the clients have good gardens. Late summer and fall there is a great deal of canning of vegetables especially tomatoes, corn and beans. All fruit is bought from peddlers and canned. Information concerning canning was given to each of the clients."

Lyon County: Rural Rehabilitation. "The national program for assisting rural families to become established with self-supporting units operating on a sound economic basis is a most significant one in Lyon County. There are 65 rural families besides a number of bachelors in this area who are being refinanced and supervised through their economic difficulties by the Farm Security Administration. Home management plans covering the estimated cost of all family living expenses for the year were completed with 47 of the clients of this county, and the agent made consistent efforts to get this group to keep home business records. About 50% of the clients keep fairly satisfactory records of their expenditures. As a whole these families have given very good cooperation, but in order to secure the general adoption of desired practices there is great need for frequent contact with each family and for a great deal of individual assistance and supervision."

Elko County: Rural Rehabilitation. "It has been the agent's privilege to have known most of the clients in this project for a number of years. Because of this she knows many things which they need. She knows whether they need much instruction or little. Many of the clients have been in homemakers clubs or are in homemakers clubs. Time was concentrated on families who apparently had the most difficulties. For example, one family could not "make it" on the piece of land which they had leased. The nine year old girl had no access to school. The ranch was ten miles from a highway where there was no phone, no radio, no car and no neighbors. The mother was almost insane with all of it. She had seen much better homes and days. The father often came to Elko and stayed in the agent's home while he attended to business. The agent contacted the local re-employment office and obtained a job in Wells for the man where his family could be moved. The entire attitude of the family changed. They were much happier. But the father is not overly ambitious. So he moved the family back to this impossible ranch before school was out. Now they are back to the same spot they were a year ago. There seems to be but one way to deal with this family. That is, to give no more aid of any kind until they see they must meet their responsibilities."

Washoe County: Rural Rehabilitation. "The county agricultural agent and the home demonstration agent worked on the Rural Resettlement project in an advisory capacity until September, 1936. The county committee meetings were held in the county extension office and the agent acted as secretary. In September, 1936, the agent was named home supervisor (without pay) to work with the resettlement clients. 31 clients were listed in Washoe County at the beginning of 1936. 25 clients are now on the list. One client died, three paid up and two were closed out.

"The first work done was to visit each client in the county and make out a home management plan for the year 1937-38. 25 home management plans were made out and records started. At the present time 21 records are being kept. Out of the 25 clients starting the records one family cannot read or write, one man is alone, one client paid up his loan and another was closed out. Home management plans were not

made for three men living alone. The records in some cases are very good and mean a great deal to the clients. In other cases they are not so good. More time will have to be devoted to the work if good records are to be kept. If the client knows the agent is coming she makes an effort to get the record book up to date. 13 clients had vegetable gardens and produced all of the food supply they could. 12 clients did not produce any of the food supply but the agent felt that it was possible for most to grow a garden. Surplus commodities, both food and clothing, were obtained for each client if they wished to be placed on the list. The clients all felt that the products received were very good and helped greatly to reduce the food and clothing bills. The WPA Surplus Commodity department cooperated in every way with the clients to give them as far as possible all materials asked for. Two emergency grants were made this year, one for dental work and the other for clothing. Three mattresses were renovated through the WPA. The client paid for the labor and the WPA furnished the material. The mattresses were good but needed new covers. This was a great help to the family."

B. Cooperation with Emergency Relief, Social Security, and Red Cross Agencies:

Cooperation has been given throughout the year to the various relief agencies such as the WPA Women's and Professional Projects, the Surplus Commodities Division, etc. The home demonstration agents acted as contact agencies between rural families and the agencies able to give assistance in various types of problems. This contact work is decidedly needed because our rural families are often puzzled as to how to contact these agencies, or very reticent about asking for assistance. The extension agents have been able to quietly bring these needs to the attention of the right organization in order to obtain the help needed. We find that this avoids embarrassment, for the families concerned, and reduces neighborhood gossip to a minimum. On the other hand, this service has supplied the cooperating agencies with accurate information regarding these families, and there have been a few cases where it has prevented imposition by families who really were able to work out their own problems.

Agents have acted on the county advisory boards of these agencies and the assistant director on the state boards. Help has been given in regard to adequate diet, estimates of clothing needs, methods of using surplus commodities, etc. Special assistance has been given to the WPA sewing projects, and to their school lunch projects.

Cases needing medical assistance have been referred to the Maternal and Child Health and to the Nevada Tuberculosis Association. Through these agencies considerable assistance has been obtained regarding serious physical conditions that need immediate attention; such as tonsils, glasses, teeth, etc. Cooperation has also been given in regard to the campaigns for

immunization and of the Mantoux testing which are being carried on in this state by these organizations.

Cooperation has been given to the Red Cross by agents acting as members of the county committees, assisting in planning local relief work, and securing the cooperation of homemakers clubs in preparation of layettes, donation of funds, referring cases, etc. The home demonstration agents not only assisted in local rural conditions but also assisted in Red Cross cases referred to them from other parts of the United States, wherever there was need. Cooperation has also been given in regard to the accident prevention campaign representative of the Red Cross, by arranging schedules for talks before homemakers and community groups.

Illustrations from agents' reports are given below:

Elko County: Cooperation with Emergency Relief Agencies. "Often various relief agencies contact the agent to find the status of various families because she has been working ~~the~~ county for a longer period of time. The agent often acts as a contact agent between rural families and relief agencies by obtaining clothing, bedding, food, jobs and medical aid. The agent also acts as a technical advisor in regard to school lunches, clothing, surplus commodities, women's work and recreation. Aid is also given destitute rural families in establishing their children in school. The agent also acts as local home service chairman of the American Red Cross. Because her name is the only one listed in the American Red Cross Directory for this locality, cases are referred to her from various parts of the United States. Letters were received regarding individuals from California, Utah, and Wyoming."

Churchill County: Cooperation with Emergency Relief Agencies. "Cooperation was given the supervisor of the WPA sewing room in giving technical information regarding construction processes. Sets of model sewing processes were made in the sewing room. These were available for leaders and for Rural Rehabilitation clients to use when constructing and making over garments. The cooperation of the supervisors in this matter was greatly appreciated. Needy relief families were assisted in securing surplus commodities to help them through this difficult period when they had very little money to spend. Names of needy families were also suggested to the Christmas committees of various organizations, who were donating Christmas baskets. Relief families and Rural Rehabilitation clients were invited to attend homemakers meetings and other community meetings. They were urged to take an active part on the program and to act on various committees. By thus becoming interested in local affairs they ~~made~~ ^{were} to feel that they had an important part in the building up of their community. This office was glad to cooperate with the County Red Cross officials in furthering the accident prevention campaign. Talks were given at community meetings relative to numerous hazards found in the homes and on the farms and how they might be eliminated with very little cost or labor."

Washoe County: Cooperation with Emergency Relief Agencies: "Assistance was given families in the selection of foods in order to give a well balanced diet on a limited income. Recipes were also given out on ways to prepare the foods purchased. Suggestions and grocery lists were supplied giving an idea of how to divide the food dollar. The amount of money to spend for food is very limited among these families. Suggestions and recipes have also been given out on ways to use powdered milk, canned meat and prunes. The agent is a member of the clothing committee of the local Red Cross. Meetings were attended to assist in planning the year's work. The three homemakers groups furnished six layettes as their part of Washoe County's quota for the year. Three homemakers clubs have a charity fund in their club. They help people in the local community if there is need and if not the money is used wherever it is needed. They have supplied clothing for a new baby, a needy school boy, bought licenses for a car so the man of the family could go to work, and fixed Christmas baskets for unfortunate families."

C. Cooperation with the Indian Service:

Cooperation with the Indian Service in 4-H Club activities has been placed upon a more substantial basis this year. In three areas of the state; i.e., the Schurz Reservation, the Pyramid Lake Reservation, and the boarding school at Stewart, a small volume of good 4-H Club work was carried on. The extension agents assisted through furnishing subject material and leadership guidance with a small amount of technical instruction.

The Indian 4-H Club members in all these areas took part in the Achievement days and made a very creditable showing. We particularly commend the fine spirit of good fellowship manifest at these Achievement days.

A state-wide Achievement roundup was held at the Stewart Indian School in August for all Indian 4-H Club members of the state, delegations being sent in from the two out-lying agencies. An interesting program was put on, including a conference of leaders, and exhibits of work including a very interesting exhibit on 4-H Club foods and Indian foods.

The extension service is glad to cooperate with the Indian Service in regard to 4-H Club work, because we feel it is one of the most effective ways of raising the standard of living of the Indian families in this state.

VII. HOME ECONOMICS 4-H CLUB WORK:

Home economics 4-H Club work is this year reported in the 4-H Club section of Nevada's annual extension report.

VIII. OUTLOOK AND RECOMMENDATIONS:

A. Economic Conditions:

Economic conditions for Nevada are fairly good as so far we have not felt the present recession as much as other parts of the country.

One disturbing factor for the coming year is the threatening drought. Heavy warm rains in the late fall melted most of the snow in the Sierras and since then there has been less than normal precipitation. The irrigated areas in Washoe and Churchill Counties will very likely have a fair water supply. Whether it will last through the growing season is becoming more and more questionable as late snow falls usually do not freeze hard enough to sustain the water supply through August. A drought would, of course, have a serious effect upon the Live-at-Home campaign and available cash for paying off farm loans, education, medical care, etc. We are decidedly disturbed regarding the outlook because of the serious affect upon both extension and Rural Rehabilitation families.

The reduction in the prices of silver has had an adverse effect upon the mining situation in this state. A number of mines have already laid off men and the outlook for many of our marginal mines is far from encouraging. If the mining industry continues to regress it will have a decided affect upon employment, and markets for rural families and therefore upon rural family income.

B. Extension Outlook:

Because of our present restricted extension funds there seems no hope for increase in home demonstration agents during 1938. We hope to be able to continue the cooperation with the Farm Security Administration whereby they pay the salary of one agent and some travel expenses for the rest. If this arrangement can be continued we will continue to have the benefit of five women agents in this state. Otherwise, the number will have to be reduced to four and the work in the southern part of the state will again have to be discontinued.

If the present cooperation continues five women agents will devote an average of four-fifths of their time to extension problems and one-fifth to Rural Rehabilitation work. The double responsibility of Extension and Rural Rehabilitation will mean a very heavy schedule for both the home demonstration agents and the assistant director, and this in turn will necessitate very careful planning as to program content and extension methods.

Under the best circumstances the home demonstration area in the state will continue to be reduced to seven counties. This will leave five counties without home demonstration help, and here the assistant director will give assistance with 4-H Club work and in a very few places give a small amount of time to adult work.

The two projects receiving the most emphasis during the coming year will be nutrition and home management, with child care, clothing, home improvement, and recreation carried as minor projects. In the home management project increased emphasis will be placed upon farm and home accounts, although work with consumers problems will be continued. In the nutrition project the Live-at-Home campaign, the Keep Growing demonstrations and the selection and utilization of food will be continued.

Every effort will be made to safeguard the quality of the work and the stability of the women extension agents under the present heavy program. This means a reduction in number of projects and project goals and a concentration upon doing a good piece of work. We will continue efforts to place increased responsibility upon local leaders in order to conserve the time and strength of home demonstration agents.

Four home demonstration agents will continue to act as part-time specialists for various projects. The agent hired by the Farm Security Administration will not carry specialists responsibility because she is too new to extension work and has too heavy a program in both extension and Rural Rehabilitation.

The assistant director will continue to act as part-time nutrition specialist and also state supervisor for Rural Rehabilitation work if that cooperation is continued.

A small amount of nutrition consultant assistance will be obtained from Dr. Penelope Burtis Rice, largely devoted to preparation of subject matter training and advisory service with agents.

Effort will be made to expand the homemakers clubs to at least three new areas, and to establish special groups for young mothers.

We will continue to study the problem of older rural youth.

Four-H Club work will be held down to its present volume, due to lack of time for a larger quota.

IX - ILLUSTRATIVE MATERIAL

Excerpts from agents' reports regarding L-H Club work follow:

Churchill County: L-H Food Preservation. "My Canning Club Achievements: A family of eight consumes lots of food, especially in winter. In order to get an idea of just how much canning to do, I am making a budget for over a period of 26 weeks. I have listed most of the things we raise in our garden and the fruits which we could get. The total number of jars to be canned to fill my budget was 400. I set to work canning asparagus. Our neighbor had a large field of it and he gave it all to me. Every night after school I gathered what was there and would can what was left after enough had been cooked for the evening meal. As a result I canned 30 jars. I continued to can everything that I could get as they came on the market. I canned berries, jellies, jams, cherries, apricots and other things. I was very pleased to see, due to my effort, the cellar being slowly filled with jars of canned foods. In August I got a job away from home. That was right in the midst of the biggest season. The tomatoes, peaches, pears and plums were ripening and needed to be canned. In order not to miss this I went home after the dinner dishes were done in the evening and did a few jars of fruit every night. When the cucumbers were made into pickles and all the fruits and vegetables canned, I was very satisfied to see that my number of jars was over the 400 mark. I didn't can any root or green leaf vegetables because the family likes the fresh so much better and they can be had all winter. I feel that my project has not only broadened my ability but has taken a big responsibility from my mother's shoulders."--Ruth Lima"

Churchill County: Home Economics L-H Club Work. "The L-H Club project was one of the major projects carried on in Churchill County by the Extension Service during the past year. A total of 97 girls were enrolled in 110 projects which included clothing, Food Selection and Preparation, Food Preservation, Handicraft, Home Improvement and Home Ground Improvement work. 95% of the members completed their club projects. The county L-H club council which was organized in 1931 continued to function again this year. The purpose of this council was to give local leaders an opportunity to meet together to discuss their problems, and to assist in planning the various L-H club activities. It also gave the extension agents an opportunity to become better acquainted with the leaders and to assist them in carrying out the L-H club program. Some of the events planned included county contest day, L-H club camp, achievement day and the Nevada State Fair. Individual conferences and training meetings were also held with the local leaders to give assistance and instructions regarding the project lessons, judging, demonstrations, exhibits, etc. A total of 9 training meetings with 61 attending were held on all L-H club projects. The assistance of these local leaders is greatly appreciated.

"Churchill County, for the fourth consecutive year, was awarded the American flag donated by the American Legion of Nevada, for receiving the highest number of points in all contests. This flag was presented to the members of the L-H clubs on the first day of the Nevada State Fair, which was designated L-H Achievement Day for the club members of Churchill County. Appropriate ceremonies were conducted by members of the local Legion Post and the L-H club members.

"L-H Work at State Fair: Seven hundred dollars in cash awards were available for prizes to L-H club members this year at the Nevada State Fair held September 22-25 in this county. There was keen competition in the exhibits of clothing, canning baking, handicraft, home improvement and flowers, from Douglas, Lyon, Pershing, Lincoln, Washoe and Churchill Counties."

Elko County: Home Economics 4-H Club Work. "There were two leaders councils in Elko County this year; One in Wells and one in Elko. The purpose of these organizations is to take care of problems as they arise. These meetings are called with or without the agent. One county-wide meeting was held in October when rules and suggestions were prepared for all 4-H clubs of the county for the year 1938-39. Most rural leaders are trained individually by the agent because of the distances between localities. Wherever possible older 4-H members are assigned new members in 4-H clubs. This older member is known as a "Big Sister" and helps orientate the younger member or "Little Sister". There were two senior 4-H councils this year, i.e., Wells and Elko who took up problems of a 4-H nature as they arose. This council furnished one member as a Superintendent for a Junior Department of the Fair."

Washoe County: Home Economics 4-H Club Work. "My 4-H Club Experiences in Foods Preparation: I am Lois Figeni, seventeen years of age and I live on a 135 acre ranch about four miles east of Sparks, Nevada. Out of the 135 acres about 70 acres are used for pasture. We produce mostly hay, potatoes, onions and grain. A fairly large garden is taken care of by my sister and me. We have a few plum trees and use the fruit from them to make jelly and jam for our own use. We also have chickens, hogs, rabbits and turkeys, which supply us with meat most all of the year. A large herd of milking cows brings in a fairly good income each month. At the present time I have been enrolled in club work six years, the first two years taking clothing and the last four years, foods. I happened to take up club work because I was told it was both useful and helpful to oneself and family. This has been proven to be correct. Since club work has done so much for me I take great interest in encouraging other girls and boys to join.

"In 1930, which was my first year in club work and also my first year in clothing, I made a towel, work bag, laundry bag, shoe bag and needle case. At the Potato and Apple Show that year I received third prize on my towel, which was a ribbon and cash. In 1931, which was my second year in clothing, I made myself a summer outfit. That year at County Achievement Day I received second prize on my made-over garment and third prize on my inventory, which were also ribbons and cash. In 1934, my third year in club work and first year in foods, I received third prize in the North Truckee Club. I learned the preparation of a 4-square breakfast, the preparation of milk drinks, fruits, cereals, eggs, biscuits and toast, and laying the table for breakfast. These were very helpful to me and my family, because during summer vacation I took the responsibility of cooking the cereal, making milk drinks, and baking biscuits whenever it was necessary. I prepared 48 different foods. In 1935, my second year in foods, I received first prize in the North Truckee Club, which was a trip to Club Camp, and a box of 4-H stationery. That year I continued taking high altitude baking and preparing egg and vegetable dishes. During the summer vacation I took the responsibility of preparing all egg and vegetable dishes, making desserts, baking biscuits, cookies, pies, and cakes, and prepared 103 different dishes. In 1937 my fifth year in club work and third year in foods, I was awarded first prize in Washoe County. I continued taking high altitude baking, making breads and cakes, which are more difficult. That year I took the responsibility of preparing complete meals and assisting with the bread making. I prepared 29 complete meals, and 275 dishes, which I must say were very successful for a beginner. I also had the opportunity of working out, doing housework for a family in Reno. My last two weeks of work I prepared breakfast for three small girls. While doing this I kept in mind a 4-square breakfast, which I learned in 1934, my first year of

foods. While working there a dinner was given and I was asked to set the table for eight guests. This I did very willingly for L-H had taught me how to set a table. This year, my sixth year in club work and fourth year in foods, I continued taking high altitude cooking, canning and preserves. I took the responsibility of preparing complete meals at home and also when working. I prepared 50 complete meals and 396 dishes, canned 18 quarts of peaches, 12 quarts of apricots, 6 quarts of pears and 15 quarts of bread and butter pickles, and preserved 10 quarts and 10 pints of jams. In 1938, as in 1937, I had for two weeks the responsibility of preparing breakfast for three small girls. I also had the opportunity to assist my sister in giving a birthday party. I baked the cake, layed the table and arranged it for six guests. This I did very willingly and I must say the party proved a great success.

"I was unable to attend many club meetings because I have no way to get to them. The agent takes me when I get to go. I was working during the summer months and could not attend the meetings. During my six years in club work I took part in plays, community activities, judging and demonstration teams. One of the greatest community activities that I took part in was in 1934 when the children planted vines and flowers at the North Truckee School. In 1935 a demonstration was given on how to prepare and pack a lunch which was put over very successfully by my teammate and myself. The judging work I took part in was the individual judging of foods. This I considered very important for one can place one's self as being a bad, fair, or good cook. Club work, I believe, helps young and old alike in many ways. It helps the community, it helps the county and it helps the state. "Make the Best Better" is it's motto and that should be the aim of everyone.

"I wish to thank the Extension Service, the Farm Bureau, the local leaders and the extension agents for the help given me in carrying out my club projects."

Douglas County: Home Economics L-H Club Work. "Four-H Club work was organized rather early in the spring to accommodate the various aged groups of girls in Douglas County. With the help of the Home Department of the Farm Bureau leaders were secured to assist these girls with their work. Mrs. Ed Gedecke was chosen leader for the Food Preparation Club, Mrs. Lou Falletti for the younger clothing club, and Mrs. H. S. Thomas took charge of the senior clothing group. The senior clothing group was a bit unfortunate in that their leader, Mrs. H. S. Thomas, had to leave them two weeks before they completed their work. Mrs. Fred Dressler took over the group, and with the assistance of the extension agent finished the project. The sponsoring of the L-H work by an adult organization has resulted in greater community interest in, and support of, the program as a whole. Training meetings and individual assistance for these leaders gave them a good understanding of their jobs and a better appreciation of the possibilities of the L-H Club program. Twenty-two girls enrolled for club work this year, carrying 22 projects. They all completed their work and turned in final records. This is the first time Douglas County has attained a completion record of 100%."

Lyon County: Home Economics L₄-H Club Work.

MY L₄-H CLUB ACHIEVEMENTS
Helen Everett, Lyon County, Nevada
State Record Contest, (1st Place)

(This girl has carried on ten years of L₄-H Club Work)

For me L₄-H club work started a year before I was old enough to join the regular club. Another girl and myself were taken into the club with our older sisters and friends merely as honorary members. We counted the months until the following summer when we could become real members. The time passed very slowly but at last we could really join the L₄-H club and we did with all the enthusiasm that was born within us.

Our leader was a middle-aged woman who taught us fine hemming and all manner of plain needlework. At first fingers were clumsy but we gradually overcame difficulties and became proficient and accurate. Many times since I have thought gratefully of the encouragement and inspiration given to our club during those first years by Mrs. Mary S. Buol, Assistant Director of Extension Work and by our first extension agent, Miss Lena Hauke. I'm sure these hours of early training will influence most helpfully all of my future life.

My first projects were sewing, as I have said. The 'Spic and Span Club girl' became my ideal. My first efforts in sewing included making a towel, a laundry bag, a needle-book, and learning how to darn and do some mending of my clothes. How proud I was of my first L₄-H pin. Then followed two more years of clothing with making-over clothing and making new dresses and under-clothing for myself. The next year I had a garden. I raised green vegetables and some root crops. This garden supplied our family needs all summer and we had a few things left over for use in the early winter. How proud I was of my contribution to the family living, and especially so since I had planted and cared for the garden plot myself.

I have always been interested in flowers and growing things. The years in which I worked in my tiny Japanese garden led me into reading and experimentation which I might not otherwise have done. First I had to clean and level the yard. With the help of other members of the family I plowed and levelled. The first year I had a few flowers to encourage me. The next year I completed an irrigation system so I could irrigate the yard. Then I planted a lawn and started some perennials. During the next two years the project was enlarged so that now we have a well-established lawn, flowering shrubs and other perennials, as well as many annual flowers, and in the midst of my little garden are two tiny pools. This work all took time but it has made an attractive home out of our place and I feel that I can point with pride to this L₄-H accomplishment.

The recent years have been rather difficult ones for our family financially. Two years ago I enrolled in food management and took complete charge of the house for the summer. I kept accurate accounts of our living costs and made careful estimates of the value of the home produced foods we used. As a result of these records I realized there were several expenses we could reduce materially. Accordingly the projects in breadmaking and cake baking were put to very practical

use. The results are that I can, do baking and cooking which my family and our friends all enjoy. But best of all these projects have helped reduce the cost of our living. Early this year I determined to find out how else we might better our financial condition and while the other members were planning for a good family garden I again enrolled in a L-H project on the management of food and the keeping of family accounts. These accounts have been kept for six months and have brought the active interests of every member of the family into my club work. As a result of this work we now know just how much it costs us to live, what proportion we raise and what we buy, and what are the costs of operating the entire farm business. I believe my L-H work the past two years has done more than any other one thing to help my family toward a live-at-home program and that it will continue to be of great value in aiding them to gain a substantial financial footing again.

As a member of the Senior L-H Council I feel that I have a rare opportunity to help form the objectives of the Council's work. In 1937 I was elected Vice-President of the L-H Clubs of Nevada and had an opportunity to work in close cooperation with the executive board of the L-H organization. This year, as I complete my tenth year of club work, I was given the greatest honor that in my opinion can be given to a L-H member. I was elected President of the L-H Clubs of Nevada. I shall always cherish this honor and trust.

Clark County: Home Economics 4-H Club Work. "One of the major projects carried on this year was 4-H Club work with 109 girls in 118 projects, including first, second and third year foods and food preservation and home improvement projects. To facilitate the 4-H Club work in Clark County, a leader council organization functioned again this year. This council is composed of one or more directors of Farm Bureau organization and voluntary local leaders throughout the county. Meetings have been held throughout the year. The first meeting was a picnic held at Warm Springs and leaders from Lincoln and Clark Counties attended. Topics discussed were Charleston Outing, State Club Camp and County 4-H Fairs.

"Charleston Outing: An outing for all 4-H boys and girls from Clark and Lincoln Counties was held August 23rd, 24th and 25th in Kyle Canyon, Charleston Mountain, Clark County, Nevada. This outing is a recreational outing held for leaders, members, leaders and parents present. The handicraft was the same as carried on at State Club Camp this year, pounded copper work and stenciling. Approximately sixty boys and girls took part. The leaders were especially enthusiastic about the handicraft, commenting especially on the educational features of the work. Judging and identification of textiles and vegetables was required of all girls. The two evening programs were given to stunts, songs, dances, readings, etc. The second evening all 4-H youngsters, leaders and parents attended a CCC movie which was provided. Leaders' and parents' discussion groups were held under direction of Harold Brinley, Vice-Principal, Las Vegas High School, and Mrs. Ella H. Perkins, Elementary Supervisor, Educational District No. 1, Overton, Nevada. Suggestions and plans for next year's meeting were also tentatively worked out at this time. Credit is due to the Forest Service for giving instruction in nature lore to hikers, to CCC Camp and officers for their assistance in putting up tents, furnishing wood, etc., - also to J. H. Wittwer for planning and running the camp so excellently - to Louie H. Gardella for assisting in the planning and operation of the camp. The outing was really very educational and was a recreation to all who attended.

"County 4-H Club Fair: The final activity of the 4-H Club work for 1938 was the fair, held in Bunkerville, Nevada, October 8th in the High School Gymnasium. Leaders and some club members worked Friday, October 7th, arranging booths and exhibits. Out of the 109 girls enrolled in 4-H club work, 80 club girls exhibited their 1938 year's work. Judging this year was done on a basis of comparison and each girl's projects judged as excellent, good or fair with a blue ribbon given for excellent rating, red for good and white for fair. A small cash prize was also given to each club member by Clark County Farm Bureau. With this new method of judging the time spent by the judges was cut in half. The fair was opened to the public at 11:00 A. M. for both outdoor and indoor exhibits. Lunch was served to the club members, leaders and parents by the Bunkerville Relief Society."