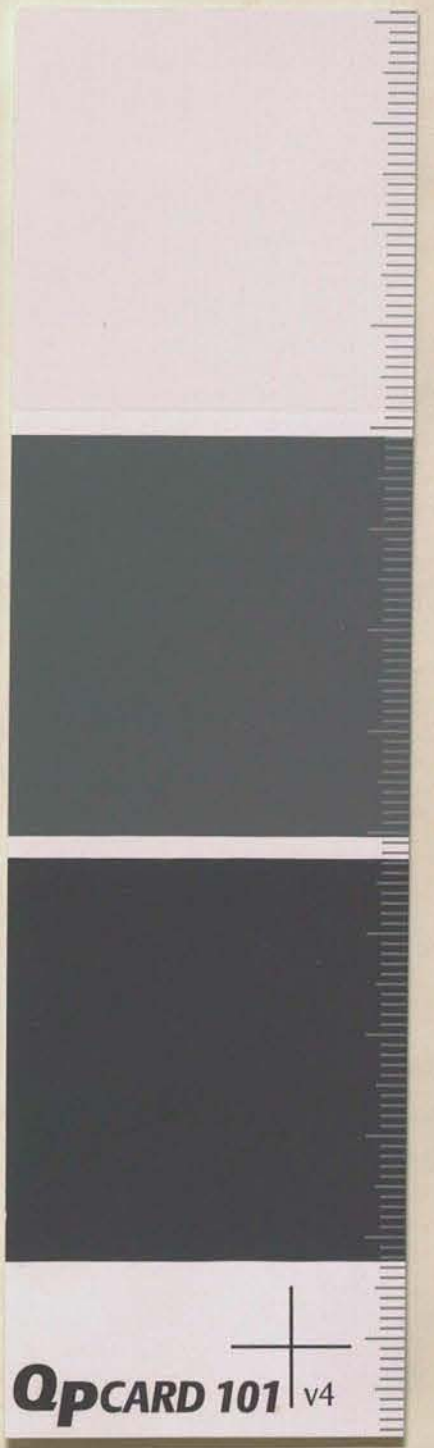




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**QpCARD 101** v4







UNIVERSITY OF NEVADA  
AGRICULTURAL EXTENSION DIVISION  
UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING

ANNUAL REPORT OF COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS  
STATE OF NEVADA

by

Thomas E. Buckman, Acting  
Director of Agricultural Extension

7



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

FISCAL YEAR 1939 - 1940

I NAME OF PROJECT - 1-A ADMINISTRATION

State Office Staff, Organization and Duties.

The State Office staff of the Agricultural Extension Division of the University of Nevada, for the fiscal year ending June 30, 1940, consisted of a Director, a Chief Clerk, an Extension Editor, an Assistant Director for Home Economics, two Extension Agricultural Economists, an Extension Soil Conservationist, a Specialist in Range Management commencing on August 1, 1940, and five clerks and stenographers.

During 1940 the Acting Director of the Extension Service also served in the capacity as Assistant Director for Agriculture.

The Director of Agricultural Extension is in administrative charge of all the cooperative Extension work in the State of Nevada, both for the University of Nevada and the United States Department of Agriculture.

The Chief Clerk acts as secretary to the Director and has supervision of the State Office clerical staff. She is in general charge of all Extension correspondence and the preparation and filing of records and reports.

During the year 1940, the position of the Financial Clerk was discontinued and made a part of the job of the Chief Clerk. In addition to the above duties, she assists the Director in the preparation of payrolls, checking of accounts, and the keeping of the financial records of the Agricultural Extension Division, including all funds expended for Extension work by the County Bureaus, and that portion of the Extension funds allotted to the Nevada State Farm Bureau is provided for by law.

The Extension Editor edits all bulletins, prepares news releases, and is in charge of the weekly news service supplied to Nevada newspapers and agricultural publications of adjoining states which serve Nevada.

The Assistant Director for Agriculture has supervision



of all agricultural extension projects, including agricultural 4-H club work and visual instruction.

The assistant Director for Home Economics has supervision of all extension home economics extension work in the counties, including girls 4-H club work. She also serves as volunteer leader on Home Management for the Rural Rehabilitation Program of the Farm Security Administration in Nevada.

The Senior Extension Agricultural Economist is responsible for extension work in the marketing of agricultural products. His duties consist of assisting extension agents in developing agricultural marketing programs, including the furnishing of help in the organization of cooperative marketing associations for crops, livestock, and livestock products. This work includes educational guidance to cooperative associations, sponsored both by the County Farm Bureaus and the Farm Security Administration of the United States Department of Agriculture. The Senior Extension Agricultural Economist also handles extension work in agricultural credit, with particular reference to the financial assistance which can be furnished to farmers and stockmen by the various federal credit agencies. In 1940 one-fourth of the Senior Agricultural Economist's time was devoted to Land-Use Planning and a small portion to agricultural outlook work.

The Junior Extension Agricultural Economist has charge of Farm Management and in 1940 acted as Extension Land-Use Planning Leader as a member of the joint College B.A.E. Committee. He assists the Director with the supervision of the Land-Use Planning project. Both economists serve as members of the State Technical Committee of the Agricultural Adjustment Administration.

The Extension Soil Conservationist is responsible for the state program of work in soil and water conservation. He assists Extension Agents and groups of farmers in the organization of soil conservation districts and approval of farm plans and conservation projects within the soil conservation districts. Farm plans originating outside of the soil conservation districts are passed through his hands before they are completed by the Soil Conservation Service.

#### Field Staff, Organization and Duties

The field staff of the Agricultural Extension Division for the fiscal year ending June 30, 1940, consisted of eleven full-time men extension agents, three part-time men assistant agents, five full-time women extension agents and one part-time woman 4-H club assistant. The agriculture agents continue to act as secretaries of the County Agricultural Conservation Associations and



Land-Use Planning Committees. In the absence of women extension agents in certain counties, the agricultural extension agents carry the responsibility for 4-H Club home economics work, with such assistance as can be given them by the Assistant Director for Home Economics, by occasional visits.

The home demonstration agents were in charge of the home economics projects, including home economics 4-H club work in the organized county or district to which they were assigned. They also continued to develop home management plans and Farm Security rehabilitation clients in their respective counties and districts.

With the exception of one woman agent, whose entire salary was paid by the Farm Security Administration, all full-time extension agents were paid their entire salaries from Federal and State funds appropriated for the support of cooperative extension work in Nevada. In addition to their state appointments these agents also carried appointments from the Agricultural Extension Service of the U. S. Department of Agriculture.

With the exception of a small amount of livestock work in Esmeralda and Nye Counties, and the supervision of the AAA program in those counties, it has been necessary to limit the activities of the extension agents to the twelve organized Farm Bureau counties in the state. This restriction has been necessary both from the standpoint of efficiency and from the fact that travel funds for extension agents are available only from county and state sources in those counties having organized Farm Bureaus. Through the use of Federal funds it has been possible, however, to make the Agricultural Adjustment and Farm Security Programs available to farmers and stock raisers and their families in all seventeen counties of the state.

With the exception of one woman county extension agent-at-large, having headquarters in the state office, extension agents have continued to make their offices in the ten county seats best located from the standpoint of proximity and highway connections to the agricultural communities they are designated to serve. Six of these county extension agents are located with the county Farm Bureau in county Court Houses, and the other four being located in Federal buildings.

#### Changes in Extension Organization: Duties and Relationships

No important changes in extension organization occurred during the fiscal year ending June 30, 1940. The Director of Extension Service carried out his duties as a member of the State Agricultural Conservation Committee, the State Advisory Committee of the Soil Conservation Service. By appointment from the



Secretary of Agriculture, he was also made a member of the State Farm Security Administration committee.

In addition to these duties, the Director continued to act as an ex-officio member of the State Farm Bureau Board of Directors and as Chairman of the State Land-Use Planning Committee. During the year the State Land-Use Planning Committee was reorganized and a state program of work was adopted.

#### A. Relationship With Other Divisions of the University of Nevada

The Agricultural Extension Division is a definite administrative unit of the University of Nevada, coordinate in rank with the College of Agriculture and the Agricultural Experiment Station. Relationships with the College and the Experiment Station have continued to be mutually helpful during the past year. Members of the faculty of the college and members of the Experiment Station staff have continued to cooperate closely with the Agricultural Extension Division by serving on the State Agricultural Conservation Technical Committee, as well as participating in the Land-Use Planning Program.

#### B. Relationship with State Regulatory Agencies

Relationship with the State Department of Agriculture and the regulatory departments of the Public Service Division of the University of Nevada continue satisfactory.

#### C. Relationship with Farm Organizations

Nevada has less than 4,000 farms in the State and accordingly, we have few agricultural organizations. The Farm Bureau is the general farm organization in the state and the only farmers organization that has continuously been maintained for the past twenty years.

The Nevada State Cattle Association is affiliated with the National Livestock Association. Most of its membership is confined to Northeastern Nevada.

The sheepmen have a State Wool Growers Association. This organization is affiliated with the National Wool Growers Association. One Grange is located at Reno in Washoe County. No Farmers' Union has been organized in the state.

There are a number of small commodity organizations in the state -- mostly county or community organizations.

The policy of the Nevada Extension Service is to work with any organization that has a program that will benefit Nevada agriculture.



The county farm bureaus are the official organization in the state, set up by law to cooperate with the Extension Division. County farm bureau directors act as county extension project leaders in which capacity they work closely with the agricultural and home economics agents in the state, both in the formation and carrying out extension programs in their respective counties or districts.

D. Relationship with the Nevada State Fair, the Nevada State Livestock Show and County Fairs.

The Agricultural Extension Division has continued to assist in the collection and preparation of crop, livestock, home economic, and 4-H club exhibits at the Nevada State Fair, the Nevada State Livestock Show, and the various County Fairs. State, district, and county extension workers also act as judges at all of these Fairs.

E. Relationship with the Agricultural Committee of the Nevada Bankers' Association, and The Agricultural Commission of The American Bankers' Association.

The Extension Division has continued to cooperate with the Agricultural Committee of the Nevada State Bankers' Association and the Agricultural Commission of the American Bankers' Association.

F. Relationship with Bureaus and Offices of the United States Department of Agriculture.

Relationships with all Bureaus and Offices of the U. S. Department of Agriculture continued satisfactorily in Nevada. The Agricultural Extension Division is indebted to representatives of the Federal Extension Service, the Agricultural Adjustment Administration, the Farm Security Administration, the Forest Service, the Bureau of Entomology and Plant Quarantine, and the Soil Conservation Service for much valuable assistance rendered during 1940.

The Land-Use Planning work continued in the counties and state in accord with the Mount Weather Agreement.

Relations with the AAA have been very cordial. The State Office of the AAA is located in the State Extension Office Building, while county agents act as secretaries in both the administrative and educational programs.

The Farm Security Administration has paid the full salary of one woman extension agent and a portion of the traveling expenses of the Assistant Director for Home Economics and the women extension agents in return for the assistance



which these staff members have furnished in preparing home management to FSA clients.

The Soil Conservation Service has paid a substantial portion of the Extension Soil Conservationist during the past fiscal year thereby making an effective state-wide program in Soil Conservation work.

G. Relationships with Bureaus and Offices of the United States Other Than the Department of Agriculture.

Very fine relationships have been continued with the Grazing Service, U. S. Department of Interior and also with the Reclamation Service. The Indian Service of the same department has been furnished subject matter information by our extension economists. Subject matter for 4-H club work has also been furnished to the Indian Service when requested.

H. Changes in Relationship of Extension Specialists and County and District Extension Agents.

No changes in the above relationships have occurred during the past fiscal year.



Sources of Extension Revenue

Revenue for the support of the Agricultural Extension Division of the University of Nevada, including the Cooperative Extension work carried on in several counties in the State was derived from the following sources during the fiscal year ending June 30, 1940.

A. Federal Appropriations

(1) Federal Smith-Lever Fund (Act of Congress May 8, 1914) and Bankhead-Jones fund (Act of Congress June 29, 1935)	\$ 40,230.93
(2) Federal Capper-Ketcham Fund (Act of Congress May 22, 1928)	20,523.71
(3) Federal Further Development	<u>12,424.00</u>
Total Federal Funds	\$ 73,178.64

B. State Appropriations

(1) College and State	\$ 27,222.44
(2) For State Offset to Federal Funds	<u>4,835.02</u>
Total State Funds	\$ 32,057.46

C. County Appropriations

(1) Appropriations by Boards of County Commissioners	<u>\$ 27,530.15</u>
Total County Funds	<u>\$ 27,530.15</u>

Grand Total of All public funds available  
for support of Extension work during the  
fiscal year ----- \$132,766.25



### Important Additions to Offices and Equipment

The following important items of furniture and equipment were purchased from Federal Extension funds during the fiscal year ending June 30, 1940:

- 1 - Battery for Chevrolet coupe
- 1 - Kodak 35 f3.5 and carrying case
- 1 - Kalart Syncroscope
- 1 - #51 Multiplex Lantern Slide Cabinet
- 5 - Lantern Slide Frames
- 6 - Lantern Slide Frames
- 1 - Used Revolving Back Auto Graflex with case and accessories
- 1 - MF-6 Cabinet
- 1 - MM-20 Innovation Cabinet
- 1 - Crystal Desk Top
- 1 - SVE Tripurpose Projector Model DD complete with case and carrier
- 1 - Detail Stand
- 1 - Blackboard and Easel
- 1 - #77A52 Art Metal Double Bill File
- 1 - #KD26-C22010 Stationery Cupboard
- 1 - Voca Titler Complete
- 1 - Plymouth Sedan - Serial No. 3255861 Engine No P10-169711
- 2 - General Electric Clocks
- 1 - Rocket Dynamic Microphone Model 500 with stand and plug
- 1 - Deagon Tuning Bar
- 2 - Weston Master Light Meters
- 1 - Burroughs Typewriter Model 612104 less allowance on Royal #KH1850002
- 1 - 1 Quart Grain Tester
- 6 - #1402 Aluminum Chairs
- 1 - Voca Titler (Synchronizing Unit Only)
- 1 - Model AA 300 Watt SVE Tripurpose Projector with carrying case
- 1 - 12" G. E. Electric Wall Clock (AAA Office)
- 1 - Victor Adding Machine and Case
- 1 - Beach Boy Surfboard
- 2 - All Steel - 27 Drawer Economy Cabinets
- 1 - Used Reconditioned 9 Blade Type 46617 L.N. Fan
- 1 - #2A72552 Corona Portable Typewriter with Case
- 1 - Print Washer



Extension Staff as of June 30, 1940

Administration

Cecil W. Creel, Director Agricultural Extension  
(Jan. 20, 1940 on leave of absence after  
this date)  
Thomas E. Buckman, Acting Director of Extension Service,  
January 20, 1940.  
Marie Watkins, Chief Clerk.

Supervision

Thomas E. Buckman, Assistant Director for Agriculture to  
January 20, 1940 -- Acting Director after  
that date.  
Mary S. Buol, Assistant Director for Home Economics.

Specialists

Lewis E. Cline, Extension Agricultural Economist  
Verner E. Scott, Extension Agricultural Economist  
Otto R. Schulz, Extension Soil Conservationist  
Alfred L. Higginbotham, Extension Editor  
C. W. Hodgson, Extension Range Management Specialist,  
since August 1940.

V. E. Scott, under cooperative appointment with the  
Bureau of Agricultural Economics devotes nine months under this  
arrangement to acting as Project Leader on Land-Use Planning  
and three months time to Farm Management.

Under the agreement with the Bureau of Agricultural  
Economics, Lewis E. Cline, Extension Economist devotes three  
months time to county Land-Use Planning. Under this appoint-  
ment the Extension Service hires John Ahern, part-time assis-  
tant county agent to do three months work in Farm Management  
under the direction of Mr. Scott.

County Extension Agents - (Agricultural)

Louie A. Gardella  
Mark W. Menke  
Albert J. Reed  
J. W. Wilson  
J. H. Wittwer  
H. Elwood Boerlin  
Edmond B. Recanzone

Lincoln County  
Elko County  
Pershing County  
Elko County  
Clark County  
Washoe County  
Lyon County



District Extension Agents - (Agricultural)

Royal D. Crook	Churchill & No. Lyon Counties
Paul L. Maloney	Humboldt & No. Lander Counties
Wilbur H. Stodieck	Douglas & Ormsby Counties
Claude R. Townsend	So. Eureka, So. Lander, Nye, & White Pine Counties.

Assistant County Extension Agents - (Agricultural)

John P. Ahern	Churchill County
Antoine Primeaux	White Pine County
Archie R. Albright	Washoe County

County Extension Agents - (Home Economics)

Lena Hauke	Churchill County
M. Gertrude Hayes	Washoe County
Helen S. Tremewan	Elko County

District Extension Agent - (Home Economics)

Florence S. Davis	Clark and Lincoln Counties (Resigned September 1, 1940)
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County Extension Agent-at-Large (Home Economics)

Hellen M. Gillette

P U B L I C A T I O N S

Approximately 104 regular news releases, and 27 special news releases were distributed to the newspapers of the state as has been done in previous years.

Many illustrated stories were sent out.

Following is a list of the printed and mimeographed publications issued during the year:

Printed Bulletins

<u>Number</u>	<u>Title and Author</u>	<u>Pages</u>	<u>Copies</u>
87	<u>Nevada Home Gardener's Handbook</u> By Mark W. Menke, County Extension Agent	80	4,000
88	<u>Nevada 4-H Club Garden Book</u> By Mark W. Menke, County Extension Agent	92	1,000



Mimeographed Material

1939-40 - Keep Growing Report, by Mrs. Mary Stilwell Buol, Assistant Director for Home Economics. An annual report on the nutritional record of Nevada school children. Printed cover.

Meals for Large Groups, by Helen S. Tremewan, Assistant Nutrition Specialist.

Gracious Hospitality, by Helen S. Tremewan, Assistant Nutrition Specialist.

Pack Train Camp Cookery, by Helen S. Tremewan, Assistant Nutrition Specialist.

Care of Clothing, by Lena Hauke, Clothing Specialist.

Proper Pressing Pays, by Lena Hauke, Clothing Specialist.

Clothing Storage Facilities, by Lena Hauke, Clothing Specialist and Hellen M. Gillette, Home Management Specialist.

Clothing Selection and Family Relationships, by Lena Hauke, Clothing Specialist, and M. Gertrude Hayes, Good Growth and Development Specialist.

Planning the Family Clothing, by Lena Hauke, Clothing Specialist, and Hellen M. Gillette, Home Management Specialist.

Family Meal Time, by M. Gertrude Hayes, Good Growth and Development Specialist.

Habit Formation, by M. Gertrude Hayes, Good Growth and Development Specialist.

Memorandum of Understanding - Bureau of Entomology and Plant Quarantine, USDA State Department of Agriculture and Extension Service.

Information and Plan of Operation for Cooperative Grasshopper Control for 1940.

Dairy Calf Club Demonstration Requirements.

Lyon County Efficiency Factors

Churchill County Efficiency Factors



Forecasting Next Year's Turkey Crop.

Turkey Outlook (Revised)

Farm Marketing Bulletin -  
Vol. I No. 3

Supplement to Vol. I No. 3

The 1940 Turkey Situation

Use of the Exposure Meter

Results of the 1939 Annual Grasshopper Survey

Pig Club Demonstration Requirements

Coordination of Agricultural Activities

Chats on Agricultural News Writing

Suggested General Procedures for Control of Ants.

The Eelworm Situation in Nevada - by Thomas E. Buckman

Potato Eelworms - by Ira La Rivers

Methods Used in Distributing Publications

Distribution of bulletins, circulars, including mimeographed circulars, is made to interested persons, resident in Nevada, chiefly through the extension agents. A supply is sent to each county or district office and from there either mailed out or personally delivered by the agents to interested persons. The state extension office retains sufficient copies of all publications to supply direct requests for the same from citizens of Nevada, the U. S. Department of Agriculture, other state extension offices, and reasonable demands from citizens of other states.

SUMMARY REPORT OF WORK ACCOMPLISHED ON PROJECTS

Herewith attached is a printed copy of our annual report which gives in detail a summary of all the work accomplished in agriculture and home economics during the past year.

Supervision

The acting director continued to act as supervisor. The increased duties as acting director limited the time to work on agent supervision, still an effective piece of work was done through conferences in the offices of agents, field meetings and by telephone.



All of the annual county farm bureau budget and planning meetings were attended by the acting director.

Our Chief Clerk was sent on one information tour to Southern Nevada offices and rendered effective assistance in the matter of preparation of reports, county claims, distribution of mimeograph material and bulletins from the state office; maintaining files and 4-H club records. More of this work was planned but it was impossible owing to the routine work in the state office.

#### GENERAL CONDITIONS AND OUTLOOK FOR 1941

During 1940 Extension work in the state progressed favorably.

Worthwhile Extension projects were planned in all the organized counties. Particular emphasis was paid to Land-Use Planning with the result that farmers and stockmen are better acquainted with the Mt. Weather Agreement.

The State Land-Use Planning Committee was reorganized and a state program was adopted.

It is hoped that sufficient Federal Funds for the support of Extension work will be appropriated by Congress for the ensuing year so as to provide not only for the maintenance of the present staff but to make some expansion in extension work. At the present time the State Extension Office is handicapped by the lack of specialist assistance in agriculture and home economics, while home economics and 4-H Club work in the state could be more efficiently handled if three additional home demonstration agents could be provided. This appears to be possible only through the availability of an increased allotment in the Federal Extension Funds to the State of Nevada.



ANNUAL 4-H CLUB REPORT

FOR

NEVADA

1940

Prepared by

Thomas E. Buckman

and

Mary S. Buol

State Club Leaders



## AGRICULTURAL 4-H CLUB WORK IN NEVADA

Nevada does not have a separate 4-H Club department. Extension agents devote up to one-third of their time to 4-H Club work, although of late years additional responsibilities of AAA and Land-Use Planning has reduced the amount of time agricultural agents devote to Club work.

Nevertheless, the program has gone forward, and although the enrollment is somewhat smaller, quality work has been done.

During the year 1940 the Assistant Director for agriculture has also served as Acting Director of the Extension Service, which reduced the amount of time possible for supervision, but time was found to attend Achievement Days and promote the program.

A new event, the First Annual Junior Livestock Show was started in Reno to take the place of the Inter State Junior Livestock Show, which was discontinued in 1939. This substitute, although tiny in comparison, has been found to be more satisfactory than the big Inter State Show. No grand champion is selected, and the Danish System of awards used, promotes a better sense of values among the boys and girls participating in this event which is really an Achievement and Marketing Day combined.

Dairy club work was stimulated through participation in the Dairy Production Demonstration Contest sponsored by the National Club Committee. Five excellent teams were trained and gave many demonstrations in their communities before the winning team to represent Nevada at the National Dairy Show was selected at the State 4-H Camp.



STATISTICAL SUMMARY OF NEVADA 4-H CLUB WORK

1. Summary of Work by County Agents and by Projects, 1940
2. Graphic Presentation of Junior Work by Years, 1930-1940
3. Comparison of Club Work, 1915-1940
4. Number of 4-H Club Members According to Age
5. Club Camp Attendance, 1923 to 1940, Inclusive



SUMMARY OF WORK BY COUNTY AGENTS AND BY PROJECTS

1940



SUMMARY OF WORK BY COUNTY AGENTS AND BY PROJECTS 1940

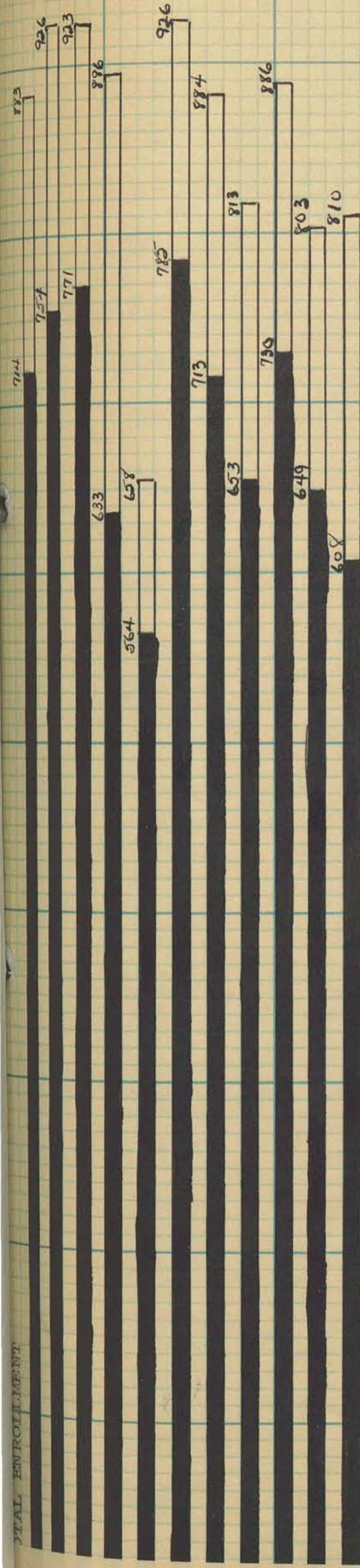
	Clothing		Foods		Canning		Yard Improv.		Home Improv.		Home Mgmt.		Dairy Cattle		Beef Cattle		Garden		Sheep		Pigs		Poultry		Others		Totals	
	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm	En	Cm
CHURCHILL																												
Crook													32	30	4	4	4	3	12	12	22	18	13	12	5	4	92	83
Hauke	76	71	16	16	9	8																		7	6	108	101	
CLARK																												
Wittwer													8	8	6	6					2	2					16	16
Davis	54	18	43	11							2	0															99	29
DOUGLAS																												
Stodieck													9	8	7	4	3	3	2	2	6	6					27	23
Gillette	25	25	7	7			1	1																			33	33
ELKO																												
Menke															2	2	11	9	7	7							20	18
Tremewan	22	22	41	37																				4	4	67	63	
HUMBOLDT																												
Maloney			17	15											6	6								6	6	29	27	
LINCOLN																												
Gardella	18	4	21	7	5	3											9	4			1	0	1	1	2	1	57	20
LYON																												
Recanzone													3	2	13	9			3	3	14	14			2	2	35	30
Gillette	19	18	20	20	1	1			8	7																	48	46
PERSHING																												
Reed													11	8	4	4											15	12
Johnson	5	5	12	12																							17	17
WASHOE																												
Boerlin																												
Albright													7	7	6	5	14	14	2	2	8	8	2	2	11	11	50	49
Hayes	30	30	15	15	5	5					2	2															52	52
WHITE PINE																												
Townsend																												
Primeaux	22	14	14	0	7	7							13	0													56	21
TOTALS	271	207	206	140	27	24	1	1	8	7	4	2	83	63	48	40	41	33	26	26	53	48	16	15	37	34	821	640



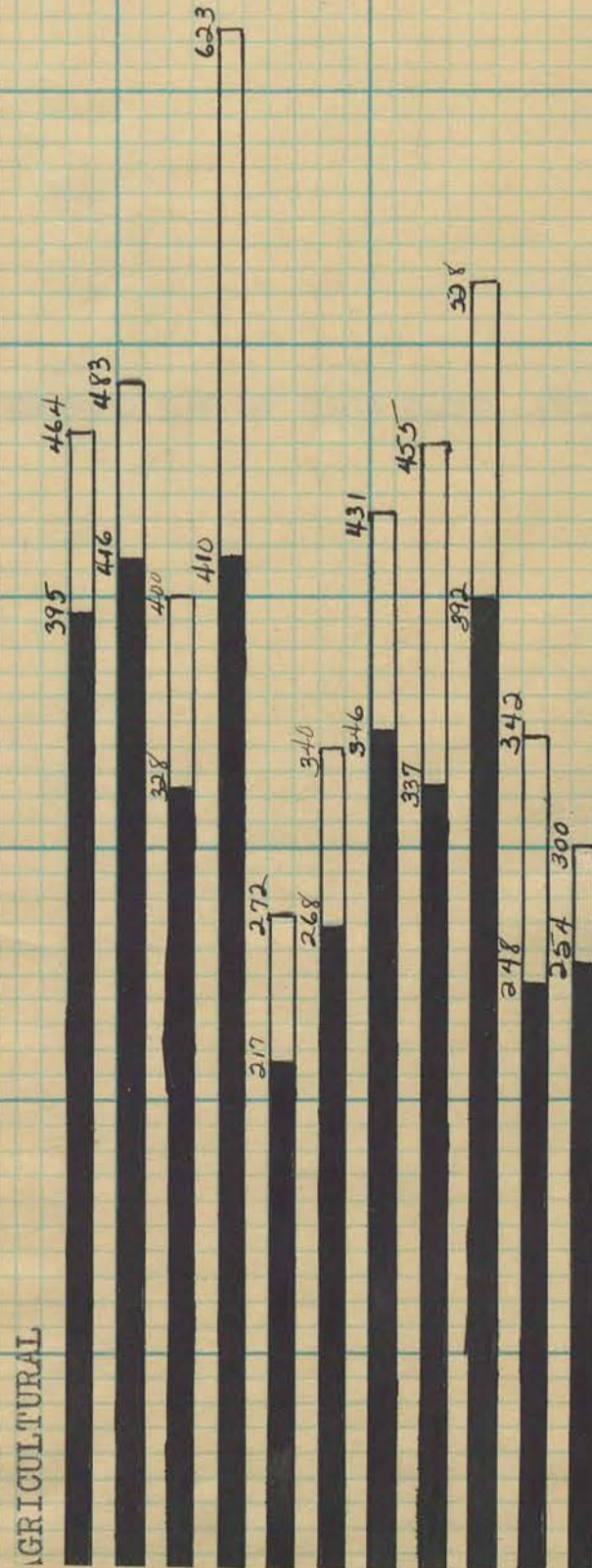
GRAPHIC PRESENTATION OF JUNIOR WORK BY YEARS

1930 - 1940

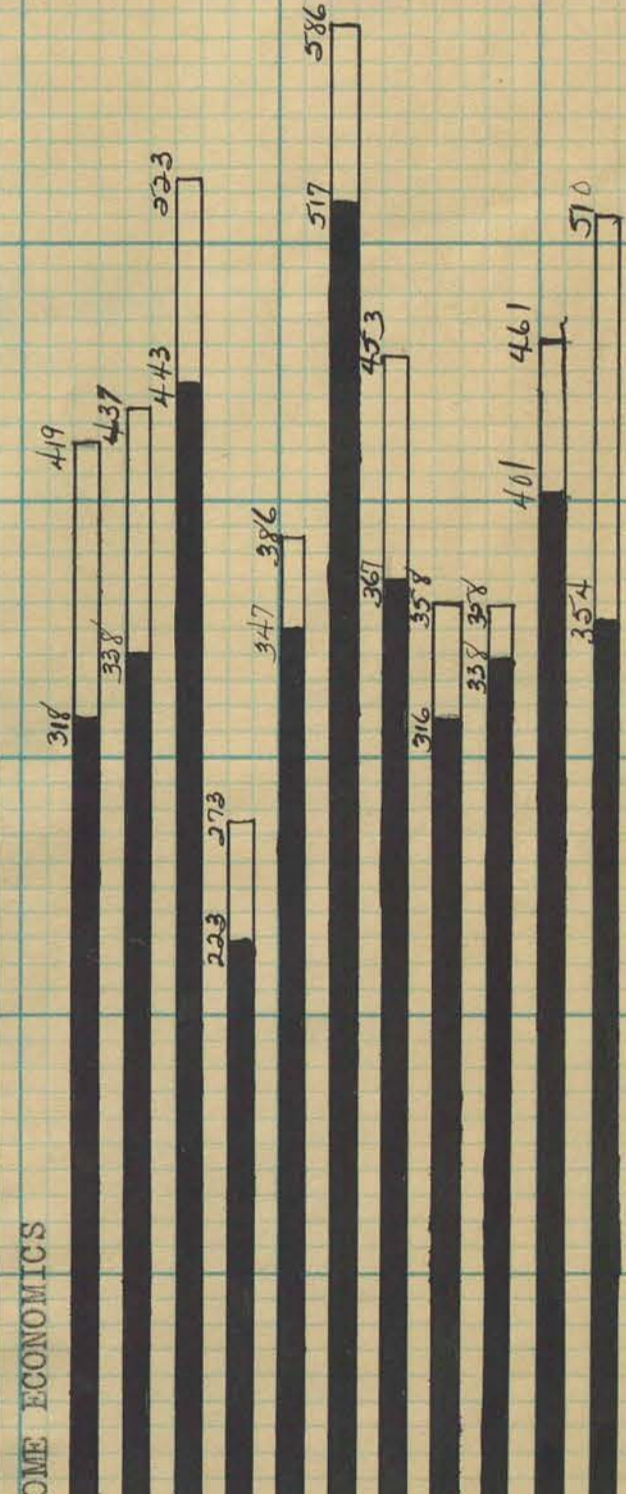






AGRICULTURAL



HOME ECONOMICS



 COMPLETIONS  
 ENROLLMENTS



COMPARISON OF CLUB WORK, 1915 - 1940



## COMPARISON OF CLUB WORK, 1915 - 1940

<u>YEAR</u>	<u>ENROLLMENT</u>	<u>COMPLETED</u>	<u>% COMPLETED</u>
1915	829	169	20.4
1916	1995	1229	61.6
1917	2454	747	30.4
1918	1557	510	32.4
1919	846	567	57.2
1920	432	324	75.0
1921	610	531	87.0
1922	330	252	76.0
1923	419	275	65.8
1924	669	419	62.6
1925	698	441	63.2
1926	804	453	56.3
1927	694	404	58.2
1928	602	383	63.6
1929	822	577	70.2
1930	883	714	80.8
1931	944	777	82.3
1932	923	771	83.5
1933	896	633	70.6
1934	658	564	85.7
1935	926	785	84.7
1936	884	713	80.6
1937	813	653	80.3
1938	886	730	81.2
1939	803	649	80.8
1940	810	608	75.0



NUMBER OF L-H CLUB MEMBERS ACCORDING TO AGE  
1936 TO 1940 INCLUSIVE



NUMBER OF 4-H CLUB MEMBERS  
ACCORDING TO AGE, 1936 TO 1940 INCLUSIVE

AGE	BOYS					GIRLS					TOTALS				
	1936	1937	1938	1939	1940	1936	1937	1938	1939	1940	1936	1937	1938	1939	1940
10	40	45	51	45	20	103	64	79	83	74	143	109	130	128	94
11	41	52	49	47	50	96	94	81	73	79	137	146	130	120	129
12	56	58	67	50	48	103	76	107	69	96	159	134	174	119	144
13	61	45	76	47	37	86	70	77	79	59	147	115	153	126	96
14	60	43	56	57	42	74	68	65	61	67	134	111	121	118	109
15	23	48	40	32	38	43	38	50	43	62	66	86	90	75	100
16	14	20	26	26	33	30	31	23	38	36	44	51	49	64	69
17	22	7	12	21	17	10	21	14	14	27	32	28	26	35	44
18	9	8	5	7	8	6	16	3	2	9	15	24	8	9	17
19	2	0	1	4	3	6	4	1	3	2	8	4	2	7	5
20	1	2	1	1	2	2	3	2	1	1	2	5	3	2	3



CLUB CAMP ATTENDANCE, 1923 TO 1940



4-H CLUB CAMP ATTENDANCE 1923 - 1940

YEAR	1923	1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1935	1936	1937	1938	1939	1940
No. of Counties	6	9	9	10	11	11	11	12	12	10	11	12	11	10	10	10	10
No. attending from each county, (Club Members, Local Leaders, Visitors, Extension Agents)																	
Churchill.....	9	38	1	32	61	32	49	55	66	85	64	83	55	49	49	60	88
Clark.....	0	5	3	10	2	8	8	15	19	0	1	16	26	29	20	5	15
Douglas.....	0	0	0	0	0	0	11	21	16	24	20	21	12	20	25	17	37
Elko.....	20	51	48	42	39	36	31	46	49	53	46	68	28	29	34	42	47
Eureka.....	0	0	0	0	8	8	0	1	2	5	9	9	0	0	0	0	0
Humboldt.....	7	11	9	18	14	6	23	17	14	21	0	5	0	11	1	15	21
Lander.....	0	0	0	0	11	17	14	15	8	18	8	5	4	0	0	0	0
Lincoln.....	0	28	41	3	18	1	13	22	66	0	0	38	13	7	19	20	17
Lyon.....	34	38	35	34	38	19	41	54	6	45	33	43	31	27	33	42	37
Pershing.....	24	28	23	31	29	6	22	20	16	8	16	23	20	14	29	23	27
Washoe.....	58	65	63	48	63	47	30	45	19	21	23	32	14	24	25	34	39
White Pine.....	0	5	36	54	26	34	26	53	31	9	13	40	33	26	25	20	20
Others Attending Camp..	12	0	14	0	15	32	15	17	17	14	16	19	23	25	10	8	6
TOTAL CAMP ATTENDANCE..	164	269	273	272	324	246	283	381	329	303	249	402	259	261	270	286	354

\*1934 - No camp held on account of threatened infantile paralysis epidemic.



### Home Economics 4-H Club Work in Nevada.

Nevada has no separate 4-H club department in its Agricultural Extension Service. All 4-H club work is carried on by the men and women agents, with the assistance of volunteer local leaders. We believe this makes for better integration of adult and 4-H club work, emphasizing the farm family as the basic unit of progress.

Home economics 4-H club work is supervised by the home demonstration agents in the counties having this service. In the four counties without home demonstration agents the agricultural agents are responsible for both home economics and agricultural 4-H club work.

The assistant director for home economics extension work serve as state leader for home economics 4-H club work throughout the state. She determines project requirements, prepares subject matter and illustrative material (with occasional help from women agents who are part-time subject matter specialists) and gives assistance in leader training. She also has charge of state home economic contests and the home economic phases of state 4-H club camp.

In non-home demonstration counties she gives specialists service in the training of leaders, and some field supervision. However, responsibility for enrollment, securing leaders, directions of leaders after they are trained, and securing final records rests upon the men agents. We are far from satisfied with the home economics, 4-H club work in non-home demonstration counties and the results secured. However, with Nevada's limited funds and personnel, the present service is the best we can do under present conditions.

In home demonstration counties there continued to be a slow but steady improvement in leadership. More thought and effort was given to leader selection and training, and much better follow-up guidance. Therefore, leader responsibility increased, and the quality of their work improved.

A small amount of money was devoted to having a 4-H club assistant agent in one non-home demonstration county this summer. The young woman employed for this position is a former 4-H club girl from that county, and an undergraduate in home economics from the University of Nevada and Ames. The assistant director spent considerable time with this new worker, and considering her youth and inexperience,



quite good results were secured. We had hoped to supply similar service to another county very much in need of this help, but unfortunately were unable to do so.

Improvement in 4-H subject matter consisted of a new 4-H garden club manual prepared by the agricultural agent who acts as part-time horticulturist. The assistant director cooperated in the nutritional phases of this material.

The final record books for all home economics 4-H club work were revised late this year and are now being printed. Items regarding family situations, budgets, and accounts received increased emphasis in this revision. Provisions for recording supplementary activities were simplified as to form.

A compilation of 4-H club statistics for 1940 is given below showing enrollment, and completion and the distribution of project emphasis.

#### 4-H CLUB STATISTICS - 1940

	1939	1940	% Change
Total 4-H members enrolled . . . . .	803	810	+ 0.8
Total home economics project enrollments (under both women and men agents) . . . . .	476	491	+ 3
Enrollments in home economics projects under women agents . . . . .	339	399	+17
Enrollments in home economics projects under men agents . . . . .	137	92	-32
-----			
Total 4-H members completing . . . . .	649	608	- 6
Total home economics project completions (under both women and men agents) . . . . .	413	367	-11
Completions in home economics projects under women agents . . . . .	323	321	- 6
Completions in home economics projects under men agents . . . . .	90	46	-48
-----			
Percent total home economics members completing	80	75	- 5
Percent home economics project completions (under both women and men agents) . . . . .	87	74	-15
Percent home economics project completions under women agents . . . . .	95	80	-15
Percent home economics project completions under four women agents serving the entire year . . . . .		97%	
Percent completions under men agents . . . . .	65	50	-15
-----			
Total enrollment in clothing projects . . . . .	246	263	+ 7



4-H Club Statistics - 1940 continued	1939	1940	% Change
Total enrollment in foods projects . . . . .	183	192	+ 4
Total enrollment in food preservation projects . . . . .	20	20	0
Total enrollment in home improvement projects.	27	7	- 74
Total enrollment in yard improvement projects.	5	1	- 80

#### 4-H Club Camps.

We regret to have to report that the district 4-H club camp usually held in southern Nevada was not held this year. Women leaders and the home demonstration agent had planned on this camp which means so much to this section of the state. This arrangement was well advanced when the agricultural agent in one county abruptly decided he was too busy to cooperate or have the 4-H boys attend. Therefore, it was felt advisable to abandon all plans for the camp rather than risk open friction between the agents.

The state 4-H club camp was very successful this year. There was an attendance of 303 members, 132 boys, 171 girls, and 23 women leaders. The sanitation of the camp was much improved due to construction work done by NYA youths, during the time they held a vocational training camp there. Hot water for girls' showers was installed. The sewage system improved, and a cement platform installed behind the mess hall.

The hospital tent was improved somewhat as regards equipment, and was in charge of a well-trained and experienced public health nurse, who used to carry on public health education in this state. Both she and the doctor (who visited camp each day and conducted the 4-H state health contest) commented on the improved health condition of 4-H club members. This seems to indicate that the fourth H is really functioning in Nevada 4-H club work.

Lyon County erected four cabins for girls and, although not completed at state 4-H camp time, they were much enjoyed. Later on in the summer the cabins were completed through NYA assistance and are now very comfortable and attractive. These cabins will be used not only during 4-H camp session, but will be available for Lyon County residents for family vacations. Other counties are planning to put up similar county cabins.

The NYA enrollees remained at camp during the 4-H club camp meet and gave considerable assistance in regard to the preparation and serving of meals. On the other hand, they shared in camp recreation activities, evening programs, etc.

Home economics activities during state 4-H camp consisted of project contests, exhibits, demonstrations, handicraft instruction and recreation training. The recreation department of the College of the



Pacific, in California, sent up a staff of instructors and equipment for various types of handicraft instructions; they also did some recreation guidance. A former vocational home economics teacher was secured to give instructions in slip cover for books, using material easily secured at home. Mrs. Florence Bovett, Secretary of the State Farm Bureau, conducted a very successful dramatic work-shop, as training for similar activities back home. The simple but effective results were presented at assemblies. Classes in the study of insect life, and native plants were also provided by a member of the University of Nevada staff, a public school teacher, and one member of the extension staff.

The assistant director for home economics acted as leader for the Local Leaders Council. One conference period was devoted to a consideration of the psychology of adolescence and techniques applicable to 4-H club work. This was lead by a member of the sociology staff of the University of Nevada. A collection of reference books for leaders was on exhibit and loaned out to leaders. Some of these books were reviewed by leaders and used as a basis for discussion.



## My 4-H Club Story

Edna Mae Shurtliff  
Overton, Clark County, Nevada

Mother was made 4-H club leader so of course I had to take club work. I wasn't very enthuriastic, in fact I didn't want to start at all. I thought it would be a lot of hard work and no fun. Mother said I must take it so I sulkily went to the first meeting. I was made some officer, I don't remember what. We had refreshments and right away I decided I would like the meetings anyway. Mother scolded, bribed, and threatened me through that first year. I never would have finished it if it hadn't been for her help. At the fair my sewing exhibit won first place. I was pretty proud and very encouraged. The next year mother left it up to me to decide whether I would take it or not.

"I won't put up with what I did last year", she told me firmly. I was undecided as to whether I'd join or not but when the next summer came around I started half-heartedly. I liked it better and better as the year went on and at the beginning of the third year nothing could keep me from joining. I liked it even better when we started our work in cooking.

I attended club camp two years and other county and club outings.

The longer I continued my 4-H club work, the better I liked it, and the more fun I had.

In the first three years of my club work I took sewing. At the county fair the first year, as I have said, I took first place, the second year second place and the third year first place. The next three years were devoted to cooking. We had the essentials of cooking the first year, bread making the second year and cake baking the third year. The fourth year at the fair I took second place and the fifth year first place in these entries. We were in Los Angeles the week of the fair the sixth year so unfortunately I had no opportunity to enter an exhibit then.

The seventh and last year I entered the Style Dress Revue contest. I liked this type of work better than any of the work previously taken. For my project I made an afternoon dress out of spun rayon. I also made my slip and panties. My whole outfit including hat, shoes, purse, and bra, not stockings, came to five dollars. I made many things during this last year which I wouldn't have been able to do if it hadn't been for my club work. In our tryouts at Mt. Charleston I took first place in the afternoon division.

For our community project for the last five years we have raised money in various ways to add books to the school library. Some years this money was raised through food sales and other years we gave dances. This year through the combined effort of the clubs of Overton about two dozen books were purchased.



Each year in our club work we choose a home project. Last year I selected the redecorating of my room for mine. I tried to put into practice what I had learned in our 4-H club and home economics classes. I did all the planning myself and a lot of the actual fixing. I got dad to wallpaper it and paint the woodwork. I painted all the furniture, made curtains, scarfs, and other things for my room. It was a lot of fun besides the experience it gave me.

The results of my 4-H club work have been many. One of the most important is the fact that I have learned to make my own clothes. I make most of them now. This enables me to dress better than I could otherwise at less expense. It has taught me to budget my clothing expense account and this is important to everyone.

Three years ago I took over complete charge of the house for a month. I did the cooking, (using and preparing all the dishes learned in 4-H club) washing, ironing, and everything. Dad was quite proud to think I could do it. It saved us the cost of a hired girl. I cut down the grocery bill about one third of what it had been by keeping the budget and making the menus. I tried out all the new dishes I had learned to make, found new ones and made some up. I had lots of fun doing it as well as helping my parents.

I have benefited so much from my 4-H club work and home economics that I have decided to major in it at the university. I want to be a home economics teacher or an extension agent and try to teach others the things I have learned.



This following 4-H story illustrates Nevada's efforts toward a well-rounded 4-H experience:

"My name is Bette Smith. I am sixteen years of age and live on my parents 240 acre ranch in Smith Valley, Lyon County, Nevada. I am truly a farm girl for I have lived on this ranch all my life. I am a junior in the Smith Valley Union High School. There are six in our family, my parents, my four brothers, and I. Ours is indeed a 4-H family. My three older brothers have completed five or more years of club work, my younger brother has just finished his fourth year of work. I have finished six years of club work carrying ten projects during this time.

"In food preparation I have completed two projects. The first year of cooking is based on meal preparation. I had worked with my mother, helping her with the cooking and baking and had prepared so many meals it was not necessary for me to take the first year of cooking. My first foods project was High Altitude Baking. This is a very important and very practical project for Nevada girls where our altitudes are all high and where there is so much variation in these altitudes. This project trains girls to make changes in the amounts of sugar, fats, etc., to suit our altitudes and gives the girl an easy means of meeting some of the difficulties found in using standard recipes.

"I do all the baking for our family and I find that now I very seldom have a poor cake. This is quite important for we make five or six good sized cakes every week. Since I started the High Altitude Baking in 1939, I have made about 750 cakes for home use. These represent a value of at least \$400.00, - more than that if they were purchased.

"This year I carried a bread project. I've baked 315 loaves of bread as well as a lot of rolls. I have made yeast breads two or three times every week. My mother is an excellent bread maker. She supervised my work until I learned how to make bread. Now I can mix, knead, and bake bread just as well as she can. The bread project has been worth \$2.50 a week to us in our home.

"Our foods club holds an achievement meeting each year. Last year we served a formal tea to all the club members and parents in our valley. We made all the refreshments ourselves. The training and experience was very good for all of us. Every girl who was in this club learned how to be a good hostess and can assume the responsibilities of a hostess with the certainty that she knows what to do and how to plan for and meet her guests. This year our group was small so we prepared and served a luncheon for our mothers, leaders, and a few friends.

"The last two years I have been a member of food preparation demonstration teams. Last year we demonstrated the judging of cakes



which had been made by several different people. It was excellent training for us because we had no idea what the cakes would be like until we actually saw them at the time of the demonstration. It certainly made us think what we were doing. This year for our demonstration we served an afternoon tea to twelve guests at the 4-H camp at Lake Tahoe. As a part of our demonstration we made our own centerpiece using pine cones, burs, and pine boughs. We arranged the table and service and then served our guests canapes, cookies, mints, and iced tea -- all prepared by us. I feel that by helping with the tea, the luncheon and being a member of the demonstration teams I have learned the proper methods of serving and can be a much more successful hostess in my own home.

"This year I also completed a canning project. I learned how to use a pressure cooker and thus could put up many more foods this year. Although this is the first year I have taken a canning project I fulfilled the requirements for the fourth year work. I canned 225 quarts of food consisting of vegetables, fruits, meats, pickles, jams and jellies. My canning project is worth over \$75.00 to us in our home. I entered 24 quarts of canned foods at the Nevada State Fair. Altogether I received 17 ribbons on my entries and \$17.50 in cash awards. I placed second on the exhibit of the "ten best jars" entered in the 4-H exhibit. I enjoyed doing the canning work this year and I certainly am proud of the foods which I canned.

"Clothing projects have been interesting too. I have completed three years of sewing. I think every girl should learn to sew. Although I have not taken any clothing projects the last two years, I have made most of my own clothes and as a result I have had a lot more clothes than would have been possible otherwise. My clothing projects alone have been worth about \$90.00 to me and have cost me only about one-fourth of that amount. Knowing how to fit clothing and how to make over dresses has certainly been a big help to me and to our family budget.

"The two years of home improvement projects and two years of yard improvement have left their mark on our home and yard. Last year I refinished furniture, made more clothing storage space, and renovated curtains, and rugs. This year we moved another house to our ranch and remodeled it to fit our needs. The back porch was rebuilt into another bedroom (mine), and a bathroom. After the carpenter finished the building I did all the painting and re-decorating in my room and helped with the rest of the house.

"Our yard has never been fixed up very much. Some trees and shrubs were planted several years ago, and I had raised flowers in my first yard improvement work. This year we started to build for a permanent yard. New dirt was moved in and flower beds located and built. Annuals and perennials were planted and the flower beds carefully fenced to protect them. Watering these beds became a daily chore for the hot winds dried out the ground very quickly. Next year we



hope to get some lawn started.

"I have tried to take part in as many 4-H community activities as possible. I have enjoyed working as an assistant leader helping to stimulate interest in various projects, especially the cooking and sewing. I've helped organize our 4-H clubs in our community and have worked hard to maintain the 100 percent completion record which our valley has had for the past several years. Each year we give dances to raise money to pay the fees of 4-H members from our community at the state 4-H camp. This makes it possible for many more boys and girls to attend camp. I've worked on these dance committees the last four years. Since I play the piano I usually furnish the music for our valley-wide club meetings and have taken part in 4-H plays and club choruses. I have held a number of club offices, but most of the time I've been secretary and treasurer.

"School and community activities have taken some time too. I have been secretary of our student body group, secretary and treasurer of my class and also of the girls' athletic association. In school sports, I have been on the basket ball, volley ball, and soft ball teams and I enjoy swimming and horseback riding too. I was a member of the play cast from the Smith Valley high school which entered the state forensic tournament. Our play received an "excellent" rating. This year I am compiling editor of our school paper, "The Clarion".

"I've enjoyed all my 4-H club and community activities. I expect to continue my part in all these programs and hope next year to take an even more active part in organizing the 4-H work. I would very much like to be a 4-H leader sometime in the future and help 4-H club work mean as much to other girls as it has meant to me."

"Bette Smith  
Smith Valley  
Lyon County  
Nevada"



Top event in 4-H club work in Nevada each year in the eyes of many of the state's rural boys and girls is the state 4-H club camp held at the 4-H campground at Lake Tahoe.

Many are the reasons for this attitude.

It involves travel, a broadening experience.

It affords an opportunity for the farm young people to get away from home and to enjoy new experiences.

It is a holiday---a relief from the routine of everyday life.

It enables 4-H club boys and girls to meet other Four-Aitchers from the entire state on a democratic basis and to bring together young people with the same interests.

It stimulates a feeling of solidity, a sense of many being banded together in comradeship in the same effort.

It emphasizes wholesome living in the out of doors which is so appealing to rural young people.

It enables boys and girls from small communities, both singly and in groups, to try out their skills in farm and home and club activities against competition from all over the state.

For these and other reasons, Nevada 4-H club boys and girls look forward all year to the camp, and it thus sets a



standard of achievement in their farm and farm home work, since they want to do the work of quality required for admission to the camp and while there they wish to distinguish themselves.

On their return from the camp, the boys and girls are stimulated for many months by their experiences at Tahoe, which encourages them to greater effort in their 4-H club work at home.

So the 4-H club camp has become an institution in Nevada.

It is, without doubt in the eyes of the public, as well as in those of the rural youth of the state, the most significant camp in Nevada.

Long before the camp opens, the newspapers and radio stations of the state carry stories about it, furnished them by the extension editor and by the agricultural and home economics agents.

The camp itself is covered daily by the extension editor for the two Reno newspapers, both of which have a nearly state-wide circulation. Stories frequently run to a thousand or more words. Often full pages of pictures are carried. The press associations send out a good deal of copy during the event.

The 1940 camp carried out the traditions of former encampments and added others.

All but one of the agricultural counties of the state were represented by 4-H club members at the camp. Since only youngsters who have achieved a good 4-H club work record and



are of sufficient age may attend the camp, a total of 367 boys and girls, local leaders, and camp staff made up the 1940 encampment. Quotas were established for each county and could not be exceeded on account of lack of accommodations.

No comparative figures are available, but it is believed that the percentage of enrolled Four-Aitchers in the state to attend the camp exceeds the similar ratio of any other state.

As usual, the program combined wholesome outdoor recreation with instruction in farm and farm home practices and the annual farm and farm home practice and 4-H club activity contests.

Recreation included swimming, hiking, games of all sorts, boating, singing, 4-H dramatics, and a variety of other wholesome activities.

Classes were held in handicraft work in metal, leather, and wood, book slip cover making, in rural community dramatics, in nature study, and in insect identification and collection. This year, as for several, emphasis was put upon skill of the hands in work related to nature, a respect in which Nevada is keeping step with other states.

Contests were held in livestock judging, dairy production demonstration, style dress revue, wool costume making, textile identification, slips judging, clothing judging, food identification, agricultural and home economics demonstration,



health, plant identification, home improvement exhibits, songs, club yells and amateur dramatics.

Competent instruction was afforded and judges were selected on account of their ability to return verdicts which will help in the educational process of 4-H club work.

Year by year the new 4-H club camp ground is better equipped and offers more facilities for the real work of the encampment.

A well equipped central building was used in 1940 for the second time. Cabins are now being erected by various counties for the use of their delegations. Games grounds and other facilities are slowly being provided, and it will not be long until a fine camp layout for Nevada Four-Hitch boys and girls, and for their fathers and mothers on occasion, will be available.

But it would take thousands of words to tell the story in full. That was done by the extension editor in his daily stories, copies of which are appended to give the detailed narrative.



Special Story No. 1

Reno Evening Gazette

for paper of Saturday, July 27, 1940

450 words

State championships on which many Nevada rural youngsters have had their eyes for months will be determined next week when several hundred 4-H club boys and girls from all sections of the state gather at Lake Tahoe for the annual State 4-H Club camp.

Hardly will the camp have been organized Tuesday morning, first day of official activities, when the Four-Aitchers from the various counties will begin their competitions in farm and farm home skills at which they have been practicing much of the year.

With a Holstein bull calf, presented by the Rewana farms, south of Reno, as the prize, many boys will strive to be chosen the best livestock judge among the senior campers.

Youths in the junior group likewise will try out their skill in determining the fine points of livestock, one of Nevada's major agricultural products, while teams from both groups will compete for the state team championships, junior and senior.

The best judge of all livestock among the campers, and the best judge of beef cattle, dairy cattle, sheep, and swine, among both the junior and senior Four-Aitchers, will also be determined in what promise to be close races for state honors.



Nevada grown crops also will be judged by the crops farmers among the rural youngsters, when the contestants will be required to rate at least one class each of grain, hay, and vegetables.

Girls among the campers will concentrate on the home economics contests though some will compete with the boys in the agricultural division.

Garments they have made and outfits they have assembled will be modelled by the girls who take part in the style dress revue competition, with a trip to the 4-H club congress at Chicago, awarded by a Chicago mail order house, as the reward for the winners.

Other seamstresses and designers among the girls will enter the clothing exhibit and clothing judging contests, in which they either exhibit their 4-H club garment work for the year or judge the work of others to reveal good workmanship.

The cooks among the girl campers will show what they know of the identification of foods.

Home improvement exhibits which they have designed during the year to improve the appearance and comfort of their homes will be submitted by those who have been interested in this sort of work.

Both boys and girls may enter the plant identification contest, in which the Four-Aitchers compete in their knowledge of selected poisonous plants, weeds, shrubs, and evergreens in Nevada.



Separate competitions will decide the healthiest 4-H girl in the state and the healthiest of Nevada 4-H club boys. Demonstration team contests, in which the groups show how to present agricultural and home economics subjects, are also on the program, as are contests in insect and nature identification and community dramatics.

Swimming, with a corps of lifeguards in charge, on the Tahoe beach is one of the greatest attractions at the camp, since many of the boys and girls do not live near water.

Organization and impromptu games, singings, campfires, and other recreation is on the program for the camp, which will be held near Stateline and opens Monday.

Thomas Buckman, Acting Director of the University of Nevada's Agricultural Extension Service, again will serve as Director of the 4-H camp.



Special Story No. 2

Nevada State Journal

for paper of Sunday, July 28, 1940

300 words

Largest delegation of rural boys and girls to attend the annual Nevada State 4-H Club Camp which opens at Lake Tahoe Monday is expected to be that from Churchill county.

All told, about 90 Four-Aitchers from the Newlands project county have been preparing to attend the seventeenth annual encampment and have been practicing up in their farm and farm home techniques with the hope of winning back the American Legion trophy which was captured by Lyon County last year.

Gathering at Oats Park in Fallon a week ago, the youngsters, as they are shown in the picture, made final preparation for the state event and held county contests which qualify them for entry in some of the statewide contests at the camp.

Enrollment from the state as a whole is expected by Thomas Buckman, Acting Director of the University of Nevada Agricultural Extension Service and Director of the camp, to be larger than in many previous years.

When the final county of Four-Aitchers from all agricultural portions of Nevada is made tomorrow night, the total probably will be over three hundred, Buckman says.

Some of the boys and girls will travel more than



five hundred miles before they arrive at the camp among the pines which will serve as their home for the week.

All day tomorrow the boys and girls will pull into the camp on the Nevada shore of the lake near Stateline, and in the evening official camp activities will get under way.

From the first assembly tomorrow night through the camp breaking Saturday morning, Nevada's rural youngsters will be busy with contests, classes in farm and farm home practices, swimming, hiking, games, campfires, and other activities, with plenty of time set aside for "just resting" under the Tahoe pines and on the beach.

On Tuesday morning the first of the state championship contests in farm and farm home practices will be held, and before the end of the week new state champions in 4-H club projects will have been crowned.

Classes this year, at last, will emphasize outdoor life, including the study and identification of insects, plants, and flowers, with continuing work in handicraft of various sorts in keeping with the "hand" H of the club name.



Special Story No. 3

Reno Evening Gazette

for paper of Monday, July 29, 1940

550 words

Four-Aitch club boys and girls from the agricultural sections of the state, more than three hundred strong have been arriving at the Nevada 4-H club camp at Lake Tahoe all day and tonight will officially open the encampment for the seventeenth year.

Practically every agricultural county of the state will be represented when the enrollment is completed tonight. Advance registrations indicate one of the largest events in the camp's history.

Among the first to pull into the camp grounds at the south end of Tahoe near Stateline, were delegations from nearby Lyon, Douglas, Churchill and Washoe.

Several of the delegations from the northeastern part of the state arrived in Reno by train during the day and trekked the remainder of the way to Tahoe by motor.

The southern Nevada delegations which will have to travel more than five hundred miles to reach the camp, probably will not get in until this evening.

By night the three hundred rural boys and girls and the local leaders who will serve as their foster parents during the encampment, will be snug in their big brown tents and ready for a week's program of training in agriculture and home



economics practices coupled with wholesome outdoor recreation.

While at Tahoe, the youngsters will be in charge of a corps of Extension workers and a special staff recruited to make the outing comfortable and profitable for the boys and girls.

For the fourteenth consecutive year, Thomas Buckman, Acting Director of the University of Nevada Agricultural Extension Service, will act as camp Director. The camp is sponsored by the Extension Service, which is in charge of 4-H work in the state.

Three other Extension workers will act as Buckman's assistant directors--Mrs. Mary Stilwell Buol, who is the Extension Service's Assistant Director for home economics; Otto Schulz, Extension Soil Conservationist; and Helen Tremewan, Elko county home demonstration agent.

Leading the youngsters in their singing, always a feature of the camp, especially around the evening campfire, will be Buford Bush of the College of the Pacific.

The health of the campers will be in the special charge of Dr. George Magee of Yerington, the camp physician, and Mrs. Ebba D. Bishop, former state nurse of the Nevada public health association, who will act as camp nurse. Both have served in these capacities at previous encampments.

James Grayson of Reno, who has acted as chef at the University of Nevada dining hall and cooked for the state 4-H campers in previous years, will again have charge of the



preparations of the wholesome meals designed to satisfy health youthful appetites.

Swimming instruction will be in the hands of two University of Nevada students. Earlmund Baker of Reno will have charge of the girls and Gene Ford of Los Angeles of the boys.

A Washoe county Four-Aitcher, Bob Landis, will sound out the bugle calls to assemble the campers for meetings, for meals, and for special events.



Special Story 4

Nevada State Journal

for paper of Tuesday, July 30, 1940

450 words

Three hundred rural boys and girls this morning will swing into their first full day of official activities at the seventeenth annual state 4-H club camp at Lake Tahoe.

Chief activity of the day will be the beginning of the state-wide contests in farm and farm home practices, and before the week is over new champions will be crowned.

Now well settled in the two score big army tents on the camp near Stateline for the week's events, the youngsters will vie with each other in the competitions for which they have been preparing all year, and many close battles are anticipated.

A variety of events covering a wide range of agricultural and home economics work is on the program today, while other contests are scattered through the remainder of the encampment.

Healthiest among the 4-H boys and girls of the state will be picked by the camp physician and other judges and from among the entrants representing the counties. Each contestant is the health champion of his home county.

Both boys and girls will show what they know of the Nevada's poisonous plants, shrubs, weeds, and evergreens, while the junior and senior state championships in the judging of Nevada field crops will be determined.



Clothing exhibit judging, clothing exhibition, food identification, slip judging, textile identification and judging and the home improvement exhibit contest will occupy the interest of the girl contestants.

By this morning, the campers were well settled in their tents for the week's activities, and the camp, which yesterday morning had only a few occupants, today was a well regulated village of three hundred inhabitants.

All day long yesterday and into the evening, the youngsters and local leaders, their foster parents for the event, poured into camp. When the final roll was called, practically all of the state's agricultural counties were represented.

A few of the delegation from Churchill county, accompanied by their parents and local leader, arrived at the camp Sunday in order to get a good start on the week's activities. Groups from the nearby counties of Douglas, Lyon, and Washoe were among the early arrivals yesterday.

With all the delegations on hand, official activities of the outing began with the reveille bugle this morning.

After the initial raising of the flag at the top of the camp staff and breakfast, the first assembly will be held and the youngsters organized into companies. Then will come the health inspection by the camp nurse, Mrs. Ebba Bishop, followed by tent and ground inspection.

But there is plenty of time left for recreation, and many of the boys and girls will take their first swim in Lake Tahoe



during the periods set aside for this sport. Games of all sorts are ready for those who like them.

During the twilight of the evening, the daily camp fire assembly will take place around the blazing logs.

Songs, under the direction of Burford Bush of the College of the Pacific, camp song leader, will be followed by motion pictures on wildlife, plays put on by the youngsters, club yells, and announcements by Thomas Buckman, the camp's Director.

Jack Bernard, of Lyon County, president of the Four-Aitchers of the state, will preside at the campfire meeting.



Special Story No. 5

Reno Evening Gazette,

for paper of Tuesday, July 30, 1940

550 words

The third largest group of Nevada rural boys and girls ever to assemble at 4-H club camp are gathered at Lake Tahoe today to begin this morning a week of contests and instruction in farm and farm home practices coupled with wholesome recreation.

When the final count of noses was made this morning, camp officers announced a total of 367 youngsters and camp staff, representing nearly every agricultural county of the state, was on hand.

Only largest previous camps in the seventeen years the outing has been held were those of 1930, when the camp enrollment rose to 381, and that of 1935, when the registration slightly topped 400.

The large 1940 enrollment came in the face of quotas established for each county, a system not used in the two previous years with large registrations.

Churchill led all counties in registration with 81 rural boys and girls accompanied by 9 local leaders and Extension agents for that area. In second place, with 40 Four-Aitchers, on hand in addition to their "foster parents" at camp, is the delegation from Elko county. Other county groups rostered a total enrollment as follows: Washoe and



Storey 39, Clark 14, Douglas and Ormsby 37, Humboldt 21, Lincoln 17, Lyon 38, Pershing 27, and White Pine 20.

First state champions for 1940-41 were decided as the contests in farm and farm home practices got under way this morning.

In the judging of slips, part of 4-H instruction in sewing, Mary Jane Cunningham of Churchill county was rated "excellent". Winning a score of "good" is another girl from the Newlands project, Phyllis Baumann, along with Roma Rosaschi of Lyon and Melva Jones of Elko.

Barbara Ann Henry of Churchill county shared first place as "excellent" with Nevalyn Berrum of Douglas county in the second year clothing exhibit competition.

Rated "good" in this contest are Kathleen Capurro of Washoe, Donna Devine of Elko, and Lois Cardes of Douglas.

Capturing a score of "fair" were Erma Lee Thomas of Lyon, Patty Riley of the same county, and Emily Bellon of Humboldt.

More contests are on the program for tomorrow.

Most sought after among the boys are the senior and junior livestock judging competitions, which will take place on representative ranches in the Carson Valley.

Dairy cows will be judged on the Frank Settlemyer ranch and beef on the Fred C. Heise ranch, with sheep and hogs being gone over on other farms.

Again this year the senior boys in dairy judging



will vie with each other to win the state championship because it carries with it a purebred Holstein bull calf presented by the Rewana farms of Brooks and Peckham south of Reno.

Other contests scheduled include those in health for boys, style dress revue, and wool costume.

Stressing the use of the hands -- one of the "H's" of 4-H club work -- many of the young campers begin today the making of various useful articles under the handicraft work program.

With Buford Bush of the College of the Pacific, in charge, they are tooling sheet copper and leather, weaving articles of cord, making souvenirs of wood, and in other ways revealing their artistic abilities.

In store for many a family member on the home farm will be keycases, belts, bill folds, book ends, purses, scrap-books, and other articles which a proud 4-H'er has made himself as part of the camp program.

When the youngsters were not engaged in the contests or in the classes in insect identification, nature study, dramatics, or handicraft, they were free to take in the wholesome recreation the camp affords, including swimming, hiking, games of all sort, and "just resting" under the pine trees or on the beach.

Tonight's campfire, presided over by Leonard Anker of Pershing county, vice-president of the 4-H club boys and girls of the state, will feature singing by the entire group,



club yells, club songs, and the amateur hour of community dramatics, followed by motion pictures.



Special Story No. 6

Reno Evening Gazette

for paper of Wednesday, July 31, 1940

700 words

A 15-year-old farm girl from Washoe county is today senior farm crops judging champion of the state in 4-H club work.

Competing against boys from several counties, Evelyn Capurro, daughter of S. Capurro, Truckee meadows rancher, successfully judged corn, potatoes, and grain, and graded a half sack of spuds to top all contestants for the highest Nevada honors at the state 4-H club camp now in its third day at Lake Tahoe.

Two teams from Washoe county took the highest places in the contest for county aggregations.

Ranking tops is the team of Bob Landis, Jim Peri, and Evony Bonanno, while the Washoe team to take second position resters Paul Lepori, Johnny Carano, and Evelyn Capurro.

Douglas county's senior crops judges ranked third. It is made up of Bill Cardinal, Jerry Neddenriep, and Bill Dangberg.

In the clothing exhibit judging competition for girls in their third year of 4-H club work, Bonnie Cranor of Washoe county and June Rose Sherman of Churchill county won a rating of "excellent".

Taking placed as "good" in this work were Claudine



Lepori of Washoe and Leila Shannon of Churchill, while "fair" was awarded by the judges to Beth Devine of Elko, Betty Jane Truman of Clark, Lois Gage of Lyon, and Crystal Baumann of Churchill.

Tops in the clothing exhibit judging among the girls in their fourth year of 4-H work in this field, the judges decided, are Maie Nygren and her twin sister Myrl. Daughters of Walter Nygren, they are 15 and live on a farm in Churchill county.

Rating "good" was another Churchill county girl, Thais Ann Sherman, while "fair" was won by Mary Louise Adams of Clark county.

Because they are "good" in noting the quality of common household and clothing fabrics, Alice Williams of Elko county and Mary Peer and Virginia Gear of Churchill won this standing in the textile identification contest for 4-H girls.

Plant identification champions were announced today among the winners of other competitions at the outing.

Rated "excellent" because they knew better than the other campers Nevada poisonous plants, weeds, shrubs and evergreens were Ben Packer and Edward Silva of Washoe, Kenneth Strosnider and Warren Welsh of Lyon, and Lester McKensie, Robert Hess, Eldon Westlund, Edward Anderson, and John Patterson of Elko county.

Coming for a "good" score with the judges were Ray Goicoa and Frank Stock of Elko, and Kenneth Sterke and Edith



Felton of Douglas.

Raymond Free, and Kathleen Harriman and Patsy Olfers of Pershing were named "fair".

First year clothing exhibit champions come from several counties of the state also.

Jean Pabst of Washoe and Madaline Smith of Churchill were rated as "excellent", with Carmen Erquiaga of Churchill and Doris and Pauline Hall of Lyon in the "good" class.

Named as "fair" in this work were Marian Jones of Elko, Mary Alice Vulgamore of Washoe, Barbara Rosenbrock of Douglas, Molly McGowan of Lyon, and Bonnie McDonald of Churchill.

Tasting, smelling, and touching food so as to tell the common ingredients in the averaged kitchen, Marian Hennen of Elko, achieved a high score of 100 percent in the food identification contest.

Scoring 95 were Betty Jane Freeman of Churchill, Norma Jean Derricco and Alice Hostman of Pershing, Helen Botkind, Madge Elder, Mirian Jones, and Shirley Keefer of Washoe.

In the 90 class are Elna Homer of Churchill, Ellen Reed of Pershing, and Iona Packer and Ida Kirn of Washoe.

While not busy with farm and farm home practice competitions, the campers are in classes or engaged in the recreation which is an important part of the camp.

Many of the Four-Aitchers are making souvenirs, as part of the camp handicraft program, in metal, leather, braid, plastics, and other materials.



Other classes include work in knot tying, insect identification, nature study, community dramatics, and swimming for the various age and skill groups.

Professor Ralph Irwin of the department of psychology at the University of Nevada talked with the local leaders, "foster parents" of the campers yesterday, on "Local Leadership — Its Responsibilities and Opportunities".

Marching games, an innovation to many of the young campers, featured the campfire assembly last night. Under the leadership of Buford Bush of the College of the Pacific and his assistants, the entire camp of more than three hundred took part in the marching on the meadow before the main camp building.

Gaylord Taylor, NYA youth from Modesto, California, entertained the camp with singing, and there were club yells, and amateur dramatics before the Four-Aitchers turned in, with taps at 9:15.



Special Story No. 7

Nevada State Journal

for paper of Wednesday, July 31, 1940

500 words

Revealing their knowledge of Nevada poisonous plants, weeds, shrubs, and evergreens, more than a dozen boys and girls from several counties of the state won places in the annual plant identification contest at the state 4-H club camp at Lake Tahoe, which this morning moves into its third day.

Excellent in this work, according to the judges are Ben Packer and Edward Silva of Washoe county, Kenneth Strosnider and Warren Welsh of Lyon county, and Lester McKenzie, Robert Hess, Eldon Westlund, Edward Anderson and John Patterson, all of Elko county.

Ray Goicoa and Frank Stock of Elko county, along with Kenneth Sterke and Edith Felton of Douglas, came in in the good class, while Raymond Free, and Kathleen Harriman and Patsy Olfers of Pershing were named "fair".

In the competition to crown the best Four-Aitcher in foods identification, a roster of girls from several counties proved their skill in identifying by taste, smell, and touch food products commonly used in family food preparation.

Marian Hennen of Elko county, 15-year-old farm girl, topped all comers with a score of 100. Rating 95 are Betty Jane Freeman of Churchill, Nerma Jean Dericco and Alice Hestman of Pershing, and four Washoe county contestants -- Helen Botkin,



Madge Elder, Miriam Jones, and Shirley Keefer. Winning a score of 90 are Elna Homer of Churchill, Ellen Reed of Pershing, and Iona Packer and Ida Kirn of Washoe.

Another contest for girls, that in clothing judging, also was divided among many counties.

In the competition for girls in second year 4-H work, Joan Pabst of Washoe and Madaline Smith of Churchill were named "excellent" by the judges.

A rating of "good" was captured by Carmen Erquiaga of Churchill, and Doris and Pauline Hall of Lyon, while "fair" went to Marian Jones of Elko, Mary Alice Vulgamore of Washoe, Barbara Resenbrock of Douglas, Molly McGowan of Lyon, and Bonnie McDonald of Churchill.

Second year clothing exhibit honors went to the following: "excellent" -- Barbara Ann Henry of Churchill, and Nevalyn Berrum of Douglas; "good" -- Kathleen Capurre of Washoe, Donna Devine of Elko, Lois Cordes of Douglas; "fair" -- Erma Lee Thomas and Patty Riley of Lyon; and Emily Bellon of Humboldt.

When the camp officers totalled the registrations yesterday, they found an aggregation of 367, making the 1940 camp the third largest in Nevada 4-H history, notwithstanding the assignment of quotas to the various counties.

Churchill led in number, rostering 90 youngsters, local leaders, and Extension workers, while second honors went to Elko with 47 all told.



Other county enrollments are Clark 14, Douglas and Ormsby 37, Humboldt 21, Lincoln 17, Lyon 38, Pershing 27, Washoe and Storey 39, and White Pine 20.

More state champions in farm and farm home practices will be crowned as the competitions continue today. Senior and junior livestock judging, the health competition for boys, the style dress revue and the wool costume contest, in both of which the girls model garments they have made, are on the program for the day.

Swimming, the most popular of the diversions of the camp, will vie with games of all kinds, hikes, nature study, and other recreation.

With Leonard Anker of Pershing county presiding as vice-president of the 4-H clubs of the state, tonight's camp-fire assembly will include community singing, club yells, 4-H dramatics, and motion pictures.

In the judging of slips, part of 4-H instruction in sewing, Mary Jane Cunningham of Churchill county was rated "excellent". Winning a score of "good" is another girl from the Newlands project, Phyllis Baumann, along with Roma Rosaschi of Lyon and Melva Jones of Elko.



Special Story No. 8

Reno Evening Gazette

for paper of Thursday, August 1, 1940

700 words

Lyon county's twin sisters, 17-year-old Frances and Martha Burke, today defeated all the boy contestants at the annual state 4-H club camp at Lake Tahoe to win the Nevada championship in the dairy production demonstration competition.

Using a working model, the girls, who live on a farm near Simpson, graphically illustrated to the assembled campers approved methods of safely handling dairy cattle in the barnyard.

Because of their skill in this field, the twins will represent the state in the U. S. 4-H dairy production team demonstrations at the National Dairy show at Harrisburg, Pennsylvania, in October, the trip being financed by a national cheese company.

The Burke twins are no strangers to state championships in 4-H club work, at last year's camp being members of the Lyon county team which won the senior livestock judging contest.

Churchill county's team of Welburn Hall and John Sorenson took second place in the demonstration work in dairy production by one of the most novel methods ever seen at the camp.

Bringing a dairy cow from the Newlands project in



a trailer, the boys put on a demonstration of the way to milk with a milking machine.

Third place in the competition went to Floyd and Howard Walker, brothers comprising the Washoe county team, while fourth was won by the Pershing aggregation of Henry Stewart and Frankie Santos, and fifth by the Douglas pair of Stanley Godecke and John Henningsen.

Frances Baumann, Churchill county farm girl, won the highest cash prize as well as the state championship in the wool costume contest, in which the girls modelled garments made of wool.

The competition, which is carried on as part of the girls' regular 4-H club work during the year, is sponsored by the Nevada Wool Growers' association, which annually puts up twenty-five dollars in prizes.

Second honors were divided between Janet Godecke of Douglas county and Mabel Chang of Pershing, while Blanche Capurro of Washoe took fourth and Betty Lou Echegon of Elko came in fourth.

Mrs. Ruth Everett, applied art consultant of Reno, and Mrs. Florence Bovett, secretary of the Nevada State Farm Bureau, served as judges in the wool competition.

Champion junior crops judges of the state in 4-H club work are the Washoe county team of Stanley Willaman, Barry Brooks, and Billy Sheen.

Young Brooks, who lives on a farm in the Truckee



meadows, also was named the best individual judge of Nevada farm crops.

Youthful crops judges from Douglas county, in a team composed of Dan Yparraguire, Mark Bray, and Grant Lundergreen, came in second in this competition, with the Humboldt team of Paul Travis, Albert Tietjen, and Armond Bellon in third place.

Many counties of the state shared honors in the health contests for both boys and girls among the 4-H campers. All those taking part already are champions of their own areas.

Julius Bunkowski of Lyon county, Adrian Nelson of Humboldt, Saundy Anderson of Elko, Paul Leperi of Washoe, and Welburn Hall of Churchill ranked "excellent" in the competition for boys, while Floyd Frehner of Clark and Henry Stewart of Pershing were named "good".

Among the girls, Zelda Heitman of Douglas, Peggy Hatch of Lyon, Gwen Christensen of White Pine, Bonna Jones of Clark, Bonnie Lattin of Churchill, Jean Pabst of Washoe, Matie Purphy of Elko, and Eileen Schwarts of Humboldt were named the healthiest with Mary Harriman of Pershing and Alice Gentry of Lincoln winning "good" in the health competition.

A tight race for the American Legion trophy, large silk American flag which goes to the county amassing the most points in the contest was evident today as the results of more contests were reported by the judges.

With several of the competitions carrying the most



points still in doubt, Churchill's delegation had a slight lead over Washoe's, with Lyon and Elke in third and fourth places.

Lyon county now holds the banner by virtue of winning the most points at the 1939 camp, but, in previous years Churchill has been the most consistent winner.

Competition in club yells, club songs, in which the boys and girls compete en masse in county groups, will continue at tonight's campfire and will be completed then, as will the contests in amateur hour community dramatics.

Before the assembled campers, the girls who entered the style dress revue will model the costumes which they have made as part of their 4-H work during the year.

Speaking to the conference of local leaders, "foster parents" of the youngsters while they are at Tahoe, Miss Margaret Griffin, state director of the National Youth Administration today told of that organization's resident training project.

Professor Chester Scranton of the department of physical education for men at the University of Nevada spoke to the senior council of older Four-Aitchers yesterday.



Special Story No. 9

Nevada State Journal

for paper of Thursday, August 1, 1940

600 words

Two score youngsters from Washoe county this morning are leading in the race for the coveted American Legion trophy, premier county honor at the annual Nevada State 4-H club camp at Lake Tahoe.

Taking places in many competitions in farm and farm home practices, which are the culmination of the year's 4-H club work, the boys and girls from Washoe now hold a slight lead toward the large silk American flag presented to the camp by the American Legion of the state.

Churchill county's Four-Aitchers stood in second place in the trophy race this morning, followed by Elko, Lyon, Douglas, Pershing, Lincoln, Humboldt, Clark, and White Pine.

Just what county group will win the coveted trophy, which will be publicly presented on the last day of the camp, will not be known until later in the week when all the contests have been completed. Lyon Four-Aitchers won the flag last year.

Points toward the trophy mounted as the judges announced the results of more of the contests.

The fine health of the campers was proven yesterday when Dr. George Magee of Yerington, camp physician, reported the results of the health contest.



All of the campers entered in the competition, champions of their own counties, rated either "excellent" or "good" in physical condition.

Winning top honors among the girls are Zelda Heitman of Douglas, Peggy Hatch of Lyon, Gwen Christensen of White Pine, Benna Jones of Clark, Bonnie Lattin of Churchill, John Pabst of Washoe, Matie Murphy, and Eileen Schwartz of Humboldt, while Mary Harriman of Pershing, and Alice Gentry of Lincoln took ratings of "good".

Among the boys, as well, health honors were well distributed among the various counties, with Julius Bunkowski of Lyon, Adrian Nelson of Humboldt, Saundy Anderson of Elko, Paul Leperi of Washoe, and Welburn Hall of Churchill "excellent", and Floyd Frehner of Clark and Henry Stewart of Pershing "good".

Highest honors in the state championship contest in senior farm crops judging were taken by Washoe's delegation.

Best crops judge among the senior 4-H'ers at the Tahoe encampment proved this year to be a girl, Evelyn Capurro, 15-year old daughter of a Truckee meadows rancher.

The first two of three places in the contest for senior crops judging teams went to aggregations from Washoe county. Rostering the top team are Bob Landis, Jim Peri, and Evony Bonanno, while the Washoe team in second place consists of Paul Leperi, Johnny Carano, and Evelyn Capurro.

Ranking third are the Douglas county team trio of



Bill Cardinal, Jerry Neddenriep, and Bill Dangberg.

"Excellent" standings in clothing exhibit judging among the girls in their third year of 4-H work were won by Bonnie Cranor of Washoe and Rose June Sherman of Churchill.

Taking places as "good" in this contest were Claudine Leperi of Washoe, and Leila Shannon of Churchill, while "fair" was awarded by the judges to Beth Devine of Elko, Betty Jane Truman of Clark, Lois Gage of Lyon, and Crystal Baumann of Churchill.

Highest honors in the clothing exhibit judging among the girls in their fourth year of 4-H club work in this field, according to the judges, are Myrl and Maie, 15-year-old twin sisters of Churchill county.

Rating "good" was Thais Ann Sherman, and "fair" was won by Mary Louise Adams of Clark county.

In noting the quality of common household and clothing fabrics, Alice Williams of Elko county and Mary Peer and Virginia Gear of Churchill won "good" in the textile identification contest for 4-H club girls.

Organized recreation, one of the features of the outing, has engaged the energies of many of the campers. In baseball, horseshoes, and volley ball, the youngsters have organized their own teams and are competing for the camp-wide championship in these sports.

Swimming, however, is the most popular of all the recreations, and daily nearly all the campers take a plunge



into the Tahoe waters. Classes according to the age and skill of the 4-H club members are given by Gene Ford and Earlmond Baker, University of Nevada students who are serving as swimming instructors and life guards.

Girls from Lyon county are housed in the cabin built on the state 4-H grounds by the Lyon County Farm Bureau, first of the structures expected to be erected by many counties.

The final contests and more classes and recreation are on the program for today.



Special story No. 10

Reno Evening Gazette

for paper of Friday, August 2, 1940

600 words

Henry Stewart of Pershing county was chosen this afternoon as president of the Four-Aitchers of Nevada as the seventeenth annual state 4-H club camp at Lake Tahoe swung into closing sessions.

Henry, who lives on a farm in the Lovelock district, was chosen by the older campers over his competitor, Alice Johnson, of Elko county.

Calvin Fricke of Douglas county was named vice-president in the race, with Robert Landis of Washoe county for this honor.

Secretary-treasurer of the youngsters for the 1940-41 year will be Bob Cranovitch of Lincoln county, the senior Four-Aitchers determined as they cast their ballots in the annual election. Running against him was Zelda Heitman of Douglas county.

With but a couple of contests in farm and farm home practices and in club activities to be determined, the winner of the American Legion trophy, large silk American flag which is awarded annually to the county running up the most points was still in doubt this afternoon.

At that time, the Churchill delegation, largest at the camp, has rolled up 325 points to place it in the lead,



but Washoe with 302, was a close second.

Lyon county, present holder of the trophy by virtue of taking the most points at the 1939 camp, was in third place with 200 points, followed by Douglas with 174, Elko 171, Pershing 153, Humboldt 101, Clark 96, Lincoln 62, and White Pine 58.

By tonight it is expected that the final competitions will have been decided and the banner will be awarded to the winning county in the ceremonies which mark the final campfire and evening assembly.

At that time all contest winners will appear before the camp, and receive the prizes and ribbons they have won during the week.

Among the speakers will be L. S. Reese of the First National Bank of Nevada, who will appear before the youngsters as a representative of the agricultural committee of the Nevada State Banker's association.

The campfire meeting will be concluded with a watermelon feed, which has become a traditional way of finishing up the final assembly at the state 4-H camp.

Early tomorrow morning, the more than three hundred boys and girls will break camp for 1940, and by noon nearly all of them will be on their way home.

Washoe county's Four-Aitchers, 36 strong, captured the amateur hour community dramatics competition, in which the youngsters put on before the assembled campers, an impersonation



of the members of the camp staff, the judges announced yesterday.

Rated "good" in this field were the actors from Churchill, Elko, Humboldt, Lincoln, Lyon, Pershing, and White Pine counties, while the stage experts from Clark and Douglas county were judged to be "fair".

In the 4-H club yell competition, in which all the campers from each county strive their best to outshout the others in the most clever yell, five county delegation divided top honors. Winning the rating of "excellent" were the cheering sections from Churchill, Clark, Lyon, and Pershing counties.

"Good" in the club yell contest was awarded to the Douglas, Elko, Humboldt, Lincoln, Washoe, and White Pine delegations.

In club singing, another contest between all of the various county groups, Humboldt county alone won "excellent".

Capturing standings of "good" were the youngsters from Churchill, Clark, Douglas, Elko, Lincoln, Pershing, Washoe and White Pine counties, with Lyon county Four-Aitchers in last place as "fair".

Ray Nygren of Churchill single handed put on a demonstration of how to cull poultry to win the top rating in the agricultural demonstration team competition.

When it came to pointing out the fine quality of Nevada produced livestock, teams from Douglas and Washoe



counties won the blue ribbons.

Rostering Grace White, Dennis Heitman and Calvin Fricke, the Douglas team took top honors in the senior judging.

Second place among the older 4-H'ers went to the Lyon team of John Rapoza, Eddie Snyder, and Billie Smith.

Third place was taken by the Churchill County judges of Robert Hall, Ralph Bell, and Louis Erquiaga.

Among the junior judges of representative Nevada livestock on Douglas county farms including beef cattle, dairy cattle, sheep and hogs, the Washoe county team of youngsters took first place, which comprises Billy Johnson, Joe Lepori, and David McNeilly.

Second place was taken by the Pershing team of Leon Triguero, Donald Munk, and Joe Santos.

Third honors among the juniors was awarded by the judges to the Douglas team of Emory Thran, Gordon Fricke, and Bill Godecke.

A purebred Holstein bull calf, presented annually by the Medel Dairy Farm, was won by Wesley Frehner of Clark county, along with the senior honors as best dairy judge with a dairy project.

Other state championships in livestock judging for individual youngsters was divided among a number of Nevada counties.

In the senior contest, Billy Smith of Lyon was given the blue ribbon as best judge of sheep, John Rapoza, also of



Lyon, top honors in dairy judging, Bennie Sciarroni of Washoe in hog judging, and Grace White in beef judging.

Best judge among the seniors in all classes of livestock, it was determined, is Grace White of Douglas county, with young Rapoza runner-up, and Louis Erquiaga of Churchill and Calvin Fricke of Douglas in a tie for third spot.

Among the younger campers, Joe Santos of Pershing took first place in the contest to decide the best all around judge of livestock, with Davis McNeilly of Washoe taking the crimson ribbon, and Joe Leperi of Washoe and Emory Thran of Douglas in a tie for third place.

Best junior sheep judge honors also were divided, with young Leperi of Washoe and Donald Munk of Pershing sharing the honors. Joe Santos and Emory Thran tied for first place in the race for the distinction as best 4-H dairy judge among junior Four-Aitchers.

Vernon Frehner of Clark county was named best junior judge of hogs, and Joe Leperi of Washoe best junior judge of beef.



Special Story No. 11

Nevada State Journal

for paper of Friday, August 2, 1940

750 words

A bull calf from the Model Dairy farm south of Reno will make a long trip before it reaches its new home, it was determined yesterday at the annual state 4-H club camp now in session at Lake Tahoe.

The animal was won along with the Nevada championship as the best senior dairy judge among the state's senior Four-Aitchers having dairy projects by Wesley Frehner, Clark county youth, judges of the contest announced. The calf is awarded annually by the Rewana farms.

Before it reaches the agricultural section of the state's southern most county, the animal will have travelled more than five hundred miles.

Other state championships in livestock judging for individual youngsters was divided among a number of Nevada counties.

In the senior contest, Billy Smith of Lyon was given the blue ribbon as best judge of sheep, John Rapoza, also of Lyon top honors in dairy judging, Bennie Sciarroni of Washoe in hog judging, and Grace White in beef judging.

Best judge among the seniors in all classes of livestock, it was determined, is Grace White of Douglas county,



with young Rapoza runner-up, and Louis Erquiage of Churchill and Calvin Fricke of Douglas in a tie for third spot.

Among the younger campers, Joe Santos of Pershing took first place in the contest to decide the best all around judge of livestock, with David McNeilly of Washoe taking the crimson ribbon, and Joe Leperi of Washoe and Emory Thran of Douglas in a tie for third place.

Best junior sheep judge honors also were divided, with young Leperi of Washoe and Donald Munk of Pershing sharing the honors. Joe Santos and Emory Thran tied for first place in the race for the distinction as best 4-H dairy judge among junior Four-Aitchers.

Vernon Frehner of Clark county was named best junior judge of hogs, and Joe Leperi of Washoe best junior judge of beef.

In the contest for the livestock judging team championship among the older 4-H'ers, Douglas county's aggregation took top honors, followed by the group from Lyon, with Churchill in third place.

Washoe county won the blue ribbon in the livestock judging team contest among the younger campers, while Pershing county was runner-up, and Douglas in third place.

With more contests concluded yesterday, the race for the American Legion trophy, large silk American flag which is awarded to the county running up the most points, was close.

Churchill county led with a total of 249 points, fol-



lowed by Washoe with 202, Lyon 128, Elko 125, Douglas 81, Pershing 67, Humboldt 45, Clark 44, Lincoln 16, and White Pine 12.

Some of the contests yet to be determined carry a heavy allotment of points and the winner of the banner will not be known until the last competition has been settled, it appeared this morning.

Washoe county's team was announced yesterday as the winner of the junior Nevada farm crops judging competition. It rosters Stanley Willaman, Barry Brooks, and Billy Sheen.

In second place in this work came the Douglas team of Dan Yparraguirre, Mark Bray, and Grant Lundergreen, while third honors went to the Humboldt aggregation of Paul Travis, Albert Tietjen and Armond Bellon.

Young Brooks was named the best junior judge of crops among the Nevada 4-H club members.

Girls again triumphed over boys in a contest in agriculture, this time in dairy production demonstration competition.

Showing how safely to handle dairy animals in the farm yard, Frances and Martha Burke, 17, twin sisters of Lyon county, won first state honors.

They will represent Nevada in a similar contest for 4-H boys and girls from the entire country in the National Dairy show in Pennsylvania in the fall, with their expenses paid by a national dairy products manufacturer.

Two boys from Churchill county brought a cow and milking machine to camp to show the assembled campers the approved



way of milking and to take second place. They are Welburn Hall and John Sorenson.

Third place in the contest went to Floyd and Howard Walker, Washoe county brothers, while fourth was won by the Pershing team of Henry Stewart and Frankie Santos, and fifth by Stanley Godecke and John Henningson for Douglas county.

Frances Baumann, Churchill county farm girl won the highest cash prize as well as the state championship in the wool costume contest, in which the girls modelled garments made of wool.

The competition, which is carried on as part of the girls' regular 4-H club work during the year, is sponsored by the Nevada Wool Growers' association, which annually puts up twenty-five dollars in prizes.

Second honors were divided between Janet Godecke of Douglas county and Mabel Chang of Pershing, while Blanche Capurro of Washoe took third and Betty Lou Echegon of Elko came in fourth.

All contests, it is expected, will be determined by tonight, and announcements of the winners will be made at the assembly when the youngsters gather around the campfire in the evening.

Each winner will be given a hand by the other campers, and the American Legion trophy will be surrendered by Lyon county, present holder, to the new champion county.

Among the speakers will be L. S. Reese of the First National Bank of Nevada, who will represent the agricultural



committee of the State banker's association.

A play produced by the dramatic work shop of the camp, in which many of the youngsters have been working all week under the direction of Mrs. Florence Bovett, secretary of the Nevada State Farm Bureau, will be staged for the entire camp.

Following motion pictures, the annual watermelon feed will conclude the last campfire session of this year's camp.

The encampment will be broken Saturday, and by noon the three hundred and more youngsters will be on the way to their homes, some more than five hundred miles distant.



Special Story No. 12

Reno Evening Gazette

for paper of Saturday, August 3, 1940

600 words

A delegation of farm boys and girls from Churchill county today is on the way to its Newlands project homes carrying the American Legion trophy for having won the most points at the seventeenth annual Nevada 4-H club camp at Lake Tahoe, which closed this morning.

Amassing 340 points in the various competitions, the Churchill youngsters beat out Washoe county's group by only 27 points. The Newlands project Four-Aitchers have won the award, a large silk American flag, which is the gift of the state American Legion, at several previous camps.

Washoe county boys and girls won 313 points in the contests, Lyon 206, Douglas 185, Elko 176, Pershing 153, Humboldt 106, Lincoln 63, White Pine 58, and the Boulder dam delegation from Clark county, which traveled more than 500 miles to attend the camp, 106.

The banner was officially presented to the Churchill county group at the final assembly at the camp last night along with the ribbons which went to the teams and individuals who won the various competitions of the week's outing.

On behalf of W. W. Hopper of the First National Bank of Nevada, L. S. Reese announced the awarding of the initial First National Bank of Nevada 4-H club scholarship at the



University of Nevada to Miss Frances Baumann of Churchill county.

Named alternate by the committee of Extension workers who made the selection is Roy Storke, Douglas county farm youth.

The scholarship carries with it two hundred dollars to be paid to the recipient over the first two years of a course in agriculture or home economics at the University.

Winners of the final contests which determined the holder of the American Legion trophy were announced at the campfire last night.

Best counties in insect identification studies under the direction of Professor E. W. Lowrance of the University of Nevada are Washoe and Churchill followed by Douglas and Lyon.

In nature study work the Churchill group took the "excellent" position, with "good" awarded to Douglas, and "fair" to Washoe.

Community dramatics classes resulted in a rating of "excellent" for Churchill, Clark, Douglas, Elko, Humboldt, Lyon and Washoe.

Camp officially was broken this morning and all day today the youngsters pulled out for their homes in the various parts of the state.

One of the most coveted of the prizes at the camp, the championship in style dress revue was won by Frances Baumann, 19 - daughter of A. T. Baumann, Newlands project farmer.



In the competition the girls model before the assembled campers costumes they have made as part of their 4-H club work during the past year.

Bonna Jones of Clark county came in second in this contest, with Zelda Heitman of Douglas third.

Receiving a rating of "excellent" in the girls' demonstration team contest were the groups from Churchill and Humboldt counties. The Churchill team rosters Laura Lue Johnson and Wilma Hall, while that from Humboldt is composed of Genevieve Case and Axzine Schwartz.

A standing of "good" was taken by the Clark team of Coleen Barlow, Lola Bowman, and Barbara Whipple, and the Lyon pair of Betty Smith and Pauline Leveille.

For teams divided honors in the "fair" bracket -- Louise and Mildred Dreyer of Douglas, Marian Hennen and Beverly Butler of Elko, Dorothy Delime and Alice Gentry of Lincoln, and Virginia Olesen, Gwenuth Jones, and Nancy Sullivan of Pershing.

First year clothing judging contest winners, the judges announced are "excellent" -- Marilyn Patterson of Elko, Alberta Cunningham and Charlene Osmun, both of Churchill; "good" -- Margaretta Park of Douglas and Barbara Moore of Washoe; "fair" -- Nettie Donaldson of Lyon and Vida Wilslef of Douglas.

Second year clothing judging winners are "excellent" -- Helen Fuss of Pershing, Pauline Masini of Lyon, Phyllis Oar of Churchill; "good" -- Joyce Elder of Lyon, Frances Triplett



of Elko, and Deris Meister and Dorothy Kane of Churchill;  
"fair" -- Yvonne Snyder and Betty Lou Bucher of Lyon, Shirley  
Lundergreen of Douglas, and Alma Fowler of Churchill.

In the judging of clothing by girls in their third  
year of 4-H work, Mabel Henrich of Lyon and Victoria Achurra  
of Churchill rated "excellent", Elvera Ghilotti of Washoe and  
Lourdes Souza of Churchill "good", and Ruth Sterke of Douglas  
and Aileen Gardiner of Churchill "fair".

Norma Santechi of Elko placed "good" in the compe-  
tition in this field for girls in their fourth year of cloth-  
ing work.

For the only time in the camp's history the daily  
banner for the best kept tent went throughout the event to  
one group. This year's best housekeepers are from Humboldt  
county, under the local leadership of Mrs. C. A. Nelson of  
Paradise valley.



Special Story No. 13

Nevada State Journal

for paper of Saturday, August 3, 1940

750 words

Nevada seventeenth annual state 4-H club camp, in session at Lake Tahoe all week, will close this morning.

Turning out early, the three hundred and more 4-H club boys and girls from all the agricultural sections of the state and their leaders will clean up the ground, raise the flag to the top of the camp staff for the last time this year, and then start for their homes.

By noon it is expected by camp officers that the last of the delegations will be on its way, carrying with it ribbons and prizes to prove to the "folks at home" that the local county was well represented in the various competitions.

Many of the youngsters will pass through Reno and do a bit of shopping on their way to their homes.

The final official campfire of the 1940 session was held last night. Winners of the various contests appeared before the assembled campers to receive their awards and the applause of the entire group.

L. S. Reese of the First National Bank of Nevada addressed the youngsters on behalf of the agricultural committee of the Nevada state banker's association. Assisting in 4-H work is one of the objectives of the state association



of bankers.

Reese also announced that Frances Baumann of Churchill county has been chosen to receive the initial First National Bank of Nevada 4-H club at the University of Nevada scholarship. Roy Storke of Douglas county was named as alternate.

A play produced by the dramatics workshop was put on before the entire camp, then followed motion pictures and the watermelon feed which has become a tradition of the final night at 4-H camps.

One of the most coveted of the prizes at the camp, the championship in style dress revue was won by Frances Baumann, 19, daughter of A. T. Baumann, Newlands project farmer.

In the competition the girls model before the assembled campers costumes they have made as part of their 4-H club work during the past year.

Bonna Jones of Clark county came in second in this contest, with Zelda Heitman of Douglas third.

New officers were named at the camp yesterday, to lead the state's 4-H club members.

Chosen as president is Henry Stewart of Pershing county, while Calvin Fricke of Douglas county was named vice-president. The new secretary-treasurer is Bob Cranovitch of Lincoln county.

Elected by ballot by the older campers, the officers will hold office during 1940-41 and will have charge of the



assemblies at the camp next summer.

Leonard, vice-president of the 4-H club state group for this year, presided at the campfire assemblies this week.

Winners of the final contests for 1940 in 4-H club work contests held at the camp were announced by the camp officers at the final campfire last night.

Receiving a rating of "excellent" in the girls' demonstration team contest were the groups from Churchill and Humboldt counties. The Churchill team rosters Laura Lue Johnson and Wilma Hall, while that from Humboldt is composed of Genevieve Case and Arzine Schwartz.

A standing of "good" was taken by the Clark team of Coleen Barlow, Lola Bowman, and Barbara Whipple, and the Lyon pair of Betty Smith and Pauline Leveille.

For teams divided honors in the "fair" bracket -- Louise and Mildred Dreyer of Douglas, Marian Hennen and Beverly Butler of Elko, Dorothy Delmue and Alice Gentry of Lincoln, and Virginia Olesen, Gwenyth Jones and Nancy Sullivan of Pershing.

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Second year clothing judging winners are "excellent" -- Helen Fuss of Pershing, Pauline Masini of Lyon, Phyllis Oar



of Churchill; "good" -- Joyce Elder of Lyon, Frances Triplett of Elko, and Doris Meister and Dorothy Kane of Churchill; "fair" -- Yvonne Snyder and Betty Lou Bucher of Lyon, Shirley Lundergreen of Douglas, and Alma Fowler of Churchill.

In the judging of clothing by girls in their third year of 4-H work, Mabel Henrich of Lyon and Victoria Achurra of Churchill rated "excellent" Elvera Gilotti of Washoe and Lourdes Souza of Churchill "good", and Ruth Storke of Douglas and Aileen Gardiner of Churchill "fair".

Norma Santochi of Elko placed "good" in the competition in this field for girls in their fourth year of clothing work.

For the only time in the camp's history the daily banner for the best kept tent went throughout the event to one group. This year's best housekeepers are from Humboldt county, under the local leadership of Mrs. C. A. Nelson of Paradise valley.

Washoe county's Four-Aitchers, 36 strong, captured the amateur hour community dramatics competition, in which the youngsters put on before the assembled campers, an impersonation of the members of the camp staff, the judges announced yesterday.

Rated "good" in this field were the actors from Churchill, Elko, Humboldt, Lincoln, Lyon, Pershing, and White Pine counties, while the stage experts from Clark and Douglas county were judged to be "fair".



In the 4-H club yell competition, in which all the campers from each county strive their best to outshout the others in the most clever yell, five county delegations divided top honors. Winning the rating of "excellent" were the cheering sections from Churchill, Clark, Lyon, and Pershing counties.

"Good" in the club yell contest was awarded to the Douglas, Elko, Humboldt, Lincoln, Washoe, and White Pine delegations.

In club singing, another contest between all of the various county groups, Humboldt county alone won "excellent".

Capturing standings of "good" were the youngsters from Churchill, Clark, Douglas, Elko, Lincoln, Pershing, Washoe, and White Pine counties, with Lyon county Four-Aitchers in last place as "fair".

Ray Nygren of Churchill single handed put on a demonstration of how to cull poultry to win the top rating in the agricultural demonstration team competition.

Keeping their quarters so neat that they won the prize daily were Axzine Schwartz, Genevieve Case, Vaughn Nelson, Emily Bellon, Doris Orambura, Pauline Orambura, Betty Major, Harriet Major, and Eileen Schwartz.



Special Story No. 14

Nevada State Journal

for paper of Saturday, August 3, 1940

700 words

Miss Frances Baumann, 19-year-old Churchill county farm girl, will hold the initial First National Bank 4-H club scholarship at the University of Nevada, L. S. Reese of the bank's staff announced at the closing assembly of the state 4-H club camp at Lake Tahoe last night.

Names as alternate for the scholarship by the group of University of Nevada Agricultural Extension Service workers who made the selections is Roy Storke, who lives on a farm in Carson valley.

The scholarship was established by the bank early this year. Providing for study in agriculture or home economics at the University, it carries with it two hundred dollars to be paid during the first two year's of the recipient's enrollment.

If the winner does not use the scholarship within one year after his graduation from high school, the award goes to the alternate.

Miss Baumann has been enrolled in 4-H club work for ten years, and has carried projects in clothing, canning and food skills. She has also served as assistant 4-H club leader.

A graduate of Churchill county high school in 1939, Miss Baumann took the home economics course. She continued her



studies through post graduate work during the last year of school.

Winner of many 4-H club contests in her own county, this year she was chosen as the best girl at the 4-H camp in the style dress revue contest, modelling a garment of her own making.

The alternate, Roy Storke, also is 19. He, too, has been in 4-H club work ten years, specializing in projects in hog raising, potato growing, and dairy work.

At coast junior stock shows he has won many prizes with the hogs he has raised.

He has been working during the last year to earn money to continue his education at the University of Nevada.

Washoe county's Four-Aitchers, 36 strong, captured the amateur hour community dramatics competition, in which the youngsters put on before the assembled campers, an impersonation of the members of the camp staff, the judges announced yesterday.

Rated "good" in this field were the actors from Churchill, Elko, Humboldt, Lincoln, Lyon, Pershing, and White Pine counties, while the stage experts from Clark and Douglas county were judged to be "fair".

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Special Story No. 15

Nevada State Journal

for paper of Sunday, August 4, 1940

250 words

Churchill county's delegation, largest at the outing, was named last night as the winner of the American Legion trophy for running up the most points in the farm practices and farm home contests at the seventeenth annual state 4-H camp. The camp closed yesterday.

The Newlands project boys and girls, with a score of 340, triumphed only after a close race with the Washoe Four-Aitchers, who amassed 313 points to take second honors.

Other counties took points as follows: Lyon 206, Douglas 185, Elko 176, Pershing 153, Humboldt 106, Clark 106, Lincoln 63, White Pine 58.

Held last year by Lyon county, the American Legion trophy, a large silk American flag, was surrendered to Thomas Buckman, the camp's director, at the final assembly by Frances Burke of Lyon. Buckman then passed it on to the 1940 winners from Churchill.

All yesterday morning the boys and girls pulled out of the camp, some of them to travel more than five hundred miles before they reached their homes.

Winners of the final competitions were announced at the last campfire.

In insect study, Churchill and Washoe took the



"excellent" place, with Douglas county's boys and girls "good", and those from Lyon "fair".

Nature study classes resulted in a rating of "excellent" for Churchill, "good" for Douglas, and "fair" for Washoe.

In community dramatics, which many of the Four-Aitchers studied at the camp last week, "excellent" was won by Churchill, Clark, Douglas, Elko, Humboldt, Lyon and Washoe.

One of the largest camps in the history of 4-H club work in the state, the 1940 encampment was also one of the best in its instruction in farm and farm home practices and handicraft, in its contests, and in the wholesome recreation it affords, camp officers said today.



Special Story No. 16  
National 4-H Club News  
for issue of October, 1940  
200 words

Culminating the year's work, Nevada 4-H Club members, nearly four hundred strong, took their "final examinations" in August at the Club campground at Lake Tahoe.

State championships in farm and farm-home practices, at which the Four-Aitchers have been working all year, were determined at the annual state camp, and the Nevada boys and girls were chosen who will compete on behalf of the state at regional and national contests later in the year.

Churchill county, home of the first federal reclamation project, again captured the American Legion trophy for having taken the most points in the state-wide contests.

Classes this year as last centered around the outdoor life of the boys and girls, and included instruction in nature and wildlife study, insect and plant identification, and handicraft.

Working with leather, cord, metal, fabrics, plastics, and wood, the campers made many souvenirs for the "folks at home", exemplifying in a constructive manner the hand "H" of the 4-H club name.

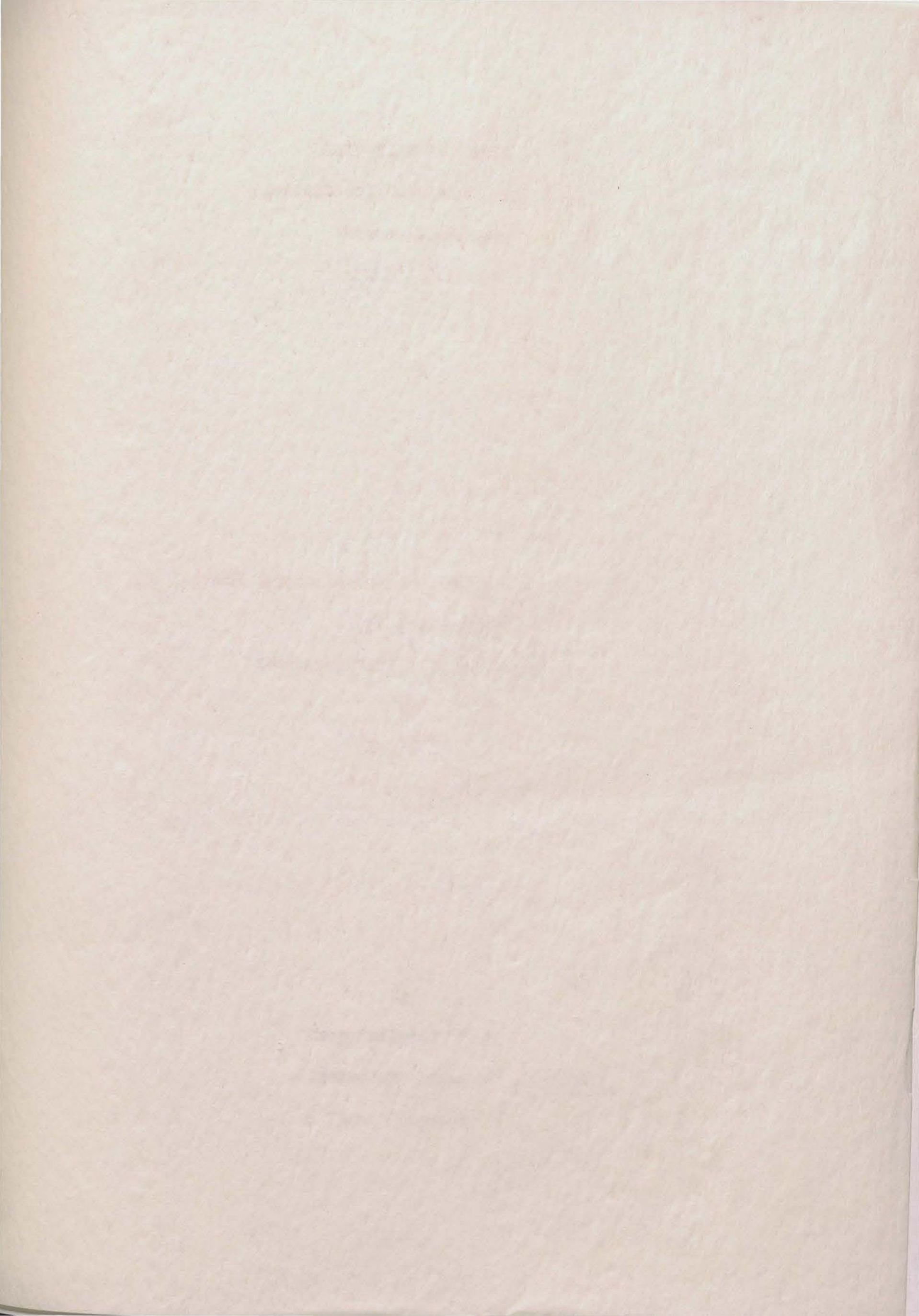
Outdoor sports, including swimming, hiking, group games of all sorts, quiet games, and other recreation, combined at the camp to make a balanced, wholesome program for



the week on the Nevada shore of Lake Tahoe.

In the opinion of Acting Director Thomas Buckman of the University of Nevada Agricultural Extension Service, who has served as camp director for many years, the 1940 camp ranked with the best in the history of 4-H club work in the state.







UNIVERSITY OF NEVADA

Agricultural Extension Division

Thomas E. Buckman

ACTING DIRECTOR

Annual Report of Agricultural Extension Work

(Project 2 B)

Extension Work in Home Economics

for

1940

By

Mary Stilwell Buol

Assistant Director

for

Home Economics



TABLE OF CONTENTS

	<u>Page</u>
I. Factors Affecting Conduct of Home Economics Extension Work.....	1
II. Supervisory Program - Goals and Results.....	4
III. Supervisory Problems - Methods and Accomplishments.....	10
A. Relations with counties.....	10
B. Personnel Problems.....	11
C. Assistance in Determining Program.....	13
D. Assistance in Planning Work.....	16
E. Help Rendered in Measuring Progress and Results.....	19
F. Assistance in Use of Means and Agencies.....	21
IV. Project Activities and Results.....	26
1. Land-Use.....	26
A. Sociological Study.....	26
B. Home Food Production and Preservation.....	39
C. Home Grounds Improvement.....	43
D. Home and Community Education.....	46
2. Nutrition.....	48
3. Home Management.....	68
4. Home Improvement.....	76
5. Child Care and Parent Education.....	83
6. Clothing.....	86
7. Health and Sanitation.....	88
8. County and Community Cooperation and Development.....	89
V. Work in Cooperation with Other Agencies.....	95
VI. Older Youth.....	108
VII. Forecast for 1941.....	109
VIII. Illustrative Material.....	112



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

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 L-H club work (Men and Women Agents)

LEADER - Mary Stilwell Buol, Assistant Director for Home Economics

Progress Report for the Year November 1, 1939 to November 1, 1940

I. Factors Affecting Conduct of Work

The outstanding factors affecting the conduct of home economics extension work in Nevada during this year have been:

1. The continuation of the reorientation of the extension program adopted in 1939, making Land-Use and County Planning the basic problem of the Agricultural Extension program. This year emphasis has been placed on a home and community survey to determine the results of past and present land-use in terms of farm family life and rural community conditions. To provide the time required for this survey has necessitated a reduction in the number of other projects carried, and close coordination of effort between local communities, and county and state staffs. The major difficulty has been to provide the detailed state supervision required, as there is only one member of the home economics extension state staff.
2. Cooperation with Farm Security: The cooperative agreement between the Farm Security Administration and the Agricultural Extension Service was continued this year. Under this agreement the home demonstration staff acted as home management supervisors for Farm Security clients, the assistant director for home economics extension serving as the Farm Security associate state director. In return the Farm Security Administration allotted \$4,000 for the salary of a joint agent in southern Nevada (Clark and Lincoln counties), for the travel expenses of the home demonstration agent in the western district (Lyon, Douglas, and Ormsby counties), and to assist in the travel expenses of the other women agents and the assistant director. Only by this means was it possible to maintain a woman agent in the southern district. This double service added greatly to the responsibility of both the field and state staff and allowance for this work load (20% of time) had to be made in planning the year's program of work. However, the results have proved very satisfactory, to both the agencies involved and to the rural population. It has broadened contacts, shed new light on the problems of low-income groups, and produced excellent cooperation on the part of the rural population and the technical staffs.



3. **Cooperation with Other Governmental Agencies:** The cooperation with various other governmental agencies pledged in the Mt. Weather Agreement necessitated time being allotted to these activities. Homemakers clubs, project groups, 4-H clubs and community meetings have been planned to arouse interest and cooperation in the programs of these agencies. The supervisory duties involved have been; determining the areas of interest where cooperation could be effective, securing and distributing information regarding objectives and policies of these agencies, and giving technical assistance in problems involving home economics factors and a knowledge of Nevada rural conditions.

Such assistance has been given to the following agencies within the U. S. Department of Agriculture; Agricultural Adjustment, Farm Credit, Farm Security, Surplus Marketing Administrations, and Bureau of Agricultural Economics. Within the limits of time available similar cooperation has been given to the Women's and Professional and Child Welfare divisions of the State Board of Relief and Charities, the Maternal and Child Health and Sanitation Divisions of the State Board of Health, the National Youth Administration, the Vocational Education Division of the State Board of Education, and the Home Economics Department of the University of Nevada. The major problem has been to find time for this cooperation and still do justice to the regular extension program.

4. **Lack of Personnel:** Nevada's very limited extension funds continue to be a severe handicap in planning and carrying out the home economics extension program. At the county level there are four regular home demonstration agents, and a fifth agent maintained jointly by the Farm Security Administration and the Extension Service. In the state office there is only one staff member, the assistant director. There are no home economics specialists or district supervisors.

This small staff of five is attempting to cover the territory handled on the agricultural side by a staff of fourteen; i.e., eleven county agents, two assistant county agents, and two state specialists. This lack of adequate home economics personnel creates a very difficult problem on both county and state levels. The three county home demonstration agents are working under fairly stable conditions. The two district agents have an almost impossible work load. The assistant director is also so over-loaded that it is difficult to give effective service. She not only supervises adult home economics extension, girls 4-H club work, and the home management phases of Farm Security, but also acts as nutrition specialist, assists in all other phases of home economics specialist work, and acts as agent at large for both extension and Farm Security in five counties. Also this year she has had to act as state leader for the home and community phase of Land-Use Planning. To handle this extremely heavy work load has necessitated very careful planning at both the county and state levels, concentration on major problems, and the reduction or elimination of minor phases of the extension program. Because of the large amount of time devoted to Land-Use Planning, nutrition specialist service and subject matter preparation has had to be markedly



reduced. Also the time devoted to supervision has had to be very carefully planned, to render adequate service in less than the usual time.

The supervisory program was determined in conferences with the home demonstration staff, the other members of the state extension staff, and the land grant college-BAE Land-Use committee. As Land-Use had been designated the foundation project in the extension work it had, of course, to be given major consideration. The cooperative agreement with the Farm Security pledged the field staff and the assistant director to devote 20% of time to this work. The Keep Growing demonstrations in school child nutrition that have been maintained for the past eighteen years obligated the extension staff to keep up this service, although arrangements were made for slightly less volume and to reduce extension time and increase leader responsibility. The appraisal of home demonstration work that had been requested by the federal extension office also had to be allotted time. The five counties without home demonstration service had to have at least a minimum of service. However, with the very heavy demand made on the assistant director's time, it was felt necessary to reduce time allotted to these areas to the absolute minimum. The supervision required by 4-H club work was allotted about the same amount of time as usual, as it could not be reduced and still maintains the high quality of work in which Nevada has taken so much pride.

As there are no assistant state leaders, district supervisors, or specialists there could be no division of supervisory responsibility. The assistant director for home economics had to carry on all supervisory work.



## II. SUPERVISORY PROGRAM - GOALS AND RESULTS

## Goals

1. Program Determination: Assist state, county, communities and agents to determine programs of work. Give guidance in areas distribution, volume of work, distribution of time and project coordination.

a. Develop plans for Land-Use home and community surveys, secure coordination of Food Production, Preservation and Use, Keep Growing, Family and Community Health, Home Management and other projects affecting rural living conditions.

b. Arrange for fulfillment of Mt. Weather Agreement through cooperation with "action agencies", using homemakers clubs, project groups, community meetings and 4-H clubs as educational media regarding these programs.

5 home demonstration agents.  
4 agricultural agents.  
Devote 10% of time to this work.

2. Project plans: Assist agents in making project plans, emphasizing adaptation to local conditions, suitable selection of extension methods, increased local responsibility and conservation of agents' time.

5 home demonstration agents.

## Results

1. Conferred with state, 6 county and 12 community committees in the organized territory. Guided 2 other organized and 5 unorganized counties through their extension agents and delegates to annual conference.

a. Land-Use home and community survey adopted in 4 counties. Coordination of Nutrition, Sanitation and Home Management, with Land-Use established in 8 counties.

b. Cooperated with "action agencies" in 9 counties. Maintained contact between action agencies and home demonstration staff and program committees. Guided integration of this material with extension program and the use of community meetings, homemakers clubs, and project groups to arouse interest in cooperation with "action agencies".

5 home demonstration agents.  
4 agricultural agents.  
8% of time devoted to this work.

2. Assisted home demonstration agents in the development of project plans. Decided progress made in development of local responsibility in 6 counties and conservation of time to allow for Land-Use surveys in 3 counties. Coordination improved between extension and Farm Security techniques. Local responsibility increased.

Worked with 5 district agents.



Confer with 4 agricultural agents.

5% of time assigned to this work.

3. Supervision: Supervise field and office activities through state conferences, field trips, and office conferences. Assist agents to evaluate their own work and improve techniques, especially as regards conservation of time, result demonstrations, home visits and professional advancement.

- a. Hold two state conferences.
- b. Make at least 2 visits of several days to each agent to observe methods and results and give personal assistance, and study local conditions.

Work with 5 home demonstration agents.

Confer with 4 agricultural agents.

Devote 10% of time to this work.

- c. Assist with group conferences, rural urban meetings, departmental committee meetings and leader training meetings.

4. Land-Use: Act as state leader for the home and community phases of Land-Use Planning. Supervise educational work in 6 counties. Supervise and assist with home and community surveys in 4 counties. Attend state and some county Land-Use committee meetings.

Conferred with 4 agricultural agents.

5% of time devoted to this work.

3. Most of supervisory program was carried out. Due to crowded schedules of the assistant director, caused by intensive work on Land-Use, supervision had to be combined with other work on field trips. Results fairly successful, as regards conservation of time, result demonstrations, and home visits.

- a. Held two state conferences.
- b. Made from 2 to 4 visits to each home demonstration agent and from 1 to 4 visits to each county in unorganized territory.

Worked with 5 women agents.

Conferred with 4 agricultural agents.

Devoted 7% of time to this work.

- c. Assisted with group conferences, 18 rural urban meetings, department committee meetings, and leader training meetings.

4. Acted as state leader in Land-Use home and community survey. Educational work regarding purposes and procedures extended to 7 counties. Prepared guidance outline for home and community survey. Supervised and gave detailed assistance to survey in 3 counties. Started survey in 4th county. Attended 4 land grant college-BAE committee meetings. Attended 3 county meetings.



Work with 5 home demonstration agents.

Devote 10% of time to this work.

5. Act as volunteer state associate director for home management phases of Farm Security work and carry on field work in unorganized territory not having home demonstration agents. Integrate work between Farm Security, Extension and State Board of Health. Improve case work technique. Increase extension contact with this group. Attend regional and state FSA conferences. Prepare state reports.

Work with 5 home demonstration agents.

Work with 5 FSA agricultural supervisors.

Devote 20% of time to this work.

6. 4-H Club Work: Supervise home economics 4-H club work throughout state with both men and women agents.

- a. Assist in decision regarding volume of work possible to carry, improvement of quality of work and correlation of 4-H work with adult program.

Worked with 5 home demonstration agents.

Devoted 19% of time to this work.

5. Acted as state associate director for the Farm Security Administration and did field work in areas not having home demonstration agents. Much progress made in working relationships between FSA, Extension and State Board of Health. Quality of work regarding case records and home visits improved. Decided increase made in extension contact with client families through homemakers clubs, project groups and 4-H clubs. Attended 1 regional, 2 state conferences. Prepared state monthly, annual and special reports.

Worked with 5 home demonstration agents.

Worked with 5 FSA agricultural supervisors

Conferred with 3 extension agricultural agents.

Spent 19% of time.

6. 4-H Club Work: Supervised home economics phases of 4-H club work for entire state.

- a. Volume of work was increased 0.8%. Quality of work was decidedly improved, both as regards home application and record keeping. 4-H clubs interest stimulated in present day economic problems, particularly in regard to Land-Use. Follow up of leadership guidance was much improved. Leadership quality improved through



securing younger leaders, and better training.

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| <p>b. Supervise leadership training especially in areas without home demonstration agents.</p> <p>c. Stimulate effort to incorporate older 4-H members into community center responsibilities in areas where there is too small a group to carry on separate older youth activities.</p> <p>d. Supervise home economics activities at state 4-H club camp, contests, classes, leadership training, health and the camp commissary.</p> <p>e. Revise subject matter for 4-H project.</p> | <p>b. Supervised and assisted with leadership training</p> <p>c. Participation of older 4-H members in community center activities increased. This seems to be a better solution for this problem in Nevada than separate older youth groups.</p> <p>d. Supervised home economics activities at state 4-H camp. Improved quality of organization, contest and classes. Arranged for and presided at leader discussion groups. Conferred with senior 4-H council. Improved facilities for first aid. Meals were declared to be the best ever served.</p> <p>e. Project subject matter not revised due to lack of time. Did revise record books for all home economics 4-H club projects.</p> |
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Work with 5 home demonstration agents, and 4 agricultural agents in areas without HDA service.

Worked with 5 home demonstration agents, and 4 agricultural agents in areas without HDA service.

Devote 15% of time.

Devoted 20% of time to this work.

7. Field work in unorganized territory: Carry on home economics extension work in 5 counties not having home demonstration service. Reduce work to minimum to allow time for Land-Use.

7. Carried on home economics extension work, adult and 4-H club, in 5 counties. Only one project besides 4-H club carried in each county.

Work with 4 agricultural agents.

Worked with 4 agricultural agents.

Devote 5% of time.

Devoted 5% of time to this work.



8. Act as part-time nutrition with special attention given to the Keep Growing demonstrations. Prepare and assist in the preparation of nutrition subject matter. Supervise field work.

Give nutrition assistance to Farm Security, Social Security, and other organizations.

Work with 5 home demonstration agents.

Devote 5% of time.

9. Keep department informed regarding research, methods, etc. Assist agents, who act as part-time specialist, in subject matter preparation and agent training.

Work with 4 home demonstration agents.

Devote 5% of time.

10. Compile Extension and FSA monthly reports, annual plans of work and progress report, appraisal of home demonstration work, land-use home and community survey and other reports as requested by federal office.

8. Acted as part-time nutrition specialist with particular attention given to Keep Growing demonstrations. Assisted Dr. Rice and Mrs. Tremewan in the preparation of 3 pieces of nutrition subject matter. Supervised field work.

Acted as nutrition advisor to FSA, Social Security, WPA, etc.

Worked with 5 home demonstration agents.

Devoted 5% of time.

9. This work suffered from lack of time. It has been impossible to do the wide reading necessary to keep abreast of developments in all lines affecting extension work. Did assist agents who act as part-time specialists in the preparation of 8 pieces of subject matter and the training of agents.

Worked with 4 home demonstration agents.

Devoted 3% of time.

10. There has been an unusually heavy demand for reports this year. The following reports have been prepared:
- 12 Extension monthly reports
  - 12 Farm Security monthly reports.
  - 1 annual Extension report
  - 1 annual Farm Security report
  - Outline for a Survey of Supervision of County Extension Work.
  - Appraisal of Home Demonstration Work.
  - 2 Rural Urban reports.
  - 1 report on the Home Production of Food in Nevada
  - 1 Land-Use home and community survey outline.
  - 1 Report of Supervisory conference held in Washington in May.



Devote 10% of time to this work.

11. Assume responsibility for cooperative relationships with federal and state agencies carrying on related work. AAA, FCA, Maternal and Child Health, and Sanitation Division of State Board of Health, WPA, Surplus Commodities, NYA, Vocational Education, Indian Service, Agricultural Experiment Station, Home Economics Department, University of Nevada, Farm Bureau, Federated Clubs, Parent Teachers Associations, Red Cross, Fraternal and Church Service organizations.

Devote 5% of time to this work.

15% of time was devoted to this work. Due to requests for extra reports, the amount of time devoted to reports is a serious problem, as the time thus used is needed for supervision of fieldwork and preparation of subject matter.

11. Maintained cooperative relationships with all organizations listed in the opposite columns. Gave program suggestions and assistance in subjects affecting home and community conditions. Arranged for use of rural organization as educational medium. Served as program consultant for Associated women, Nevada State Farm Bureau, chairman, American Homes Department, Federation of Women's Clubs, Advisor over-all committee, service projects, WPA. Director Nevada Tuberculosis Association.

Technically devoted 4% of time to this work. Actually the sum total is much larger, as much of this work is done at night. As a full day has already been credited to other phases of Extension, no allowance can be given to these activities.



### III. SUPERVISORY PROBLEMS - METHODS AND ACCOMPLISHMENT

#### A. Relationship with Counties.

1. There has been no change in county extension organization this year. County Farm Bureau boards continue to carry on their legally established responsibility of acting as advisory committees for Agricultural Extension work. On 9 of the 12 county boards there have been from 1 to 3 women members each. This includes the 6 counties having regular home demonstration service and 3 non-home demonstration counties.

Women board members officially function in guiding adult home demonstration and 4-H club work; however, they also take an active interest in agricultural problems. This year they have shown a decided interest in Land-Use, particularly in regard to the home and community surveys now being carried on. Women board members also are rendering valuable assistance in organization problems, giving special attention to extending extension work to all areas, nationality groups, and income levels. Guidance to board members has been given through group and personal conferences to help them think through problems and fulfill their personal responsibility.

2. Methods of creating favorable sentiment toward extension work. Nevada's philosophy toward this problem is that a well-planned extension program, faithfully carried out, is the most effective basis for creating favorable sentiment in support of extension work. Reports presented at the recently organized State Nutrition Council demonstrate the validity of this belief through the repeated reference to the Keep Growing demonstrations and other nutrition work carried on by the Agricultural Extension Service. The cooperative service rendered the Farm Security Administration by home demonstration agents carrying on home management supervision with Farm Security clients has met with much approval because it saves money and avoids duplication of effort. It has also decidedly extended the sphere of extension influence and made many new friends for the organization. The cooperation given to "action agencies" by both home demonstration agents and the groups working with them has created good will on the part of the agencies' personnel, and the people whom they contact. The nutrition and recreation consultation service that is given to all organizations interested in these problems extends extension influence to a wide section of the population and is continuously making new contacts for the Extension Service. Rural-urban conferences have resulted in a broader understanding of extension work among urban groups.

In all these activities we have made definite plans for a brief but careful presentation of facts regarding the Agricultural Extension Service, its organization and function, and reasons for the cooperation that is being given.



The Extension News Service carried on under the direction of extension editor A. L. Higginbotham is widely adopted by county papers throughout the state. There have been 33 state news stories regarding home economics extension this year. The long continued training in publicity which extension agents have received under Mr. Higginbotham has resulted in improved quality of local publicity. This year there were 463 local news stories regarding home demonstration activities and results. Radio stories regarding home economics extension were prepared for use over the Western Farm and Home Hour program from San Francisco. This program now reaches a considerable section of western Nevada. We believe the quality of home demonstration news is good. The number of state news stories concerning home economics extension could be very profitably increased. However, it is not possible to do so as long as the schedules of the assistant director and extension editor remain as crowded as they now are.

3. Obtaining county appropriation for Extension. In Nevada this is considered an executive responsibility, to be handled by the extension director. There is a growing demand for the appointment of home demonstration agents in counties that do not have this service. This would require additional county funds. As decisions in regards to such matters are considered an administrative function, the assistant director has maintained a passive attitude in regard to this problem.

#### B. Personnel Problems.

1. Selection and employment of agents, including preparatory training. The woman agent in Clark and Lincoln counties resigned effective September 1, 1940, to accept a vocational home economics teaching position in a local high school. The position has remained vacant to date due to the difficulty of securing an acceptable person to fill the place. The salary for this position is paid by the Farm Security Administration and the travel expense by the extension service. It was difficult to find a well-trained home economics person interested in the Farm Security Administration salary range, \$1420 to \$2000 a year. Then a long period of time was spent negotiating with the local Farm Bureau board which was strongly in favor of a local candidate who could not secure a release from her present teaching contract. The application of a home demonstration agent from Texas was finally recommended to the Farm Security Administration. At present we are anxiously awaiting decision in the matter. This long lapse between agents is decidedly unfortunate as both Farm Security and Extension work is piling up in the meanwhile.

In connection with the search for someone to fill the appointment it is interesting to note that every home economics graduate from the University of Nevada now has a position. There were very few applicants from other states and most of them demanded from at least \$2500 a year, if they had advanced training or extension experience.



An undergraduate student who has had two years of home economics training in Nevada and one year at Ames, Iowa, was employed for two months this summer to carry on girls 4-H club work in Pershing County. Considering her youth and inexperience she gave fairly good service. The fact that her home is in Pershing County, gave her the advantage of knowing the local people and problems. We had hoped to secure similar 4-H summer assistance for White Pine County, but unfortunately the plans fell through.

Nevada has never been able to develop preparatory training for new home demonstration agents. Always a vacancy has existed necessitating the new agent starting work immediately. Lack of funds has prevented sending agents into other counties for preliminary training. As Nevada has no assistant home demonstration agents, preliminary training cannot be given by this means. As a poor substitute the assistant director spends the first two weeks with each new agent, working with her and giving her training as the work develops. Then she returns to give further training frequently as a crowded schedule permits. We realize the inadequacy of this type of training but so far have found it impossible to improve the situation. We sincerely wish it were possible to maintain one assistant agent who could be trained under experienced agents, could substitute for agents who are absent for advanced training or because of illness, and then be available for appointment when a vacancy occurs.

2. Professional improvements of agents in service. No progress has been made on this problem. Crowded schedules and the fact that we have no substitutes available have so far made it impossible for agents to take leaves, even for summer school courses. There are no courses available at the University of Nevada, and distances are too great even if there were. The extra responsibilities involved in carrying on the home management phases of Farm Security work have reduced the time agents usually spent on professional study. We are worried over this situation but so far have found no way to solve it.

The newly organized Home Economics Association has organized a loan library which helps to overcome the lack of library facilities in this state. The home demonstration agents and assistant director also spend quite a sum each year for books, which are exchanged among staff members. By means of round robins prepared by the assistant director, extension studies from the federal extension office and other technical and professional material is circulated among the home demonstration agents. By these means effort is made to effect at least some professional improvement each year.



3. Office and field equipment. Four of the five women agents have well-equipped offices in federal buildings. The fifth agent maintains her headquarters at the state extension office where she shares a very small office with a member of the clerical force. In one of her counties she has part-time use of one of the extension rooms reserved for the "action agencies" and for conferences. Due to lack of funds no major additions were made to field equipment. The state office secured a small amount of home furnishing illustrative material. 4-H club clothing models were secured for all agents.
4. Clerical service. Fairly adequate stenographic service is provided for three of the five home demonstration agents. Another agent shares the stenographic service of the assistant director, with occasionally a very small amount of assistance being given by the clerical staff in two of her three counties. Lack of adequate stenographic service is a decided handicap to this agent. The joint Farm Security-Extension woman agent in southern Nevada has had decidedly inadequate stenographic service. Opposition to doing her stenographic work was based on the grounds that she was a Farm Security agent and not an extension agent. This is a difficulty that should be straightened out when a new agent enters work in this district.

Cooperation with Farm Security and the Land-Use survey has increased the need for stenographic service because it has reduced agents' time available for office work. Therefore, great care has had to be exercised to obtain an efficient use of the service available.

At the present time there is no established system of training clerks in the county offices. This year the chief of the clerical staff in the state office visited some of the county offices to give training in bookkeeping. Some improvement in the use of clerical service has been secured through conferences between home demonstration agents, clerical staff, and assistant director during field visits.

#### C. Assisting County Extension Agents to Determine Extension Program.

1. Factual data regarding population distribution, living conditions (including health, nutritional status, and sanitation), and food production, was compiled at the beginning of the year. Maps were studied in regard to project distribution, and areas not as yet reached. The long-time extension program, emergency situations, cooperation with Land-Use, Farm Security, and other "action agencies" were assembled and used in determining the year's program of work. Applicable parts of this material were used in the same way in determining community programs.



2. Outlook and other economic data. Farm family outlook material and data from the farm and home accounts demonstrations, were used to focus attention on the economic situation and the need for adjustment between Nevada living standards and income. This was used to emphasize the need for increased home food production and to stimulate interest in the Land-Use studies as the basis for possible adjustments.
3. Part committeemen and local leaders play in program making: The Farm Bureau and other organizations carry on extension work appointed representatives of areas, interests, and income levels to act on program committees at community, county, and state levels. Factual data, the long-time program, results from the past year, desires expressed by local groups, available extension assistance and leadership were considered in determining the program for the coming year. This year the Land-Use survey of home and community conditions, and the cooperation pledged to Farm Security by the home demonstration agents were the major factor requiring special consideration. To allow time for these two activities necessitated the elimination of some minor projects and a reduction of time allotted to others. Home furnishing, handicraft, child care and parent education, clothing, and recreation were the projects affected. Committee members and the Extension Service both regretted having to reduce work along these lines, but felt that it was necessary in order to allow time for the more vital activities.

The greatest problem in program determination was the fact that present demands far exceed the home demonstration assistance available. Even in counties having full-time home demonstration assistance, there is only one woman agent to cover the area and population serviced by an agricultural agent, and an assistant agricultural agent, and part of the time of the district Farm Security agent. The program of work is equally as broad and as heavy as the agricultural phases. Therefore, the home demonstration agents are decidedly over-loaded. The situation in the western and southern districts (covering two and three counties respectively) is even more serious. The lack of home demonstration service in the five unorganized counties makes an effective program impossible. The advisory committees, local organizations, and the Extension Service have all tried to do the best they could under the circumstances; but all are far from satisfied with the results.

4. Economic adjustments and the long-time program. For several years Nevada's long-time program has emphasized the need for adjustment between living levels and the available income. This year's program of work provided for securing factual data bearing upon this problem through a home and community survey to be carried on in connection with Land-Use. The committees decided



to ask local and county survey committees to secure information regarding the following points: standards of adequate living, present levels of living, cash and non-cash income, community resources regarding health, education, and recreation, and suggestions regarding possible adjustments. It was realized that with the limited home demonstration assistance available this survey would take from two to three years to complete. But it was felt that the interest it would focus upon this fundamental problem and the specific information it would secure were worth the effort and sacrifice involved.

The entire Land-Use problem was considered so fundamental to Nevada's future that all groups and individual families were urged to continue stimulating interest through family and group discussion of the problems. Cooperation with the "action agencies", including the Farm Security, Farm Credit, Soil Conservation, Work Projects, and National Youth Administrations was again emphasized because of the assistance they could render in developing economic stability. Special effort was requested on behalf of low-income families including friendly neighborhood attention to individual families to bring them into community center, homemakers, and 4-H club groups, and guidance in using assistance available through the Farm Security Administration, National Youth Administration, Work Projects Administration, and Surplus Commodity distribution.

5. Coordination of programs of specialists. As Nevada has no regular home economics extension specialists, practically nothing could be done with this problem. Due to the crowded schedule of the assistant director, the nutrition specialist assistance she usually gives had to be much reduced and field assistance largely limited to the unorganized territory. Lack of both time and extension funds prohibited specialist field trips by agents who act as part-time specialists. Specialist assistance was, therefore, limited to subject matter preparation and training of agents at annual conference and by assistant director during field trips.
6. Integration of agricultural, home economics and 4-H club programs from the standpoint of the farm family as a unit. On the home economics side of the extension program integration between adult and 4-H club programs continues to receive sincere thought and effort. Program committees and agents gave special attention this year to focusing the 4-H program on vital problems. Therefore, efforts were directed toward the stimulation of 4-H food clubs to protect nutrition and health, costs account in all 4-H projects to awaken interest in economic problems, and the emphasis of the fourth H, health, in all club work. Provision was made for community center organizations to feature 4-H club



activities on their programs, to see that 4-H club work reached low-income and foreign background families, and to bring older 4-H club members into active participation in community center activities in order to help solve the problems of rural youth. Coordination of home demonstration and 4-H club work with the family was emphasized to stimulate parent-child interest and cooperation, and to secure a more thorough adoption of practices.

We regret to have to state that little progress was made in the integration of the agricultural program with the home demonstration and 4-H home economics programs. Two extension bulletins on garden practices, one for 4-H and one for adult use, were prepared by the assistant agricultural agent who acts as a part-time horticultural specialist. The farm and home accounts demonstrations were continued under the joint sponsorship of the Experiment Station and Extension Service. There was excellent cooperation in the Land-Use project. We respectively suggest that there is real need for closer integration of the agricultural and home demonstration programs on the problems of home food production and family income and expenditures. The home demonstration staff feels that many of Nevada's farm and ranch families need the joint guidance of the agricultural and home demonstration agents upon these two problems and that a service similar to that given by the Farm Security Administration to its client families could be developed.

#### D. Assistance given Agents in Planning Work.

1. Selection of goals. Close supervision was maintained when agents were setting up their yearly goals. The major problem was to focus effort on the five major problems selected for emphasis this year; i.e., Land-Use, Home Food Production and Use, the Keep Growing demonstration in school child nutrition, cooperation with the Farm Security Administration and other action agencies, and 4-H club work. Considerable pressure had to be exerted to reduce the volume of work on minor projects. One group and two individual conferences were held with each agent to give assistance with this problem.

Definite plans were made to reduce the work with urban families. We felt justified in making this reduction because urban communities are now being serviced by the Maternal and Child Health nurses. A number of our urban communities have secured school nurses. The Vocational Education Department now has one staff member who devotes part of her time to group education in urban communities.

Due to the fact that the assistant director had to act as state leader for the Land-Use project which required a considerable amount of time, her work as agent at large in the unorganized territory had to be decidedly reduced. Therefore, the number of



communities and areas reached by extension work was purposely reduced 12%. As a result of these plans for adjustment in the areas to be covered by extension work, the number of communities carrying on extension work was reduced 12%. The number of groups carrying on adult home economics work was reduced 5%, but the number in the group was increased 8%. The number of rural families adopting practices was increased 22%, while the number of urban families adopting practices was reduced 16%. The number of children enrolled in the Keep Growing demonstrations was increased 5%, all being in rural areas. From the above statistics there is evidence that the decision to decrease the areas in which extension work is carried on due to our inadequate personnel has resulted in an increase in the proportion of rural population reached and in their adoption of practices.

2. Choice of means. Considerable time was spent in the guidance of agents regarding choice of means for the purpose of improving extension teaching methods, conserving time, and securing a greater spread of influence. In the older, well-organized areas organization and leadership responsibility was decidedly increased to free agent time for newer areas, the Land-Use survey, and Farm Security work. This has been particularly effective in regard to the Keep Growing demonstrations, where extension assistance was reduced over one-third this year, yet results increased.

Plans were made to reduce the number of result demonstrations and improve their quality and spread of influence. The emphasis on home visits, started last year, was continued for the purpose of increasing the number, focusing effort on understanding conditions, developing family cooperation, and securing a greater adoption of practices. As a result there was a 7% decrease in the number of result demonstrations, a 6% increase in the number of home visits, and a 111% increase in the number of meetings held by leaders of adult work with a 27% increase in attendance.

3. Selection and use of local leaders. Leadership selection is a joint responsibility of local organizations and the extension agent. Effort has continued to secure a higher quality of leadership. The qualities stressed as being necessary are youth (i.e., 25 to 45 years) active interest in the project, teaching ability, a willingness to accept responsibility, persistency, and a friendly, tactful personality. These qualifications have been emphasized in conferences with both agents and organizations when leadership problems have been discussed. Agents' attention was also directed toward making leadership an enjoyable and satisfying experience, careful training and guidance, and



public recognition of leadership service were stressed. The practice of having leaders preside and assist at project meetings, giving public acknowledgment to leaders at achievement meetings and in project reports, the awarding of leader pins in 4-H club work, and the mention of leader service in newspaper publicity have all been useful in making leaders feel that they are making a real contribution and that it is appreciated.

Due to Nevada's distances attendance at county-wide leader training meetings is difficult; therefore, such training meetings are limited to major projects. Home conferences have proved to be a more effective method of leader training in scarcely populated areas. These home conferences give greater opportunity for agent and leader to consider local problems and plan methods for solving them. Emphasis this year was placed upon systematic guidance of leaders, and an efficient use of these personal conferences. The number of training meetings, and conferences was increased 81%, while the attendance was reduced 48%. This means more conferences, more attention to the individual leader and her problems, and fewer county-wide training meetings. The fact that meetings held by leaders increased 111% and attendance 27% is, we believe, full justification for this modification in extension techniques. The quality of leaders' work has definitely improved this year. Also the range of their influence has definitely increased. Smaller group meetings have resulted in reaching the more isolated low-income families, in which the mother finds it impossible to attend meetings held at any long distance from her home. These are the type of families we have been neglecting in the past, and who need this assistance most.

4. Methods of evaluating and checking results. Effort was made this year to strengthen methods of evaluating and checking results. Four major methods are used: Reports from individuals at group meetings, reports of leaders and members regarding results secured in non-member families, reports of agents on results observed during home visits, results of community demonstrations particularly the Keep Growing demonstrations. Success in any of these methods rests upon two things, keeping up interest and persistence in recording results. A heavy program of work increases the need for persistency at the same time it increases the temptations toward negligence. To help solve this problem, organizations and leadership responsibility has been stimulated, and vice-chairmen and leaders asked to assume charge of getting in these records and assist in evaluating them to the community. Agents have been checked on and encouraged throughout the year to maintain their record systems. No other project has as yet reached the efficiency in securing and evaluating results that the Keep Growing community demonstrations have developed. We believe this is due to the large amount of specialist assistance that the assistant director has given to this project. Without specialist assistance in other projects, we doubt that similar results can be secured. However, a real effort was made this year and some progress obtained.



5. Effective office management. No improvement has been secured in regard to this problem. No improvement can be expected until the state extension staff develops a sincere spirit of cooperation on the part of both men and women agents. A revival of weekly office conferences is needed where plans for cooperation between agricultural and home demonstration agents, and the clerical force are worked out and then faithfully carried out.

There is a special need for training in filing methods in both state and county offices. If a well-trained filing clerk could be secured in the state office she could be sent out to the county offices to give training in this important phase of office procedure.

This year's efforts among the home demonstration staff has been confined to tactfully carrying on under present conditions, with hopes that they will improve in the future.

#### E. Help Rendered in Measuring Progress and Results.

Some progress has been made on this important phase of extension technique through persistent effort with the home demonstration agents.

1. Record keeping. Records consist of daily record slips, the monthly statistical report and special project records. Three of the five agents have improved in regard to daily record keeping. All have improved in the use of the monthly statistical reports, although there is still the feeling that these record forms are too complicated and in some respects unsuited to home demonstration work. The three county home demonstration agents, who have fairly adequate stenographic assistance, have developed quite good systems of record keeping. The two district agents are still handicapped by lack of office assistance and by heavy field schedules that prevent them doing adequate work themselves. However, as a whole, there have been some improvements.
2. Surveys and reports on the adoption of improved practices recommended in the program of work.
  - (1) During certain field visits, conferences have been held with the women agents regarding their record systems regarding adoption of practices. Persistent emphasis has produced a gradual improvement. Vice-chairmen of groups have been made responsible for obtaining records from their groups. Leaders and agents have improved in the promptness with which project records are secured at the end of project activities.



- (2) Surveys and reports on adoption of improved practices recommended in program of work. The assistant director has given a large amount of time to assisting agents and committees in carrying on the Land-Use surveys, and evaluating results in terms of Nevada's long-time program. The data on food production has been of special value in relation to the Live-at-home campaign. Although the surveys are as yet incomplete, the statistics so far secured have been compiled and presented at annual meetings and compared with goals. This information is proving to be of decided value in revealing strengths and weakness that should be considered in future program planning. The annual Keep Growing report continues to yield Nevada's best project records. Conditions at the beginning and end of the year's demonstration are tabulated, and the resulting progress shown for each community, and county, and for the state as a whole. Details of how these results were secured are given to stimulate future effort. The compilation of this detailed report involves a large amount of work; however, we believe this annual report is the foundation of the results secured in this project. We only wish there was time available to prepare similar reports for other projects; but without specialist assistance that is impossible.

Results in terms of adopted practices are summarized in the county and state offices and compared to annual and long-time goals. This material is then used as a basis for future program planning.

3. Records of other activities. Special guidance has been given agents this year in regard to Farm Security records. Case records of client families have been strengthened through more detailed reports on home visits. Better coordination of agricultural and home phases of the yearly financial plans has also been developed through conferences between the Farm Security Administration and the home demonstration agents, and the joint use of the complete case file in regard to each family.

Records of cooperation with action agencies and other cooperating organizations have maintained the progress made last year. However, there is still room for improvement.

4. Evaluation of results recorded. At the end of the work year, each project has been evaluated in terms of the percentage of goals reached, the number of families adopting recommended practices and the amount of time devoted to the project. The assistant director then uses this material as a basis for assisting agents and advisory committees to evaluate the year's work. Accomplishments and failures are then used as guides in planning the next year's program.



5. Reports. This year the assistant director made special effort to assist agents in improving both monthly and annual reports. Monthly reports have been reviewed for thoroughness and interest; and strengths and weaknesses pointed out to individual agents. In some instances this has meant helping an agent rewrite a monthly report to illustrate how future improvements could be secured. After project reports are received, the assistant director, either by letter or personal conference, suggests improvements in presentation that should be made in preparing the annual reports. This help has been given not only to improve reports but to assist agents in using these reports to evaluate their results and improve future work.
- F. Assistance given county extension agents in more efficient use of means and agencies.
1. Circular letters. Attention of home demonstration agents was directed toward improving the quality of circular letters. As clerical assistance is limited, each circular letter should perform a definite function in arousing interest, strengthening organization or disseminating information. The quality of circular letters has been improved this year. The number of circular letters was increased 12%, and the number averaged 50 per agent. This means that an average of one circular letter per agent was sent out each week. In a large sparsely settled state such as Nevada circular letters are an excellent means of keeping up interest.
  2. News service. Conferences were held with individual agents on relationships with the local press, and on the objectives and methods of providing effective news service. The long-continued training and guidance given by extension editor A. L. Higginbotham has resulted in a rather high quality of work. All that the assistant director now needs to do is to guide agents in the application of this training to specific home economics extension angles, and stimulate the agents who show indications of neglecting this extension tool. A total of 463 news articles were prepared, an average of 92 per agent for the year. This means that each agent had about two news articles a week in the papers throughout the year.

The publicity scrapbook contest, sponsored by the State Farm Bureau, has proved useful in activating local groups toward their publicity responsibility. That emphasis on publicity has been effective is indicated by the fact that an agent, whose district used to be among the weakest in newspaper publicity, this year had two of her counties win first and second awards in the state publicity contest.



3. Farm and home visits. The emphasis on farm visits that was started last year was continued this year. Attention was directed this year toward improving the quality of these visits in regard to the following points; having a clear-cut purpose, obtaining insight into existing conditions, developing confidence, and suitable presentation of instruction that would stimulate family action in the adoption of practices. To help develop these techniques the assistant director spent considerable time accompanying agents on their home visits. Then immediately after each visit, methods were analyzed and suggestions for improvement developed. As a result 3257 visits were made to 1413 homes; thus more than 50% of rural families in the state, and about 75% of homes in areas having regular home demonstration service received personal guidance through home visits.
4. Office calls. In the past, office calls have been pretty well standardized. Many office calls are handled in the agent's absence by the office clerk, through supplying bulletins, etc., that are desired. If the matter is something requiring the agent's attention, a detailed record is placed on her desk for immediate attention upon her return. Local leaders are encouraged to call at extension offices whenever they are in town to report on their work and to discuss problems that may have developed. Superior families who can profit by verbal guidance rather than actual demonstration, are encouraged to substitute office or phone calls for part of their home visits, in order to save agents' time. Isolated, low-income, and foreign background families are the ones that profit most from home visits. This year agents were requested to select a limited number of problem families for concentrated effort through home visits. The results have proven quite encouraging as the number of office calls increased 11% this year.
5. Meetings. This year group meetings have been used not only to give instruction along some specific project line, but to arouse interest and broaden horizons regarding national problems. A fifteen minute period has been devoted to group discussion of national problems and the various "action agencies", the reason for their existence, their aims and policies, the assistance that may be secured from them and the local cooperation that will help them reach their objectives. Project members then have rendered valuable service by carrying this information home to their families and using it as a basis for family discussion around the dinner table. Questions brought back to subsequent meetings indicate that this "extension" method is really functioning.



Particular attention has been given this year to bringing low-income families into group meetings. As a result there was an attendance of 1534 Farm Security clients at group meetings this year. The number of meetings increased 15% due to extending work to more isolated regions where more and smaller meetings were needed to reach scattered and low-income families. Attendance only increased 8%, but this was to be expected in these sparsely scattered areas. Definite plans were made to fit programs to their needs and to tactfully assist them in applying the subject under consideration to their particular problems.

Tours have been strengthened through more careful planning; home food production and yard improvement have been the two project phases emphasized through tours.

6. Demonstrations. Emphasis on quality and participation in method demonstration has been the main issue this year. Local leaders and project members have increased their participation by assuming more responsibility regarding demonstration preparation, and by assisting in the demonstrations. This has not only saved agents time but has increased interest.

The number of result demonstrations was decreased 7% and effort made to improve the follow-up and quality of results secured.

7. Bulletins. Lack of time for preparation and lack of funds for printing have prevented the publication of any new home economics bulletins for adult work. Short mimeograph material has been used where no farmers or Bureau of Home Economics material was available. Bulletins and mimeographed material have been distributed at project meetings, homemaker's clubs, and at community center meetings to those who come forward and directly request it, after an explanation of the scope and purpose has been given. This is, we believe, the best way of determining real interest and also is a decided saving. Special mailing lists of those who have directly requested this service along definite lines, are also used as distribution means.

Record books for all phases of home economics 4-H club work were revised and reprinted this year, with greater emphasis placed upon the economic phases of project work.

8. Local leaders. The use of local leaders has been strengthened through a more careful selection of leaders, and more consistent training and guidance. As a result, leaders have assumed more responsibility. This is particularly noticeable in the Keep Growing demonstrations where agents' assistance was re-



duced fully one-third this year, although at the same time the results were brought to the highest point yet reached in this project. Leadership responsibility also was increased in home grounds improvement and recreation projects. Here leaders assisted in developing the details of project plans, arranged for and took charge of project meetings and special events, such as community and county contests, tours, flower shows, plant exchange days, also the securing of records.

Local leaders have also given excellent assistance in the presentation of information regarding "action agencies" to both adult and 4-H groups.

9. Exhibits. Due to lack of time and personnel, no separate home economics educational exhibits were prepared. However, the home demonstration work was represented in the Extension educational exhibit displayed at the State Fair.

The home and 4-H departments at the State Fair and the one county fair that is now held in Nevada, were made to serve as very effective educational exhibits through the educational work carried on by local leaders trained by the extension service to act as department supervisors. These department supervisors closely observe the judges during their scoring of exhibits. When the judging was completed, exhibits were arranged to bring out the factors upon which judging was based. Then the department supervisors and their assistants explained to contestants and visitors the reasons for the various awards. This has been found to be an excellent educational procedure.

The same type of exhibit procedure was also used in regard to the various contest exhibits held at state 4-H club camp. Project exhibits have been used also before project groups, at community meetings, and at achievement days.

10. Radio. Due to the very mountainous character of Nevada, the one small radio station located in this state covers too limited an area to give adequate service to rural families. Therefore no radio work is done in this state. Nevada, however, does take part in the Western Farm and Home Hour released from San Francisco. Two home demonstration programs and two 4-H programs were prepared. The assistant director prepared or assisted in the preparation of these scripts.
11. Camps and Short Courses. Only one camp, the State 4-H camp, was held this year. It was unusually successful. During this camp a training conference for local leaders was held. Leadership was furnished by the School of Education, University of Nevada, recreation instructors from the College of the Pacific, California, and the assistant director for home economics extension.



The district 4-H boys and girls camp usually held in southern Nevada had to be omitted because the agricultural agent in one county felt he could not spare the time for it.

An offer was made to hold a women's state camp at Lake Tahoe immediately before or after 4-H camp. However, insufficient registration was received to make fulfillment of these plans possible. The rush of the summer haying season and the long distances that must be traveled seem unsurmountable obstacles to a women's summer camp.

No short courses are held in Nevada due to the crowded schedules of our small University staff, and the long distances and expenses involved in coming to the University or taking the University staff out into the field.

Studies, other than analysis of reports, conducted to determine more effective methods of Extension organization and teaching were not carried on this year.



#### IV. PROJECT ACTIVITIES AND RESULTS:

During 1940 major emphasis has been placed upon Land-Use, Nutrition and Health, and Home Management, within the extension program, and the home supervision of clients under the Farm Security program. 80% of the total time was assigned to extension projects and 20% to Farm Security.

To allow time for intensive work upon Land-Use, project plans were so reorganized to secure better coordination and to eliminate minor, and less essential activities so far as public opinion and family demands would allow. To focus attention on Land-Use home food production and preservation, and home grounds improvement were made sub-divisions of the Land-Use projects.

##### 1. Land-Use

As now constituted the Land-Use project contains the following sub-projects:

- A. A sociological study of existing conditions as regards home and community as they are affected by Land-Use, with recommendations for needed adjustments.
  - B. Food production and preservation, to protect health and conserve cash.
  - C. Land-Use as it affects home surroundings, sanitation, and home grounds improvement.
  - D. Home and community education regarding the aims, and results of Land-Use and County Planning.
- A. Sociological Study: In the fall of 1939 preliminary work was done on determining a basis for a sociological survey to be made as a home and community contribution to the Land-Use and County Planning movement now being carried on in Nevada. Guidance was secured from Mr. Davis MacEntire, Acting leader of the Division of Farm Population and Rural Welfare, Pacific Area; Mr. Cruz Venstrom, Nevada Bureau of Agricultural Economics' representative; the two agricultural extension economists, Mr. V. E. Scott and Mr. L. E. Cline. Conferences were also held with members of the state and certain county extension advisory boards. Based upon these suggestions a survey outline was prepared, suggesting the main points to be considered in regard to population composition and distribution, land tenure, cash and non-cash income, economic stability, housing, sanitation, health, community facilities regarding education, medical service, recreation, and other phases of community life.

As soon as roads opened in the spring, work on this survey was started in four counties, Elko, Churchill, Lyon, and Washoe counties.



In each of these counties the assistant director for home economics and the home demonstration agent met with the county advisory committee and explained the purpose of the Land-Use home and community survey. Then a county committee was appointed to guide the survey. Community committees were then established with members to represent neighborhoods, income levels, and where necessary nationality backgrounds. The assistant director then met with the agent and most of these community committees and guided them in selecting from the survey the factors which they felt had direct bearing on their local situation, and gave training in the methods to be used. The committee members and the agent then continued collecting the desired information with the assistant director returning as frequently as possible. The work progressed very well in three counties, Elko, Churchill, and Lyon counties, with the foundation data being completed in a majority of the communities, and preliminary reports partially prepared. It was found necessary to postpone work in Washoe County, due to the fact that this county decided that it wanted community committees to be composed of both men and women. As a result work was not started until late this fall.

At the present time, 18 communities have completed their preliminary reports (Churchill County 5, Lyon County 3, Elko County 10). We found that it took considerable time to guide these committees in thinking through the problems they encountered. Therefore, as the assistant director was the only person available to give this guidance the amount of her time available was a limiting factor. However, the information that was being secured was felt to be so important that all concerned decided it was advisable to do a good piece of work, even if it took longer than at first expected.

The preliminary report from one community has been submitted to the regional Farm Security office in San Francisco and their staff plans to compile data regarding indebtedness, which we hope will prove valuable in appraising the economic situation. If this proves successful in this community we hope to extend this assistance to other areas.

The completed community reports will be submitted to the communities for approval and possible revision. Then the reports for the entire county will be presented to the county Land-Use committee for its consideration and correlation with the rest of the county Land-Use data.

The women who have acted as committee members have expressed the opinion that these surveys are providing a surprising amount of information and that as a result much more is known regarding these communities. Community-wide interest is being developed regarding the problems that are being brought out, particularly



regarding the variation between living standards and income available for family living. The problem of providing community facilities for isolated areas in regard to roads, education, medical service, and community social life is also developing. Data regarding home food production, housing, and sanitation secured from these surveys have been brought into program planning meetings and are being made the basis for the coming year's program of work.

Extracts from agents' reports, including some of the preliminary community reports are given below.

Lyon County: "The sociological survey for the Lyon County Land-Use program was started in Smith Valley. Three community committees were appointed by the Smith Valley Homemakers Club to work on this program. The committee members were selected to represent each area geographically and according to the income levels. So far as possible all agricultural interests and land tenure conditions were represented on these committees. Where possible a very low and medium income level of farm security clients are represented on these committees. The personnel was as follows: Grantview: Mrs. S. G. Albright, Chairman; Mrs. C. G. Wines; Mrs. Ernest Linscott; Mrs. Ray Tillay; Mrs. C. P. Jones. Wellington and Smith Area: Mrs. Fred Settlemyer, Chairman; Mrs. Walter Gage; Mrs. Herbert Carter; Mrs. Albert Gander; Mrs. Alex Miller. Colony district: Mrs. G. S. Smith, Chairman; Mrs. August Bunkowski; Mrs. Antone Farias; Mrs. E. J. Leveille; Mrs. E. T. Davis.

"At the first of the series of meetings with each of these community groups the general idea of the program was explained and the committee started work on land tenure, the population group, their age distribution, education, and the adequacy of their food production. A general survey was made of the extent of farm and non-farm labor in the population of the valley. At later meetings the above work was completed and the farms classified as to the adequacy of their size, their income and the average of their housing, sanitation, and standards of living as compared to the valley as a whole. These committees now feel that further discussion, particularly regarding farm finance adjustments and the cost of production need to be considered by committees composed of both men and women. The Smith Valley Land-Use map was used in connection with these meetings. Very few suggestions were offered regarding any changes on this map. A summary of the land tenure indicates that better than two-thirds of all farms in the valley are individually owned or are being purchased. This does not take into consideration the degree of indebtedness on these farms. In both Grantview and the Colony there was unanimity of opinion that water costs are too high. In Grantview this goes back to the costs of the Saroni Canal. In the Colony some of the difficulty was, in the opinion of the women, due to the soil which requires an unusually large amount of water. Although here, too, the maintenance costs were indicated as rather high.



"A summary of the work of the three community committees who have worked on a sociological survey of Land-Use in Smith Valley includes a survey of the local community as to: (1) the size of the population, (2) their land tenure, (3) the age distribution, (4) the source of their incomes, (5) the adequacy of these incomes, (6) their standard of living, and (7) their stability.


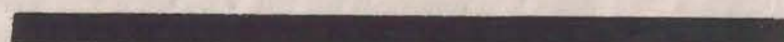




"There are 98 farms, 81 are operated by owners and 17 by renters. The owner operated population totals 325. The renter operated population is 60. Among the farm operators there are 8 single men of which 6 are owners and 2 are renters. There have been some changes in farm ownership in the last few weeks, so these figures are no longer accurate. Also there are about 60 men employed steadily on these farms, and an additional 170 who have seasonal employment during part of the year. This last group is very largely transient.

"In the non-farm group there are 35 homes; 18 are owned, and 17 are rented. In this group are 3 bachelors -- all home owners. This non-agricultural group is employed in the schools, the garages, the stores and other places of business, or work for the county, for the Soil Conservation Service, for oil companies or in some private enterprise and on farms.

"Age distribution indicates that 11% of the population are under school age, 24% are attending grade or high school, 10% are in the older youth group; 1/3 of these are in college and the rest out of school but all primarily dependent on their parents for their support with the exception of one teacher. Among the family groups, 20% are between 25-40 years, 28% are between 40-60 years, and 7% are 60 years or over.

"Graphically this appears as follows:

1/8" equals 1%

-- 6 yr		11%
6 - 18		24%
18 - 25		10%
25 - 40		20%
40 - 60		28%
60 -		7%

"Income source figures indicate that among the farm families, 65 families or 71%, get their moneys entirely from the farm; 11 families or 12% get over half of it from the farm; 11 other families



or 12% get it from farm labor; and the remainder get most of their income from non-farm labor, pensions, or investments. The older youths, not in college are employed for the most part at non-farm labor. Also, in this area the 41 non-farm families and 3 bachelors look to both farm and non-farm labor for their livelihoods.

"The adequacy of income is as follows:

Owner operated:  
 Good - 23 or 23%  
 Fair - 37 or 38%  
 Poor - 21 or 21%

Tenant operated:  
 Good - 1 or 1%  
 Fair - 7 or 7%  
 Poor - 9 or 10%

Non-farm families  
 Home owners:  
 Good - 3 or 9%  
 Fair - 9 or 26%  
 Poor - 6 or 17%

Non-owners:  
 Good - 5 or 14%  
 Fair - 2 or 6%  
 Poor - 10 or 28%

"Home food production; i.e., gardens, are produced in adequate amounts by 52 homes (4 of which are non-farm) and an additional 25 homes, all farm, supply their own meats, dairy products and poultry. About one half of the homes producing an inadequate food supply are in the lower income level.

"There seems to be no serious land tenure problems in this valley. The population is stable and has been for the past six years. The age distribution of the rural people seems average. However, adjustments are needed if income needs are to be met. Twenty Farm Security client families are represented in this group. Two farms, tenant operated, have recently been purchased from the Federal Land Bank for investment purposes by people from California.

"This work is incomplete. Recommendations to the county committee should be made. Goals or objectives need to be set up, and social problems need further study. The members of these committees feel that consideration of these problems should be deferred until such time as a community committee composed of both men and women can consider the problem. Certainly this work has opened the eyes of community leaders to the needs for further work in this valley."

Elko County:	Goals	Results
"Communities or rural areas involved	<u>18</u>	<u>10</u>
Local leaders	15	22



Farm families cooperating  
Conferences

210  
4

267  
19

"Before this project was started it was decided that the women in the rural areas of Nevada should make a sociological study of existing conditions as regards home and community life as they are affected by Land Use, with recommendations for adjustment.

"The purpose of this project is to stimulate family and community interest and cooperation as a means of improving economic conditions and conserving cash. It is a cooperative project of the Bureau of Agricultural Economics, A.A.A., Soil Conservation Service, Farm Security Administration, Farm Credit Administration, Agricultural extension economists and agricultural agents.

"When this project was started in Elko County, women from all over the county were asked to come into Elko for an all day meeting. At this meeting held in March, Mrs. Buol, Assistant director of Extension Service explained the project. A County committee was organized at this time. 22 committee members and the agent held 19 meetings to survey 11 areas of this county.

"The procedure after the county committee meetings was to hold a conference with local committeemen, explain the questionnaire used, why it was used, etc. This questionnaire gives the number of individuals living in a community whether they are ranchers or not, whether they own their own property or not and what their status is to the property such as tenant, etc. In addition it gives the number of individuals by age groups, how the living is gained, about vegetables, fruits, milk, poultry products, meat, what type of house the individual lives in, whether income is considered secure and whether there is yard improvement or not. When the committee men learned how to fill out this questionnaire, an outline for a narrative report was given out and discussed. Questionnaires gave material for the narrative report. Besides the filled questionnaire most committeemen are now using their own narrative regarding their community life and also their problems. The chief problem developing from these reports seems to be education of the young, especially those of High School age. Sending a child to high school costs from \$400 to \$600 a year. A ranch must be good to stand this extra expense.

"These 22 women surveyed 232 ranches and 37 other homes which were mixed in with the ranching communities. This involved 935 individuals. 361 or 69% of these ranches are owned by individuals living on them, 31 or 13% are owned by absentee owners, 10 or 4% are owned by Institutional Livestock outfits, and 23 or 9% are run by tenants, 11 or 5% are run by managers, 16 or 7% are run by laborers. 173 or 74% of these ranchers get all their living from Agriculture.

"In addition to the above the Agent visited the O'Neal district. In a distance of 100 miles she found six ranches. Only two of these ranches raised gardens. This survey will be completed next year.



Summary of Home Food Production taken from Elko County Land-Use Survey.

Community	No. ranches and homes surveyed.	No. individuals on ranches and homes	Total gardens	Adequate gardens	fruit	milk	poultry & eggs	meat	Adequate gardens milk, poultry, eggs & meat supply
Clover Valley	17	48	14	14	15	14	15	16	13
Lamoille	57	179	45	44	45	43	48	38	33
Lee	38	149	13	13	18	18	18	17	11
Jiggs	25	67	18	13	9	16	19	17	8
Metropolis	20	72	10	8	3	14	17	15	7
Rowland	13	44	6	2	3	7	8	7	2
North Ruby	13	65	13	9	7	7	18	8	7
South Ruby	15	50	14	13	14	14	15	14	12
Starr Valley	35	151	29	21	19	31	30	28	26
Tuscarora	36	110	10	7	4	19	21	19	2
<b>Total</b>	<b>269</b>	<b>935</b>	<b>172</b>	<b>144</b>	<b>137</b>	<b>183</b>	<b>209</b>	<b>179</b>	<b>121"</b>



Churchill County: "Home and Community Survey of the Union and Northam Neighborhoods. (Union District is a fairly prosperous area)

- "1. Area Considered: The Union community starts one mile from the county seat of Fallon, and extends eight miles south.
- "2. The people: There are 93 family units with 316 members living in this area -

26 or 8% are pre-school children  
 94 or 29% are school children  
 23 or 7% are older youths  
 45 or 14% are young adults under 40 years  
 104 or 33% are middle aged  
 24 or 7% are elderly, over 60 years.

"This is about the average age distribution in this county. Therefore, age does not seem to be a factor in the Land-Use in this section.

"The population has had few changes in the past five years. A large majority of the families in this district have an American background. There are only 9 or 10% having foreign background (Italian and Portuguese).

- "3. Land Tenure and Sources of Income:

Of the 89 farm families in this area,  
 66 or 74% are owners  
 20 or 22% are tenants  
 3 or 3% are farm laborers.

"There are also 4 non-farm families occupying houses in this area. Besides this, 10 laborers are hired for most of the year, and 26 temporary laborers during haying season. 64 or 70% of these farm families get their entire living from agriculture. 25 or 30% get part of their living from part-time agricultural income. 15 or 18% have some kind of non-farm income. 3 have WPA work, 3 work in stores, 2 are teachers. Others are employed by the county, an oil company, the irrigation district, etc. Of the 4 non-farm families, 3 work for the experiment station and 1 is a carpenter.

"As stated above, the population is fairly stable. When the banks failed in 1932 a number of farms were lost. However, these were mostly purchased by local families or by young people just starting out. In the past 5 years there have been few changes. There are about 6 or a little over one-third of the rented farms that change tenants frequently.

- "4. Land-Use and Its Effect on Income: The land in this area is considered decidedly above average for the Fallon district. A high percentage is under cultivation. However, there is still a small amount to bring in and if brought in, it would help increase the farm income.

"Non-Cash Income:



91 or 99% of the families in this area have  
their own milk supply

79 or 85% have gardens

65 or 70% have orchards

77 or 83% produce their own poultry and eggs

51 or 55% produce their own meat

"It is felt that gardens could be increased some and there could be a considerable increase in orchards and orchard care. A large amount of the fruit is wormy and it is a question of whether or not spraying would pay.

"Lack of meat preservation is a big difficulty. A community freezing locker system is needed but there is lack of public support for the idea. There is some use of meat rings.

"Housing, Sanitation, Etc: As a whole, housing and sanitation is not adequate. 80 or 86% have adequate space as far as bedrooms are concerned.

"Electricity is universal as it was put in on a district basis.

"Only 27 or 30% have bathrooms and only 36 or 40% have sanitary sewage disposal.

39 or 42% have running water.

Many homes need to be repaired and painted.

56 or 60% have improved yards, at least  
trees and grass.

"Production Expenses and Conditions: The committee felt that overhead expenses were a serious problem. Water charges vary from \$22 to \$60 an acre. Drainage expenses increase as construction charges go down. Leveling expenses are high--up to \$100 an acre. Machinery prices are high in relation to farm prices. Labor at \$2.50 a day, with hay at \$5.00 a ton. It is estimated that it costs \$8.00 a ton to put up hay. Even feeding hay to livestock fails to give profit.

"In some cases more effective use might be made of family labor. However, it was brought out by committee members that, quoting - "One family has large land holdings, could easily use labor of the son in the family, but he preferred to work at a technical job in California for which he received  $62\frac{1}{2}$ ¢ per hour and his parents agree with him".

"As a whole, although the committee felt this area was better than some around Fallon, still it was felt that the area was declining. Weeds are increasing, alfalfa stands are not staying and the fertility of the land is decreasing. Beef cannot be fattened on alfalfa now without grain. More fertilizer is needed, but still many do not spread manure. Rotation and diversification of crops and pasture improvement are also needed. It was also felt that more actual acreage might be brought under cultivation.



"Living Standards: The committee felt that only 27 or 30% of the families in this area, or 24 or 27% of the agricultural farms in this area had an adequate standard of living.

"An adequate standard of living was defined as one allowing a high school education for children and a goodly proportion with some advanced education (possibly one-fourth), a car and adequate housing including sanitation, running water, repairs and paint.

"The average family in this area has around \$500 cash for living expenses. Even with this low expense for family living they have difficulty in meeting interest, mortgage payments, taxes and financing expenses.

"Income is not stable from year to year, but as a whole is pretty fairly divided through the year, due to the fact that nearly everyone has a cream check.

"Even at the present inadequate level of living there is a goodly proportion of families in an unstable financial condition.

Owners, agricultural income	42	stable	10	unstable
Tenants, " "	5	"	8	"
Owners, part- " "	12	"	3	"
Tenants, " "	3	"	4	"
Total	62	stable	25	unstable

13 or 15% have Farm Security loans. There are also 3 laborer families, all insecure.

"It was felt that a satisfactory living cannot be maintained on the present income. Also that there was no effective adaptation that could be made to the present income.

"5. Home and Community Life: There is little local vocational outlet for the youths of this area. Most older youths leave the ranch. Lots of them go into mining and construction work. Some take jobs in town. The excellent vocational training given by the county high school has been of great assistance in this vocational problem. A few work on other ranches and a very few stay with their families. More brothers are working together than fathers and sons.

"As far as community life is concerned there is a Farm Bureau center which meets in the community hall. Here community meetings and some dances are held. There is also a homemakers club and 4-H clubs. The school is consolidated with the town and the children go in by bus. Church and fraternal activities are carried on in town. There is also a women's card club in the district and some belong to similar organizations in town.

"Roads are gradually improving and are now pretty good. This has increased social contacts with the town.



- "1. Suggestions: Gardens could be improved, and orchards both increased and improved, but spraying would be required.
- "2. Meat supply also could and should be increased.
- "3. Freezer lockers are needed to store meat.
- "4. Crop rotation, fertilizer, and pasture improvement are also needed.
- "5. Provide better sanitation - running water, bathrooms and sanitary sewage disposal.
- "6. Continue Yard Improvement work.
- "7. Provide better farm buildings and more machinery, for taking care of the necessary farm labor."

"Northam District Neighborhood (A depressed area)

- "1. Area Considered: The Northern community is situated along the Swingle Bench and along the Carson River below it, twelve miles from Fallon. It covers an area of about 39 square miles.
- "2. The People: There are 33 family units living in this area, 27 families of two or more people, 4 "bachelors", or single men, all owners, 2 elderly persons, a man and a woman who have small cabins on another person's farm.

"Age Distribution: The total population is 104, distributed as follows:

14 or 14% pre-school children  
 38 or 37% school children (81% of the children were in Good Nutritional Condition at close of school last year.)  
 3 or 3% older youths  
 17 or 17% young adults under 40 years  
 30 or 29% middle aged  
 10 or 9% elderly, over 60 years.

"These people are largely entirely American stock, but there are 5 or 15% of Italian or Portuguese families living along the river bottom. These have very little to do with the rest of the community.

"The population has been declining for the past 15 years, due to poor land and shortage of water.

"3. Land Tenure: Of the 31 farm operators, 17 or 55% are owners; 14 or 45% are tenants. There are 2 hired laborers on a year around basis; and 10 temporary men are hired during haying season. Four tenants and one owner get part of their income from non-agricultural employment, 4 work on WPA, and one is the ditch tender. Two elderly persons live on investments. Therefore, a large majority of the people in this area get their entire living from agriculture. Tenancy is increasing as the owners fail or leave to enter other livelihoods.

"4. Land-Use - Its Effect on Income:



## Non-Cash Income

- 30 or 97% produce their milk supply
- 28 or 90% produce their poultry and eggs
- 27 or 87% produce vegetables
- 24 or 80% produce their meat and fruit

"This means that 80% produce a large majority of their food supply, as much as the climate and soil condition will permit. This high food production has been a great help to this area and one of the big factors that enabled these families to hang on in their present situation. However, there is still room for improvement.

"Cash Income: The cash income is low and has steadily declined over a period of years. One instance given that the committee thought typical was a gross cash income of \$2700 that gave only \$300 cash for family living after all operating expenses, taxes, interest, etc., were paid. The committee felt that \$300 a year free cash was about the average income and some had less. This was considered a decidedly inadequate income. For instance, testimony was given that it cost \$125 a year to send a child to high school. (This includes extra clothing, organization fees and a number of recreation and student activities.)

"Only 10 or 33% of the families in this area were considered to have an adequate income.

"Housing was adequate as far as having bedrooms was concerned, but the condition of the houses was far from satisfactory. Therefore, the houses are in a bad state at the present time. There has been no money to repair or paint and the original construction was quite temporary.

- 11 or 33% have some form of sanitary sewage disposal
- 10 or 30% have running water
- 6 or 20% have bathrooms
- All have electric lights because it was voted into the district
- 22 or 66% have some yard improvement, trees, grass and a few flowers.

"To have an adequate standard of living including a car, high school education, repairs for the home, running water, sewage disposal, medical attention when needed, would take \$1200 cash income a year, the committee finally decided. It was felt that only 10 or one-third of the families had anywhere near an adequate standard of living and the highest of these was very likely from \$500 to \$750 a year.

"Even at the present very low standard of living only 15 or 48% were felt to have security; i.e., would be able to keep on as they were going. It was felt that the other 52% were in an uncertain position if something did not occur to improve their situation.



"The income has been steadily decreasing through loss of fertility in the soil. It is fairly stable during the year as most families sell enough cream and eggs to have a small monthly income or trade at the store for groceries, etc.

"Reasons for Present Condition: Loss of fertility is felt to be the basic reason for the present situation. Most of the land was in alfalfa for twenty years. Crop rotation is certainly necessary, but a cash crop is needed to replace alfalfa. Then when other crops have been grown for three years and most fertility has been developed, the problem of replanting to alfalfa is a big one due to the expense involved. Also the results are uncertain, a uniform good stand is hard to get. It is also a question of how long the new fertility will last.

"The present land will not produce enough hay for the present amount of livestock that is being raised. They must either improve feed or reduce livestock. What little income they have will then be reduced. The actual acreage under cultivation is large enough on the majority of ranches. Effective use is made of family labor.

"Machinery costs are very high. Most of the machinery was purchased when this area was first settled and hay was selling for \$22 a ton. Since then old machinery has had to be patched up or operators have gotten along without the tools they needed. This has been a factor in low returns.

"There is a high debt load (mortgages) which most ranchers are finding it increasingly difficult to meet.

"1940 ends the power construction charges so that will save about \$30 per year on taxes.

"Taxes aside from construction charges are not considered high. As construction charges go down, other charges seem to be added and so little or no relief seems to be gained.

"As a whole, Northam district seems to be sliding backward. Few families are now moving out because they do not have the means to carry on. At present there are seven abandoned farms. The bank owns one place. Part of another ranch was resold. The Chamberlain ranch has recently been resold to L. D. Oar. The one recent improvement is that the Boca Dam will insure water to the Swingle Bench which in the past has suffered severely from drought.

"5. Community Condition: As far as community life is concerned there is a good two-room rural school. Community center meetings are held occasionally throughout the year. Boys and girls 4-H club work is carried on. School busses furnish transportation to Fallon High School for high school students. Vocational training offered is excellent.



"Roads are gradually improving. Thus social contacts with Fallon -- such as churches, fraternal organizations, swimming pool, theatres, etc., have increased in recent years.

"Suggestions

1. Crop rotation to increase soil fertility.
2. Diversification.
3. Increase in prices of farm products.
4. Better irrigation methods to help reduce highwater table and to help prevent over-irrigation.
5. Installation of bathrooms, running water and sanitary sewage disposal.
6. Continue yard improvement work on majority of ranches."

B. Home Food Production and Preservation: The Live-at-Home campaign was used this year to emphasize the fact that home food production comprises an important factor in Land-Use. Through homemakers clubs, project groups, 4-H clubs, community meetings and family conferences interest was stimulated in regard to the use of land as a means of adding to family income, conserving cash and protecting family nutrition and health. The amount of land needed to provide meat, dairy and poultry products, vegetables and fruits was considered; also the types of land and water available. Home food production and preservation, budgets based upon family composition were worked out. Special emphasis was placed upon Nevada's standards for an adequate diet; i.e., four green leaf vegetables, three root vegetables, two pod vegetables, and three miscellaneous vegetables, including tomatoes wherever they will grow. Progress was also made in the planting of small fruits and berries suited to the short growing season and water condition of this state. In the southern section the winter gardens and the quantity of produce secured was increased. Work in variety lists of vegetables and fruits suitable for the widely varying conditions that exist in Nevada in regard to cultural practices was given by home demonstration agents, assisted by some of the agricultural agents. Result demonstrations to test out new varieties were located in different areas. The Texas frame gardens were tried on a result demonstration basis. Mr. Mark Menke, who acts as a part-time extension horticultural specialist, prepared two garden bulletins, one for adults and one for 4-H club work. These are proving a decided benefit. Exhibits of garden products were held in homemakers clubs, and at county and state fairs.

Work continues to improve quality and increase quantity of home preserved foods. All members of homemakers clubs, project groups and 4-H food preservation clubs made out a food preservation budget. Method demonstrations of canning and storage techniques were given supplemented by home visits. Guidance was given in the establishment of the LDS (Mormon Church) community canning center in Clark County. Improvement in storage techniques and facilities made decided progress this year.



## FOOD PRODUCTION AND PRESERVATION

(Summary of state results based on statistics for four agents only, the fifth agent resigned in September and statistics for her districts were not available)

	1939	1940	%Change
No. families producing and preserving home food supply according to annual food supply budget . . . . .	1035	793	- 23
No. families assisted in canning and otherwise preserving fruits, vegetables, and meats. . . . .	894	871	- 2
No. quarts canned by these families. . . . .	173,566	173,845	+ 0.2
No. other containers of jam, jelly, and other products . . . . .	32,028	37,990	+ 18
No. families following recommendations regarding storage. . . . .	676	718	+ 6
Estimated value of all products canned . . . . .	\$57,307	\$59,721.50	+ 4

Excerpts from agents' reports are given below:

Washoe County: "The Live-at-Home project started in 1933 has been continued each year. As the name implies the purpose of the project is to produce as much of the food supply as possible on the ranch. The cash income from the farm can then be used for other living necessities. The family health will be better because better meals will be served. The family will eat more fruits and vegetables when they grow them in their garden and have them on the pantry shelf for winter use. One hundred fifty families adopted the Live-at-Home program this year. One hundred sixty-three families made out food budgets for the year. The board of directors of the Washoe County Farm Bureau and the executive committee of the Homemakers clubs offered cash prizes for the best Live-at-Home plans presented this year.

"Nine communities in Washoe County took part in the food production and preservation project again this year. The work was carried on by homemakers clubs, 4-H club members, and Farm Security clients and others who cannot attend regular meetings. We have some very fine back-yard vegetable gardens in Reno, Sparks, and Verdi that furnish the family summer vegetables and fruit and some canning. The number of families interested in producing as much of the food supply as possible is gradually increasing. In 1931 we had listed 27 adequate gardens. In 1939 the number had grown to 134 and the 1940 report shows 150 adequate gardens or an increase of 113 or a 75% increase.

"The food production and preservation project requires a great deal of encouragement from the agent and many home visits. The growing season is very short. The last killing frost in the spring may



be expected as late as June 16th and the first killing frost in the fall in September. In some communities the frost comes in July and August. However, this year the fall frost did not come until late October. The water supply was ample in all but one community. Many different types of soil are found in Washoe County and it is impossible to grow the same type of plants in all communities. The Farm Bureau directors have asked that a soil survey be made but so far it has not been made because of lack of funds.

"Each year the work is continued of finding the varieties of fruits and vegetables that grow best and mature in Washoe County. In the fall the homemakers are asked to report on the varieties they grew in their garden. In the spring a list is given at the meetings and the early maturing varieties are always encouraged.

"The tomato test plots are being continued. The June Pink, Earliana, Mariglobe and Bonny Best were found to mature in the short season. This fall the tomatoes did not ripen until September. The late frost is all that made it possible for them to mature. The wilt destroyed many entire gardens. A new variety of tomato was tried this year. The seed was obtained from the Minnesota Experiment Station. The variety is known as the Iron Range tomato and it is a quick maturing variety. The seed was given to 11 cooperators, in four communities. The seed was planted in hot beds March 25, March 27th and April 4th. The seed germinated quickly and the plants were sturdy. The tomatoes started to ripen as early as August 4th, August 21 and August 28th. The plants were full of tomatoes but they were very small.

"Green leaf vegetables were given to three cooperators to try in a frame garden. Frame gardens were made 15 feet long and 5 feet wide and covered with canvas. The following seed was planted April 5: chard, spinach, mustard, radishes, lettuce and escarole. Check test plots were planted at the same time in the garden. Mustard and lettuce from the frame garden was ready to use as a salad May 6th. May 13th the radishes were almost ready to eat. The vegetables planted in the open garden grew as fast as the ones in the frame garden. More tests will have to be made before any conclusions may be drawn.

"Six very fine frame gardens were grown in Empire (a community in northern Washoe County). The gardens were from 6 to 8 feet long and not more than 3 feet wide. In this community the soil is alkaline and all that is used for the gardens has to be hauled in. The water supply is scarce too. These gardens mean a great deal to the people in the community because they are far from the local market.

"The fruit supply for home use continues to increase each year. Blackberries, raspberries, gooseberries, currents, and straw-



berries can be depended upon to produce unless we have a very late frost. Youngberries, loganberries and boysenberries are not suited to this climate. Peaches, apples, pears, and plums mature most years. This year 117 fruit trees were planted and 1,460 berries put out. The flavor and quality of the fruit is very good and is preferred to the fruit shipped in.

"The experiment station soil tests show that the soil in Washoe County is low in phosphorus. A carload was brought into the county for field crops. Five cooperators were given a small amount of treble super phosphate to use on tomatoes. There is nothing to report because the check plots were not given good care."

Churchill County: "Special assistance was given 57 Farm Security clients in urging them to plant gardens adequate for their family needs and to can and store as much of their food supply as possible to help reduce food costs. Some of the reports were as follows:

"Family of four people - canned 650 quarts, which included 300 quarts fruit, 100 quarts vegetables, 100 quarts meats, 80 quarts jams and jellies and 70 quarts pickles. Stored 1,100 lbs. vegetables and potatoes.

"Family of seven people - canned 855 quarts as follows: fruit, 350 quarts; vegetables, 175 quarts; meats, 100 quarts; jellies and jams, 80 quarts, fruit juices, 110 quarts; pickles, 40 quarts. Stored 1200 lbs. potatoes and 600 lbs. fruits and vegetables. This client placed a value of \$375.00 on the food products canned and stored this year."

Clark County: "Food production, to be effective, must be supplemented by food preservation. A number of pressure cookers have been tested this year. Each rural community now has a community cooker for use in the community, and there are two owned by the Farm Bureau, which have been loaned out to twenty-five families in Moapa and Virgin Valleys, Moapa Valley, through the LDS Security Program service, has established a community canning center with a large steam pressure retort. Here 10,000 cans of asparagus, 1400 cans of corn and about 300 cans of string beans have been canned for home and community use and for the use of some other communities. Canning techniques have been carefully checked in all rural communities to be sure safe and efficient procedures are being used. Particular attention has been given to all Farm Security clients to have them make out and fulfill an adequate canning budget and to see that they use good canning methods. It has been a decided factor in reducing their cash living expenses, and promoting better health."



C. Home Grounds Improvement: As stated above home grounds improvement was this year made a part of the Land-Use project. This change of emphasis from horticulture to the Land-Use has resulted in an increase of interest. When programs of work were being planned presentation was made of the aims of Land-Use and the correlation between home grounds improvement and Land-Use carefully brought out as a means of increasing the non-cash values of farm family life. Then, in project group meetings the ideals basic to Land-Use were again emphasized through group discussion of such topics as the amount of land that it was legitimate to devote to the homestead lot, the problem of securing water for this use, the increased land values that result from well-planned and well-tended grounds, the non-cash contribution which attractive surroundings make to family and community life. The safeguard to health through improved sanitation and the removal of safety hazards were closely correlated with the work of the Sanitation Division of the State Board of Health, the Farm Security environmental grants and the Red Cross campaign in behalf of home safety.

Project methods used were result demonstrations in home grounds planning, variety tests, seed and plant exchange days, project instruction meetings conducted by the home demonstration agents and in some instances by the agricultural agents, tours of inspection to result demonstrations, and yard improvement contests and flower shows sponsored by Farm Bureaus and Garden Clubs.

A considerable part of this work was carried on through garden clubs, which are the outgrowth of previous home grounds improvement project groups. These clubs now assume practically all responsibility for project organization, leadership, plant and seed exchange days, tours, contests, and flower shows. They also arrange for group instruction meetings, furnish a considerable amount of instruction from among members specializing in specific garden skills, and arrange for other instruction from the extension agents. Extension agents' responsibility is now largely confined to assistance in developing project plans, organization consultation, leadership guidance, and the supplying of technical information and instruction on the new phases taken up each year. These garden clubs thus function as permanently organized project groups. Through the responsibility which they assume and the intensive promotion which they carry on they are rendering an excellent service to both rural and urban areas, and to the extension service through conservation of agents' time. These garden clubs are a very effective means of reaching a wide cross-section of the population, in fact, membership in these groups reach into all levels of income, and all types of folks. They are doing much to weld together town and country folks in a common bond, and broaden the interest of all. At each meeting attended by extension agents, time is taken to explain the function of the Agricultural Extension Service, its relationship to the U. S. Department of Agriculture and the University of Nevada, how extension work is financed, and the services it renders to both



rural and urban people. As a result of this exposition contacts made through the garden clubs often lead to request for assistance with other problems. This year these garden clubs have been used as an additional means of arousing interest in Land-Use Planning, and there are indications that the interest and influence of these groups may later be utilized in helping to solve some of the rural and sub-urban zoning problems that are developing in connection with present Land-Use studies.

Home grounds improvement work has been closely coordinated with the environmental grants of the Farm Security Administration and the rural sanitation work of the State Board of Health. Farm Security client families receiving environmental grants have been given guidance by the extension agent in carrying out the provisions of the environmental grants so as to secure the greatest benefit. The relocation of privies, and protective drainage for water supplies has been utilized as an opportunity to work out a basic plan for a long-time yard improvement demonstration. The work agreements signed in connection with the grants have been used to improve fences, walks, drainage, remove hazards and trash. Screening improvement has in most cases lead on to repair of steps and porches. The clients have been invited to attend plant and seed exchange days and garden groups have been most neighborly in sharing these supplies with them and giving personal guidance in these new ventures at yard improvement. The results are apparent not only in the improved surroundings, but in the increased morale of the family, and then greater participation in community activities.

Considerable assistance is given municipalities, of school districts, churches, auto courts, etc., in their landscaping problems. There has been a small increase in the number of 4-H club projects in home grounds improvement. Also more 4-H members are improving home grounds as a part of their home service work.

Due to the excellent cooperation given by project groups, garden clubs, etc., the same amount of time spent by agents this year has yielded a decided increase in results, as shown by the tabulation given below:

#### HOME GROUNDS IMPROVEMENT

	1939	1940	% Change
No. days agents' time spent.....	36 7/8	36 1/4	- 0
No. communities.....	32	33	+ 3
No. adult demonstrations conducted.....	519	579	+11
No. farms or homes where fertilizer recommendations were followed.....	22	41	+86
No. farms or homes where insect-control recommendations were followed.....	80	102	+27



	1939	1940	%Change
No. homes where recommendations were followed in the establishment or care of lawn.....	96	101	+ 5
No. homes where recommendations were followed in the planting of shrubs and trees.....	257	209	-18
No. homes where recommendations were followed in the treatment of walks drives and fences.....	62	79	+27
No. homes where recommendations were followed in improving the appearance of exterior of house or out-buildings.....	191	253	+32
No. farms or homes where disease-control recommendations were followed....	87	95	+ 9

Excerpts from agents' reports are given below:

Elko County: "In 1928 a yard improvement project was started in Elko County. It was planned on a five year basis. Committee work in planning a yard improvement contest was most interesting. The yard improvement project was completed in 1933. But there was still a great desire for this type of project. So, at the instigation of a few intensely interested individuals a garden club was formed in 1935, the county extension service assisting in this organization. It was decided Mr. Mark Menke, county extension agent and state garden specialist should act as technical advisor and Mrs. Helen Tremewan should take care of organization problems. This has worked out very satisfactorily. The purpose of the club is to improve the localities in which they live either by a community project or as individuals. To do this much studying must be done on growing problems. For this reason, the garden club is really a study group. This club is the most cosmopolitan group found in Elko County. Dues are 50 cents a year. Rich and poor alike meet here and think nothing of their financial status. As great consideration is given to the ideas of an individual in poor circumstances as to a person in better circumstances. There is plant and seed exchange twice a year.

"Early in the club's history the management of the Elko County flower show was turned over to the club. The Elko County Fair board furnishes all the prizes because the flower show is part of the Elko County Fair. However, the flower show is held a different date than the fair, because the fair is held at too late a date for flowers. When the management was first turned over to the club, the agent trained the exhibit committee superintendents, etc. The exhibit committee learned how to prepare the premium list from year to year until the past two years the committee was able to prepare the premium list without aid of the agent. This past show the committee put on with very little help from the agent. The agent took a vacation during the show. In every respect, the show was a complete success.



"The flower show is the culmination of a yard improvement contest, and is managed by the club. Final awards are made during the flower show. Plans for the type of contests, rules, amount of prizes, etc., are all determined by a committee from the club. They also select judges. This yard improvement committee only confers with the agent when advice is needed. This past year there were three types of contests; i.e., town, commercial and rural. Each one of these contests were broken up into non-improved yards, semi-improved and improved yards. One requisite was "before" and "after" pictures which are displayed at the flower show. There were 33 individuals who entered the town contest from Elko, four in the Commercial contest from Elko, and six in the rural contest from Tuscarora, Lee and Lamaille. The garden club started the spring flower show this past year. From entries brought in, they are working out a premium list for next year. Ribbons only were given for prizes. There were some 80 entries. Local individuals acted as a judging team.

"The local Land-Use committees found the following regarding yards in rural communities. Only 99 ranches out of 232 surveyed had some form of yard improvement such as trees and grass. This is only 42%. In other words, much work needs to be done on this."

Churchill County: "A list of trees and shrubs best suited to the soil and climatic conditions in this county was obtained at the Agricultural Experiment Station located in this county. This information was the result of 20 years experiments carried on at the station and proved to be very valuable for landscaping purposes.

"A general clean-up of yards and home surroundings was urged at Land-Use Planning meetings and at other community meetings to help improve the sanitation and beautification of both urban and rural homes. Special attention and assistance was given to Farm Security clients encouraging them to thus improve their homes. In cooperation with the State Board of Health, environmental grants were given to eight Farm Security clients this year for sanitary privies, screens and safe water supply. These clients in turn agreed to clean up the yards, repair fences, remove rubbish and otherwise make a general clean-up of their yards. This was a project very much appreciated by the clients and has greatly improved the sanitary condition of these homes."

D. Home and community education regarding the aims of Land-Use and County Planning: County and community meetings, homemakers clubs, and project groups have all been used as a means for educating the general population regarding the purposes of the Land-Use and County Planning program. Nevada feels that there is no phase of the extension program that does not have some relation to Land-Use. Therefore, these educational presentations have been made at all types of meetings, both rural and urban, and the inter-



dependence between the particular problem and the fundamental of Land-Use Planning brought out. The presentation has been made by members of the state extension staff, the BAE representative, and the local extension agents, both men and women. The women enrolled in the various home economics extension activities have been solicited to act as local "extenders", to carry this information back to their home and local groups. Emphasis has been placed upon the service they can render in developing attitudes through tactfully leading discussion of the problems involved, when their family are gathered around the table at meals, and with neighborhood groups who meet for any purpose. The women have shown a real interest in Land-Use problems because of the hope it will hold out for solving the serious economic problems facing their families and their state. There is evidence that the mothers of families realize the seriousness of their family's financial problems more than do their men-folks. Therefore, they have taken their responsibilities as home and community "extenders" of Land-Use information quite seriously. This type of family and small group discussion of vital problems has been emphasized in previous work in family relationship and parent education, so the method of carrying on such family guidance was already an established procedure. As a whole, we feel that this quiet effort put forth by the women has had a decided influence in developing interest and a cooperative attitude, and has paved the way for future family and group adjustments that may have to be made.

No records have been kept in regard to the time spent or the specific results secured. The reason for this has been that much of this work is done incidentally, when other subjects seem to be the main purpose. Therefore, agents' time is accredited to the main purpose. Also no detailed report was requested from the women for fear of making families self-conscious and arousing antagonisms. The foundation of this type of education is a spirit of mutual confidence and unself-conscious enthusiasm. The results cannot be tabulated, but are clearly shown by the follow-up questions and comments that develop at subsequent meetings.

Churchill County: "The home and community education phase of the Land-Use Planning program included an explanation of the aims and purposes of Land-Use and County Planning. These aims and purposes were presented at community center meetings, homemakers clubs, committee meetings and to older 4-H club groups. Plans were outlined as to what was being done and some of the results that might be accomplished. The Bureau of Agricultural Economics representatives, Extension Economists and Assistant Director for Home Economics Extension assisted in the educational work by helping set up the survey basis, advising on field methods and assisting with interpretation of results. In cooperation with the above agencies including representatives of the Soil Conservation Service, Agricultural Adjustment Administration, Farm Credit Administration, Farm Security Administration, and irrigation district also assisted in arousing interest and cooperation in Land-Use problems and policies by furnishing material and information to people in the county."



## 2. Nutrition

The nutrition project is one of the five major projects carried on in Nevada. From the standpoint of persons reached and practices adopted it is the most successful type of extension work in the state.

The project is divided into five phases, Food Production and Preservation, Food Selection and Use, Community Keep Growing Demonstration in School Child Nutrition and Health Habits, School Lunches, and Special Dietary Problems.

**Food Production and Preservation:** This year the Food Production and Preservation phase was transferred from the nutrition project to the Land-Use project, and is reported under that section of this report. Of course, it continued to have a large nutrition content, and was closely correlated with the other nutrition phases. However, the added stimulus secured by emphasis the Land-Use content of food production has, we believe, amply justified this reorganization.

**Food Selection and Use:** There are two main purposes in this project, the safeguarding of health through supplying a well-balanced diet rich in protective foods, and the conservation of cash through the use of home produced foods and consumer skill in the selection of purchased foods. A minor, but still important objective, is the contribution that well-planned and attractively served food makes to family and community life.

This year emphasis has been placed upon a planned family food supply. In connection with the presentation of farm family outlook material emphasis has been placed on the fact that a home food supply is one way of overcoming the lack of parity that exists between what the farm family sells and what it buys. Also, in connection with home management and farm and home accounts, importance has been placed upon the value of a definite plan for the food supply and food costs. This is an especially important problem which ranch and farm families face with the problem of feeding crews. Consumer information regarding grades, sized and quantity buying of food supplies to meet family needs has given assistance in reducing grocery bills. Despite the fact that statistician reports were received from only four of the five home demonstration agents (due to the resignation of one agent) there was a 14% increase in the number of families budgeting food expenditures for the year, and 8% increase in the number of families following food and buying recommendations.

**From the Health Standpoint:** Nevada's standards for an adequate diet were again emphasized through group and personal guidance in menu planning and food preparation. Up-to-date information on vitamins and minerals was prepared by Dr. Penelope Burtis Rice, who continued to act as a part-time nutrition consultant for this department. Training in the use of this material was given during annual extension conferences. Practical application of this knowledge was fostered through menus, and recipes on the use of cooked vegetables, salads, simple milk and fruit dessert and whole grain cereal products.



Special attention was given to meat as a basic Nevada product, and to overcome the protein deficiency physicians suspect in some areas of the state. The Bureau of Home Economics' material in meat cooking was used for this work.

**School Lunches:** All Keep Growing communities were given assistance in solving the problem of the noon meal. In each school a check was made of the children going home to lunch and those eating lunch at school. Then the local adjustments were considered with Keep Growing leaders, sponsoring organization and school authorities. Three methods of supplying hot food at noon at school were used; food brought from home in thermos bottles or pint jars to be warmed at school, preparation of one hot food at schools, and the supplying of a meal at school. Emphasis was also placed upon the need for supervision during the lunch period.

Close cooperation was given to the WPA school lunch project. The home demonstration agents acted as contact agencies between communities needing the assistance and the WPA state supervisor for this project. Keep Growing leaders give assistance in working out local problems and securing cooperation. In isolated areas where enrollment was too small to warrant a regular WPA school lunch, the home demonstration agent and leaders secured data on the number of children in low-income families, and upon their recommendation surplus commodities for supplementary feeding or for group preparation of one hot dish were supplied. In larger communities where a WPA hot lunch was possible, children from low-income families were recommended and information regarding their nutritional condition was given. Agents and leaders also assisted in securing suitable personnel to work in these projects and gave guidance in carrying on the work.

Circulars on school lunches were also sent out to the few very isolated and non-agricultural areas, urging cooperation in the school lunch problem.

**Dietary Consultation Service:** There continues to be a steady growth in assistance requested and given in regard to special diets prescribed by physicians. The home demonstration agents are the only people in most areas who have had special training in dietetics, and who have the means by which up-to-date information on these problems can be secured. One agent who is a graduate dietician and the assistant director (who acts as part-time nutrition specialist), and Dr. Rice maintain a consultation service for the rest of the agents on special problems that arise in connection with the work. Agents give individual guidance to mothers of families having the problem of providing for a special diet prescribed for some member of the family. To supply the food needs of a special diet and not upset the rest of the family frequently presents serious problems. Meal planning, costs, preparation techniques, time, and family attitudes are all involved. Each case presents a special situation and only personal guidance can be of real assistance. We find there is much help needed in interpreting dietary prescriptions, and in helping the home-



maker visualize how family attitudes can be developed and family habits and routine modified. As in most other family problems, attitude is the key to the situation. Therefore, considerable time is spent helping the homemaker in analyzing her situation, devising schemes for developing family cooperation and adjusting her working schedule and method to provide for this new responsibility. Diabetes, infant diets, anemia, and weight control are the most numerous cases handled; however, there is a wide range of problems covered in a year. Both rural and urban families are involved. The extension service appreciates the confidence in the medical profession and these families show in requesting this help, and in as far as time permits will continue to give the cooperation. Requests for this type of assistance was increased 3% this year, and involved 1965 cases.

Total statistics for the nutrition project and excerpts from agents' reports are given below:

	1939	1940	% Change
No. communities in which work was conducted.	72	76	+ 5
No. local leaders assisting.....	119	135	+13
No. adult result demonstrations conducted...	1979	1421	-28
No. community Keep Growing demonstrations...	59	63	+ 6
No. children involved in above.....	2138	2269	+ 6
No. families budgeting food expenditures for the year.....	388	442	+14
No. families following food-buying recom- mendations.....	949	957	+ 0.8
No. families serving better-balanced meals..	1838	1973	+ 7
No. families improving home-packed lunches..	1146	878	-23
No. schools following recommendations for a hot dish or school lunch.....	58	55	- 5
No. children involved.....	2010	1803	-10
No. families following recommendations on child feeding.....	1891	1742	- 7
No. individuals adopting corrective feeding and other special diets prescribed by doctors.....	1893	1965	+ 3
No. days agents' time spent.....	206 $\frac{1}{4}$	247 $\frac{5}{8}$	+20

Douglas County: "The importance of adequate minerals and vitamins for good nutrition has been brought to the attention of the members of the homemakers club, and has been discussed with Farm Security clients during home visits. The homemakers club has, at its regular meetings, considered problems dealing with family living and the costs of foods. The homemakers have been interested in the grades and standards of canned foods found in the market and have discussed the relative food values of home produced foods in comparison with market produce, with particular attention given to the higher protective values of the 'garden fresh' varieties. The cost of



feeding the family when very little food was produced at home, and the degree to which these food costs might be reduced by adequate home production of foods was emphasized."

Churchill County: "Twenty-four method demonstrations were given on planning well-balanced meals, the use of whole-grained cereals, and the use of more milk in the daily diet. One hundred thirty-five families budgeted food expenditures, 686 families served better-balanced meals and 431 families followed food-buying recommendations during the year. These numbers included 57 farm security clients who cooperated in carrying on the live-at-home program. Where the greater part of the food was produced on the farm, those families keeping records were able to keep their grocery bill around \$10.00 a month. The money saved on food was made available for other necessary items. One family of four people reported their average monthly bill to be as follows:

Sugar.....		\$ 3.25
Cereals		
Cracked wheat.....	0.15	
Rolled oats.....	.25	
Corn meal.....	.25	
Flour.....	<u>2.00</u>	2.65
Miscellaneous		
Tea.....	.50	
Coffee.....	.50	
Salt.....	.05	
Spices and vinegar...	.20	
Flavoring.....	.20	
Soda.....	.05	
Baking powder.....	.25	
Soap and cleaning		
Powder.....	.45	
Matches.....	.10	
Cod liver oil.....	<u>2.00</u>	<u>4.30</u>
Total		\$10.20

"This family is firmly convinced that cash can be saved by growing the major portion of its food supply.

"Consumer buying problems were discussed at community meetings and it was agreed that quantity buying for hay crews and large families was more economical than buying in smaller quantities. At Land-Use Planning meetings, the committee members felt that low prices of locally grown food products was one of the chief reasons for such low incomes of many of the ranchers in this valley.

"Assistance has been given to relief and Farm Security families in meal planning and with the selection and preparation of healthful and nutritious foods. Assistance has also been given committee members throughout the year in planning menus and table decorations



for banquets and dinners at homemakers club meetings, fall festivals, 4-H club and Farm Bureau meetings and various church and fraternal organizations."

Elko County: "Question boxes are maintained in which women drop questions to be answered at the next meeting. Many personal problems are touched in this way such as constipation, poor teeth, etc. Often these women are referred to their family physician. No diets are made out unless the individual first consults the family physician."

"As assistant nutrition specialist for Nevada the agent wrote the following bulletins: "Gracious Hospitality", "Pack Train Camp Cookery", "Community Meals". In January a bulletin on the use of a meat thermometer for county agents was prepared. A demonstration on this and the use of the Jelmeter was given at the annual state extension conference.

"Late in December a mimeographed letter was sent to all rural schools in the county encouraging a hot food at noon and suggesting how this might be accomplished. These were as follows: by thermos bottle; by having children bring food for cocoa or soup and preparing it on top of the stove; by bringing food in a pint jar, tying a string on it and putting it in a pail of water sitting on top of the school-room stove to heat. Seventeen schools received these letters.

"In addition to the above seventeen schools, additional letters were sent twenty schools in the Keep Growing project, which served as reminders. The other five schools either had WPA school lunches or went home to lunch. These were Carlin, Wells, Lee, Montello and Contact. Twenty-four out of 25 schools in the Keep Growing project either had a hot food at noon or went home to lunch.

"A hot food at noon for school children certainly has beneficial results in the way of health. Teachers who have tried teaching pupils with and without hot food at noon say that a hot food at noon gives the child more vigor for his afternoon classes. This is often shown by improved grades for afternoon classes. The agent acted in an advisory capacity to the WPA school lunch program. The state supervisor often consults the agent about work in this county, both as where to establish lunch units and what should be served."

Lyon County: "Hot school lunches were prepared and served as a 4-H club project in the Wabuska school for five months of the year. Also supplementary hot lunches were served in the Gallagher school for a portion of the year, but for the most part, both the Gallagher and Barrett schools had hot food brought from home in thermos bottles. Supplies furnished by the Surplus Commodities Division helped materially with the lunches in the Wabuska area. Parents also donated milk, eggs, and other supplies to assist in this lunch. Although supervised lunches are customary there is great need to encourage the hot food. Teachers and members of rural organizations are gradually placing



more emphasis on this need, and it is hoped that before long every rural school in the county will carry out plans for a hot supplement to the cold lunches which the children bring from home. The public health nursing service and the Extension Service have encouraged these efforts and stimulated interest in them whenever possible. The Keep Growing nutrition leaders, too, have helped decidedly in carrying on this program."

**Keep Growing Demonstrations:** Community demonstrations in school child nutrition, posture, and health habit formation was increased 6% in both the number of communities and the number of children involved. Sixty-three communities with 2269 children were enrolled in these demonstrations. All units involved were rural except Fallon, the county seat of Churchill County. As this is a totally rural community as far as interests, and the type of people are concerned, and as its union school district contains a vast majority of the rural children of this county, it is still accepted as a member of the Keep Growing demonstrations.

Due to the heavy schedules, agents' assistance to these demonstrations were decreased one-third this year, and leaders' responsibility increased. In spite of this the best records ever made in these demonstrations were secured this year. The yearly report on this project, which is distributed to sponsoring organizations, leaders, school authorities and county commissioners follow, giving the details of area covered, methods used and results obtained. We consider this the outstanding piece of home economics extension work in Nevada, both for percentage of population reached, and the adoption of practices secured.



The eighteenth year of Nevada's Keep Growing demonstrations has resulted in the best record that has so far been achieved. This is a source of real pride to the 63 communities in 9 counties that have cooperated with the Agricultural Extension Service of the University of Nevada in carrying on these community demonstrations. It confirms their belief that good nutrition, posture and health habits really do increase the ability of school children in Keep Growing. This year 2348 children carried on individual demonstrations with a completion of 96%. They, too, are proud of the good results they have secured.

Ultimate State Goals Raised and Exceeded: For the fourth consecutive year all three of the ultimate state goals have been reached, and this year we are proud to announce that they have been considerably exceeded. Final records this spring showed that 79.99% of the children were in Good Nutritional Condition, only 6.83% were in Poor Nutritional Condition, and 87.69% had Good Posture by the end of the school year. The state goals are to have 75% in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% with Good Posture. Way back in 1922 when the Keep Growing demonstrations were started there were no goals. The state just adopted the slogan "Keep Growing" and started in to see what could be done. Then tentative goals were set, and later raised as the ability to reach them was developed. This year the posture goal was raised from 50% to 75% in recognition of increased posture consciousness and ability, after many years of rather discouraging effort.

Both Annual Goals Exceeded: It is a happy surprise to be able to announce that both annual goals were not only met but exceeded this year. These goals are to have a 5% increase in the number of children in Good Nutritional Condition, and a 5% decrease in the number in Poor Nutritional Condition. This year the number of children in Good Nutritional Condition increased 7.98%, and the number in Poor Nutritional Condition decreased 5.31%. This is a better annual improvement than we now expect, because as nutritional condition progressively improves the rate of improvement tends to decrease. The sudden "burst" of progress this year is, we believe, due to the emphasis placed upon the wise use of vacation. This has been a big help in overcoming the "summer slump" that used to be so discouraging. 72.25% of the children entering school last fall were in Good Nutritional Condition and only 12.12% were in Poor Nutrition. With this excellent "head start" the winter's Keep Growing efforts were freed from the handicap that severe summer weight losses used to impose. Regular eating of simple, wholesome foods, long hours of sleep, afternoon naps, and a sensible limitation of summer activities really have paid. The results of the past five summers indicate that this problem of "summer slump" is really being solved.

Looking back over the year, we believe there are two other reasons for this year's excellent record; one is perhaps good luck, and the other is surely good cooperation. The good luck is the fact that there were no severe epidemics. However, we believe this freedom from epidemics is not really "good luck", but is due to the



campaign against contagious diseases carried on by the State Board of Health, with the assistance of local doctors and the school authorities. This is certainly one example of good cooperation. The widespread home and community interest which sponsoring organizations, such as the Parent-Teachers Association, Mothers' Clubs, Farm Bureaus, Homemakers Clubs, and Relief Societies, have stimulated is another avenue through which good cooperation has functioned. And last, but not least, the devoted service which local leaders have given to these Keep Growing demonstrations has been perhaps the basic factor responsible for the unusually fine results secured this year. May all this cooperation Keep Growing on through the years and help Nevada's school children Keep Growing into strong, healthy, useful American citizens.

Posture Popularity: The most outstanding improvement secured this year has been in posture. Posture has been included as a factor in judging nutritional condition for the past eight years, after many years of work on this perplexing and discouraging problem. The Agricultural Extension Service and the local leaders were very conscious of the fact that a high proportion of Nevada's Keep Growing children had decidedly poor posture; but for a long time no one else seemed interested. However, local leaders, and extension agents kept "harping" on posture during private conferences with children and parents, and before sponsoring organizations, community meetings, and educational groups. Finally in 1932 enough progress was made to warrant setting a goal of 25% and later this was raised to 50%. This aroused interest and increased effort. School authorities have given excellent support by improving lighting and seating facilities in the schools, and emphasizing posture in both classroom instruction and physical education activities. The Extension Service has issued several illustrated posture circulars. Posture games and stunts have been included in 4-H club, and community center programs and Child Health Day celebrations. As a result of these concerted efforts Nevada communities have gradually become "posture conscious". By the spring of 1939 so many of the Keep Growing communities had met the 50% goal that it was raised to 75%. Evidently this increased goal was accepted as a challenge and a spontaneous posture campaign "was on". The results speak for themselves. We never expected to see the time when 79.99% of Nevada's Keep Growing children could be classified as having Good Posture, but such is the case in this spring of 1940. Nevada is now certainly "posture conscious", and Good Posture is actually considered fashionable. Thus, another Keep Growing problem seems pretty well solved; although we all realize that there is still much to be done to keep Good Postures good, and make as many as possible excellent.

The "Transient" Problem: This problem has been slow to develop in Nevada, and so far, Washoe County is the only locality seriously affected. However, in Washoe County the number of these families has grown to such proportions as to seriously influence the Keep Growing demonstrations. A large proportion of these transient children come into Nevada in a malnutritional condition, their diet having been decidedly lacking in protective foods, such as milk and vegetables. Their families are unaccustomed to community contacts and cooperation. Also, their residence in the state is frequently quite short, so the opportunity and influencing habits is seriously curtailed. To overcome these handicaps will require much intensive work and the development



of new methods. Special work is planned for next year on an experimental basis. In order to secure data on the results of these experiments, and also to do justice to the permanent families in these areas, separate Keep Growing reports will be made for these groups in the communities affected.

The Problem of Physical Defects: There is another serious problem that is still worrying Keep Growing communities, and that is the problem of physical defects among school children. In some areas of the state the Maternal and Child Health Division of the State Board of Health continues to give physical inspection to school children. When indications of physical defects are found the parents are advised to take their children to the family physician for medical examination and remedial treatment. In a sparsely populated state such as Nevada this is a very valuable service in the areas where these inspections of school children are being carried on by the Maternal and Child Health Nursing Service a progressively higher proportion of school children are making good gains because their physical defects are being corrected, and therefore they are "free to gain". There is an active and widespread desire among Keep Growing communities to have this inspection service extended to all school children.

Gold Star Communities: Of the 63 communities carrying on Keep Growing demonstrations this year 41 or 65.07% have achieved the distinction of being declared Gold Star communities. The standards for this award are to have 75% of the school children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, 75% with Good Posture, and to carry on at least five supplementary activities (regular weighings, hot lunch, supervised lunch, rest periods, classroom instruction, local leader assistance, organization sponsorship, etc.). 21 or 33.33% of these communities maintained these high standards throughout the school year, and therefore are declared all-year Gold Star communities. Each of these communities will receive a Gold Star certificate, the All-Year certificates having two large gold stars on them. These certificates are always presented with suitable ceremony and are the source of much community pride as they hang on the schoolroom wall or stand in trophy cases along with pennants and cups, and other athletic and scholastic awards.

Silver Star Awards: Two communities won Silver Star awards for reaching the state nutrition goals and carrying on at least three supplementary activities. One of these was an All-Year Silver Star community. These communities still have posture and supplementary problems to solve, but meanwhile can rejoice in their nutrition achievements symbolized by the Silver Star certificate.

Gold Star Counties: Nevada is very proud to announce that 6 out of the 9 counties enrolled in the Keep Growing demonstrations are this year Gold Star counties, because they have fulfilled the state requirements for nutrition, posture, and supplementary activities. Elko County is an All-Year Gold Star county. This is the third year that Elko County has achieved this high rating. Churchill and Ormsby counties have been Gold Star counties for the past three years. This is the second year that Douglas County has won this rating. Lander



and Lyon counties reached this goal for the first time this year.

Silver Star County: This year Humboldt County is a Silver Star county. We hope that next year it will achieve a Gold Star rating.

Nevada a Gold Star State for the Fourth Year: This is the fourth consecutive year that Nevada, as a state, has met and exceeded the ultimate goals for nutrition, posture, and supplementary activities. That this was accomplished in spite of raising the goals for posture and supplementary activities is quite an achievement, and really exceeds our expectations. This continued ability to maintain these state goals is, we believe, evidence of permanent improvement. However, we frankly acknowledge that this high standard can only be sustained by persistent, intensive, cooperative effort on the part of all concerned.

The communities and counties awarded star certificates are listed below:

GOLD STAR COMMUNITIES

<u>Community</u>	<u>County</u>	<u>% Good Nutritional Condition</u>	<u>% Poor Nutritional Condition</u>	<u>% having Good Posture</u>
Cottage School	Churchill	78.80%	9.39%	77.48%
West End	"	77.63	9.21	80.26
Oats Park	"	81.11	7.03	82.96
Harmon	"	89.65	3.44	89.65
Hazen	"	83.33	6.66	80.00
Island	"	100.00	0.00	90.90
Northam	"	81.48	7.40	81.48
St. Clair	"	84.61	7.69	80.76
Gardnerville	Douglas	77.92	3.89	81.82
Minden	"	80.72	3.61	95.18
Elburz	Elko	88.88	0.00	77.77
Jiggs	"	92.30	0.00	100.00
Meadow Creek	"	100.00	0.00	100.00
Ryndon	"	100.00	0.00	87.50
Smokey Valley	Lander	100.00	0.00	75.00
Gallagher	Lyon	85.71	0.00	100.00
Wabuska	"	85.71	0.00	100.00
Carson City	Ormsby	81.93	3.87	96.77
Franktown	Washoe	100.00	0.00	100.00
Glendale	"	100.00	0.00	88.00



ALL-YEAR GOLD STAR COMMUNITIES

Community	County	% Good Nutr. Condition		% Poor Nutr. Condition		%having Good Posture	
		Fall	Spring	Fall	Spring	Fall	Spring
Barrett	Lyon	76.00%	95.83%	8.00%	0.00%	76.00%	100.00%
Cox	Washoe	80.00	100.00	0.00	0.00	100.00	100.00
Beowawe	Eureka	96.55	96.55	0.00	0.00	89.62	86.20
Boulder	Elko	83.33	85.71	0.00	0.00	83.33	100.00
Carlin	"	91.09	85.61	1.36	2.05	87.67	89.04
Clover Valley	"	100.00	100.00	0.00	0.00	100.00	100.00
Contact	"	92.30	85.71	0.00	0.00	100.00	85.71
Deeth	"	100.00	100.00	0.00	0.00	90.00	100.00
Halleck	"	100.00	100.00	0.00	0.00	100.00	100.00
Humboldt	"	100.00	100.00	0.00	0.00	100.00	100.00
Jack Creek	"	100.00	100.00	0.00	0.00	100.00	100.00
Lamoille	"	80.95	80.00	0.00	0.00	90.47	100.00
Lee	"	92.85	89.47	0.00	0.00	92.85	84.20
Metropolis	"	100.00	100.00	0.00	0.00	90.00	87.50
Midas	"	89.47	94.11	5.26	5.88	89.47	88.23
Montello	"	81.55	82.65	3.88	3.06	96.11	89.79
Mountain City	"	91.33	91.89	0.00	0.00	84.78	94.59
Rabbit Creek	"	100.00	100.00	0.00	0.00	100.00	100.00
Rowland	"	91.66	100.00	0.00	0.00	83.33	100.00
South Fork	"	100.00	100.00	0.00	0.00	80.00	100.00
Wells	"	88.06	83.42	2.27	2.85	92.04	92.57

SILVER STAR COMMUNITIES

Community	County	% Good Nutritional Condition	% Poor Nutritional Condition
Paradise Valley	Humboldt	75.47%	5.66%

ALL-YEAR SILVER STAR COMMUNITIES

Community	County	% Good Nutritional Condition		% Poor Nutritional Condition	
		Fall	Spring	Fall	Spring
Spanish Ranch	Elko	100.00%	100.00%	0.00%	0.00%



GOLD STAR COUNTIES

County	% in Good Nutritional Condition	% in Poor Nutritional Condition	% Good Posture	% Poor Posture
Churchill	80.82%	7.91%	81.27%	5.17%
Douglas	76.67	6.11	88.89	1.11
Lander	100.00	0.00	75.00	0.00
Lyon	75.83	9.23	95.38	1.54
Ormsby	81.93	3.87	96.77	0.64

ALL-YEAR GOLD STAR COUNTY

County	% in Good Nutritional Condition		% in Poor Nutritional Condition		% Good Posture		% Poor Posture	
	Fall	Spring	Fall	Spring	Fall	Spring	Fall	Spring
Elko	89.21%	87.23%	1.62%	1.83%	89.80%	91.48%	0.14%	0.00%

SILVER STAR COUNTY

County	% in Good Nutritional Condition	% in Poor Nutritional Condition
Humboldt	75.47%	5.66%

Communities having No Children in Poor Nutritional Condition: One of the happy surprises in the Keep Growing demonstrations is that communities can reach the point where they have no children in Poor Nutritional Condition. When the Keep Growing project first started we would not have thought such a thing possible, and our wildest imagination would not have dared dream of communities maintaining this fortunate condition "All-Year". But persistent effort through nearly two decades has exceeded our best expectations. The Agricultural Extension Service wishes to express its sincere appreciation for the cooperation that made these results possible. Only where the closest cooperation exists between community, school, home and children is this result achieved. Therefore, the following communities have every right to feel extra proud of themselves:

- Island, Churchill County
- \*Beowawe, Eureka County
- \*Boulder, Elko County
- \*Clover Valley, Elko County
- \*Contact, Elko County
- \*Deeth, Elko County
- \*Elburz, Elko County
- \*Halleck, Elko County

- \*Jiggs, Elko County
- \*Lamoille, Elko County
- \*Lee, Elko County
- \*Meadow Creek, Elko County
- \*Metropolis, Elko County
- \*Mountain City, Elko County
- \*North Starr, Elko County
- \*Rabbit Creek, Elko County

- \*Spanish Ranch, Elko County
- \*South Fork, Elko County
- \*Smokey Valley, Lander County
- Barrett, Lyon County
- Gallagher, Lyon County
- Wabuska, Lyon County
- \*Cox, Washoe County
- Franktown, Washoe County



\*Humboldt, Elko County  
\*Jack Creek, Elko County

\*Rowland, Elko County  
\*Ryndon, Elko County

Flanigan, Washoe County  
Glendale, Washoe County

\*Had no children in Poor Nutritional Condition all year.

Supplementary Activities: Supplementary activities play a very important part in arousing interest and sustaining the concerted effort that is so vital to Keep Growing success. No communities carry on all these supplemental activities, but all communities carry on some of them, those best suited to local needs and conditions. Five supplementary activities are required for a Gold Star rating and three for a Silver Star award.

Organization Sponsorship: In the 25 larger communities (where there is a community organization) the Parent Teachers Association, Farm Bureau, Homemakers Club, or Relief Society has acted as the sponsor for the Keep Growing demonstration. This involves securing a local leader, arranging for a hot school lunch, sponsoring the Child Health Day celebration, offering prizes for best gains and the health booklet contest, and in many other ways stimulating home, school, and community cooperation.

Local Leadership: 62 local leaders devoted from one-half to five days a month to these Keep Growing demonstrations. They assisted the extension agent, reweighed children during her absence, developed home cooperation and made progress reports to the sponsoring community organization. In tiny communities where there could be no sponsoring organization they fulfilled these functions also. We know of no more outstanding example of devoted community service than that given by these Keep Growing leaders. Their only reward is the gratitude of these communities and the Agricultural Extension Service, and the satisfaction of seeing the community's children "Keep Growing" in body, mind and spirit.

School Lunches: This year 58 communities had some type of hot food for the noon meal. In 14 communities this was secured through a WPA hot lunch project, with surplus commodities furnished by the Surplus Commodities Division. Many of these WPA lunches were really substantial meals that did much to improve the diet of children from families in straitened circumstances. In other communities a hot supplement to home-packed box lunches was provided through using thermos bottles, the "hot jar method" of reheating food brought from home, a 4-H club hot lunch project, or by some nearby ranch mother inviting all the school children over to her house for a good hot meal. The remarkably good gains that resulted are positive proof of the benefits received.

Supervised Lunch Periods are another important factor in securing good gains, because they prolong the time spent in eating, establish a restful, enjoyable atmosphere, and thereby relax tension. Both hot food and a supervised lunch period are such important aids in preventing over-fatigue that we hope the time will come when they will be considered a regular feature of every well-conducted school program. Every school that



has tried them testifies to not only improved physical condition but also increased mental ability, particularly during the afternoon sessions. The teachers, leaders and communities that are pioneering in popularizing these school lunch activities deserve much praise.

**Supplementary Feedings:** In 6 communities supplementary feedings at recess were arranged for. Usually this was milk brought from home or secured from a local dairy. In a few communities, where family income is decidedly low, the Parent Teachers organization supplied part of the milk. These supplementary feedings do much to relax tension and prevent over-fatigue, as well as popularizing milk drinking.

**School Cooperation:** 61 communities closely correlated the Keep Growing demonstration with their regular school program through classroom instruction regarding food, sleep, rest, cleanliness and other health habits. Especially good results were secured this year in posture improvement. Particular attention was paid to seat adjustment and lighting, and the integrating of posture exercises, posture gains, etc., into the physical education program. The very decided improvement made in posture this year is largely due to the active interest aroused by the teaching staffs through these various devices. They certainly deserve much commendation.

**Child Health Day Celebrations:** 32 communities held Child Health Day celebrations with a total attendance of 1391. Keep Growing achievements were publicized by song, story, dramatics, and games. The local health booklets were displayed and judged. Small prizes were given by sponsoring organizations for best individual improvements and for the health booklets. These Keep Growing achievement celebrations do much to educate the general public in regard to child health, and to stimulate cooperation.

**Health Booklet Contest:** The health booklets, which are made as a voluntary supplementary activity, are another excellent correlation between school instruction and the individual Keep Growing demonstrations. In these booklets each child keeps a chart of his gains in weight, and a record of his height, posture, etc. Then through a correlation of hygiene, language and art activities, interesting, attractive subject matter is accumulated, all bearing on the main objective; i.e., to Keep Growing. Local and county exhibits are held, usually in connection with the Child Health Day celebrations. A collection of the better booklets are sent into the state contest, where appropriate ribbons and small cash prizes are awarded. These booklets are then exhibited at various county and state organization meetings and fairs, and are a decided factor in stimulating interest and community and home cooperation. During this past year Nevada was honored by having two nation-wide "Farm and Home" radio programs devoted to the Keep Growing demonstrations, one of which was based on these health booklets.



A list of the individual Keep Growing demonstrators receiving awards in the health booklet contest is given below:

HEALTH BOOKLET CONTEST WINNERS, 1940

Division A

Division A - Open to all children who started the school year last fall in "Poor" or "Fair" Nutritional Condition (including consideration of such factors as underweight, muscle tone, color, teeth, and posture), and have made decided gains during the year.

- 1st Prize - Marjorie Swenson, Fallon, Oats Park, Churchill County. Age 14 years. Gained 16 pounds. Grew  $2\frac{1}{2}$  inches. Ended the school year with fairly good posture, good teeth, fair muscle tone, and was in fairly good nutritional condition. Subject of booklet: "Rules to Health". Illustrated with magazine cut-outs.
- 2nd Prize - Nora Hess, Lamoille, Elko County. Age 13 years. Gained 7 pounds and grew 1 inch. Ended the school year with good posture and was in fair nutritional condition. Subject of booklet: "Frogs Keep Growing". Illustrated by free-hand drawings.
- 3rd Prize - Betty Sanford, Fallon, Oats Park, Churchill County. Age 10 years. Gained 10 pounds. Grew  $1\frac{1}{4}$  inches. Ended the demonstration in good nutritional condition, good posture, color, teeth and muscle tone. Subject of booklet: "Keep Growing Alphabet". Illustrated with magazine cut-outs.
- 4th Prize - Joe Gilbert, Humboldt, Elko County. Age 10 years. Gained  $9\frac{1}{2}$  pounds. Grew 1 inch. Ended the school year with good posture and fairly good teeth. Subject of booklet: "Keep Growing with Vegetables". Illustrated with stencil drawings.
- 5th Prize - Edna Meister, Washoe, Washoe County. Age 12 years. Gained 8 pounds. Grew 2 inches. Was in fair nutritional condition at the end of the demonstration and had good posture and color, and fair muscle tone. Subject of booklet: "Health Above All". Illustrated with magazine cut-outs.



6th Prize - Bill Smiley, Boulder, Elko County. Age 14 years. Gained 9 pounds. Grew  $1\frac{1}{2}$  inches. Ended the school year in good nutritional condition, and had fairly good posture and good color and muscle tone. Subject of booklet: "eat Fruit and Keep Growing". Illustrated by stencil drawings.

Honorable Mention: Claudine Leporie, Franktown, Washoe County; Joe Frugoli, Empire, Washoe County; Ada Lee Tellyer, Washoe, Washoe County; Joe Leperie, Franktown, Washoe County.

#### Division B

Division B. Open to all children in "Good" Nutritional Condition, and who have maintained at least an average weight increase as shown by the height-weight record chart.

1st Prize - Elmer Garaventa, Glendale, Washoe County. Age 7 years. Gained 9 pounds. Grew 2 inches. Elmer was in good nutritional condition all year and had good posture, color and muscle tone. Subject of booklet: "All Aboard for Health Land - Drink Milk". Illustrated with magazine cut-outs.

2nd Prize - Bernard Ponte, Oats Park, Fallon, Churchill County. Age 14 years. Gained 18 pounds. Grew  $2\frac{3}{4}$  inches. Bernard was in good nutritional condition throughout the school year and had good posture, color, teeth and muscle tone. Subject of booklet: "Keep Growing with Health Rules". Illustrated with magazine cut-outs.

3rd Prize - Fannie Robinson, Beowawe, Eureka County. Age 10 years. Gained 7 pounds. Grew  $2\frac{1}{2}$  inches. Fannie was in good nutritional condition all year and had good posture and teeth. Subject of booklet: "My Keep Growing Rules". Illustrated by stencil drawings.

4th Prize - Haru Kito, St. Clair, Churchill County. Age 11 years. Gained 9 pounds. Grew  $1\frac{1}{2}$  inches. Haru was in good nutritional condition throughout the entire school year and had good posture, color, teeth, and muscle tone. Subject of booklet: "Living by Health Rules". Illustrated with magazine cut-outs.



5th Prize - Bobby Smiley, Boulder, Elko County. Age 12 years. Gained 6 pounds. Grew  $1\frac{1}{2}$  inches. Bobby was in good nutritional condition all year and had good posture, muscle tone and teeth. Subject of booklet: "More Vegetables to Keep Growing". Illustrated with magazine cut-outs and stencil drawings.

6th Prize - Bonnie Jean Heller, Flanigan, Washoe County. Age 13 years. Gained 1 pound. Bonnie was in good nutritional condition throughout the school year and had good posture, color and muscle tone. Subject of booklet: "Health Guards". Illustrated with magazine cut-outs.

Honorable Mention - Pete Solaegui, Northam, Churchill County; Joyce Cliff, Franktown, Washoe County; Roy Lee, Lamaille, Elko County; Nick Landa, Jr., South Fork, Elko County.

Activities of the State Board of Health: That the Well-Children clinics carried on by the Maternal and Child Health Division of the State Board of Health are producing increasingly good results among pre-school children is shown by the fact that a high percentage of these children are entering school in Good Nutritional Condition and relatively free from serious physical defects. For many years the kindergarten and first grade records used to be among the lowest in the Keep Growing communities; now they are among the best. We believe this is an important factor in making possible the decided improvement in nutrition and general health conditions that has been secured the past four years. The Agricultural Extension Service has cooperated through supplying nutritional consultation service whenever requested, and is always glad to do so. Also, we have strongly urged all rural families to enroll their children in these clinics in all localities where they are available.

Dental Clinics: The dental inspection and corrective service furnished by the traveling dental unit maintained by the State Board of Health is another valuable aid to good nutrition and good health. The nutritional advice for the sake of teeth protection that has been given out at these dental clinics has been of much value in stimulating the consumption of "protective" foods such as milk, fruit, whole grained cereals and cod liver oil. Children of indigent and other low-income families have been greatly benefited by the corrective dental work that has been done for them.

Immunization: The immunization campaign against small pox and diphtheria and the efforts to control epidemics of the so-called "childhood diseases" have also been of great assistance in reducing illness. This, of course, has a beneficial effect upon the nutritional condition of the school children enrolled in the Keep Growing demonstrations.



**Tuberculosis Prevention:** Through the cooperative efforts of the State Board of Health and the Nevada Tuberculosis Association Mantoux tests are being gradually extended throughout the state. Where positive reactions are secured chest X-rays and other follow-up is being carried on. This work is of great value in helping to solve Nevada's serious problem in regard to tuberculosis.

**Sanitation:** The Sanitation Division of the State Board of Health continues its campaign for safe water supplies, sewage disposal, handwashing facilities, etc., in both school and homes. This year 836 sanitary privies have been installed in this state. In cooperation with the Farm Security Administration 34 sanitary demonstrations have been established involving water, sewage and screening facilities. The home demonstration agents of the Agricultural Extension Service, (who in this state also serve as home supervisors for the Farm Security Administration) have assisted in this work by helping to locate these sanitation demonstrations, and supervising the fulfillment of the cooperative agreements involved. All this sanitation improvement inevitably has a beneficial effect on general health conditions.

For all this splendid work in behalf of the good health of this state, Dr. E. E. Hamer, secretary of the State Board of Health and the able staffs of the various divisions of the organization deserve and certainly have the sincere thanks of the whole state.

#### SUGGESTIONS FOR THE COMING YEAR

1. See that all schools have scales and that regular monthly weighings are carried on. This is a vital factor in keeping children, homes, and communities informed of the progress being made.
2. Keep up the hot lunch and supervised lunch activities. Secure the assistance of the WPA and Surplus Commodities Division wherever possible.
3. Increase effort in regard to supplementary feedings at recess and rest periods for children who are under weight and show high nervous tension. The numbers involved in this problem are small, but individually they are of great importance.
4. Make every effort to provide an adequate supply of "protective" foods and to reduce food expense through the Live-at-Home Food Production campaign. This is a particularly important project in mining camps, and areas where transient families are seeking to establish homes.



5. Establish special experimental projects within localities having a high percentage of transient families. These new families are greatly in need of individualized instruction and community guidance, not only for the sake of their children but to safeguard the community health of these localities.

6. Continue the excellent community organization, sponsorship and local leadership that is the foundation of Keep Growing success.

7. Develop effective and sincere cooperation between all agencies interested in nutrition, health and sanitation problems, so that the greatest possible benefit can be secured for the general population.

May the Keep Growing Spirit Keep Growing: Each year, as the Agricultural Extension Service prepares these reports of Keep Growing results, the conviction grows that these community demonstrations are outstanding examples of effective American Democracy. Through wholehearted cooperation and persistent effort each of these communities is making a real contribution to the health of its children, to the cooperative spirit of the locality, and to the strength and stability of the state and the nation. For this patriotic service the Agricultural Extension Service, and we sincerely believe, the people of the whole State of Nevada, are sincerely grateful. Therefore, we earnestly repeat the hope - May the Keep Growing spirit Keep Growing.

Very truly,

/Sgd/ Mary Stilwell Buol  
(Mrs.) Mary Stilwell Buol  
Assistant Director for Home Economics  
Agricultural Extension Service  
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NEVADA KEEP GROWING NUTRITION DEMONSTRATION  
STATE SUMMARY FOR THE YEAR 1939-40  
STATE AND COUNTY RESULTS COMPARED WITH STATE GOALS

COUNTIES	CHILDREN #Ex. #Comp. %Comp.			Annual State Goals		Ultimate State Goals			No. supplementary activities	No. Gold Star Communities	No. Silver Star Communities
				5% increase in no. G. N. C.	5% decrease in no. P. N. C.	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
*Churchill	706	657	93	14.54	- 8.09	80.82	7.91	81.27	82	8	0
*Douglas	173	180	104	13.09	- 4.29	76.67	6.11	88.89	20	2	0
**Elko	677	658	97	1.98	0.21	87.23	1.83	91.48	140	23	1
Eureka	4	4	100	0.00	0.00	50.00	25.00	0.00	3	0	0
+Humboldt	55	53	96	13.66	- 7.06	75.47	5.66	26.41	5	0	1
*Lander	4	4	100	0.00	0.00	100.00	0.00	75.00	6	1	0
*Lyon	127	130	102	10.03	- 8.09	75.38	9.23	95.38	26	3	0
*Ormsby	304	310	101	8.23	- 5.67	81.93	3.87	96.77	8	1	0
Washoe	298	273	91	8.36	- 9.14	63.73	19.05	92.67	116	3	0
State Totals	2348	2269	96	7.98	- 5.31	79.99	6.83	87.69	406	41	2

COUNTIES	TOTAL NO. COMMUNITIES (or school units carrying on Keep Growing demonstrations)	GOLD STAR COMMUNITIES (Having reached ultimate state goals in nutrition and posture and carried on at least 5 supplementary activities)	SILVER STAR COMMUNITIES (Having reached ultimate state nutrition goals and carried on at least 3 supplementary activities)	NO. COMMUNITIES having no children in Poor Nutritional Condition
*Churchill	10	8	0	1
*Douglas	3	2	0	0
**Elko	25	23	1	21
Eureka	1	0	0	0
+Humboldt	1	0	1	0
*Lander	1	1	0	1
*Lyon	5	3	0	3
*Ormsby	1	1	0	0
Washoe	16	3	0	4
Totals	63	41	2	30

+Silver Star County  
\*Gold Star Counties  
\*\*All-Year Gold Star County



### 3. Home Management

Home Management objectives for this year were:

- A. Cooperation with Land-Use study and its finding as a basis for family long-time financial planning.
- B. Stimulation of interest in and use of farm family outlook material as an incentive for and a tool in this year's family financial planning.
- C. Increased consideration of credit facilities and the part they can play in stabilizing farm and family financial situations.
- D. The use of Bureau of Home Economics material and reports from results demonstrations carried on by the Experiment Station and the Agricultural Extension Service as a means for judging personal results in family budget making and family spending habits.
- E. Technical instruction and assistance in the techniques of budgeting and accounts.
- F. Consumer education to develop skill in making family purchases.
- G. Development of family relationships that will stimulate cooperative attitudes toward adjustments in living standards, family financial problems, and the effective use of family labor.
- A. The Land-Use surveys of home and community conditions which have been carried on this year have developed widespread interest in present standards and levels of living. As data is accumulated and considered by the survey committee it is increasingly apparent that some adjustment will have to be made. Either land-use and the debt structure will have to be modified to yield higher and more stable income, or living standards and spending habits will have to be revised. At the present time almost all localities have set as their standard of living the following items: a car; a high school education for all children, and education beyond high school (college, technical, or business training) for from a fourth to a half of their children; running water; bath; sanitary sewage disposal (not necessarily flush toilets); enough money to keep up repairs and painting on houses; and to provide separate sleeping for boys and girls; medical and dental care when needed instead of waiting for an emergency; at least a small amount of recreation and community activity, including church, fraternal, school, and community center participation. The net cash income necessary to provide the above on a minimum level has been estimated at from \$1,000 to \$1,200 in the various counties now carrying on Land-Use surveys. Indications are that income is from \$300 to \$500 short during most years. Therefore, housing, medical care and recreation suffer at the same time that indebtedness either increases or at best stands still. At the present time the tendency is to maintain living standards, particularly regarding education and a car, even if it means increasing indebtedness and ultimate loss of the farm or ranch holdings. The mothers



of families seem to realize the present situation and its dangers more than the men folk who keep hoping for a "change in luck". Solutions for the problem so far offered have been: parity prices for agriculture, reduction in farm operating expenses particularly irrigation costs, bringing in more land that is now not under cultivation, increased food production, greater diversification of farm production, reduction of educational expenses through greater state participation in expenses of rural areas, bus transportation in some areas, and possibly revival of county high school dormitories.

- B. Farm family outlook material was used with all groups at the beginning of the year, and distributed to many individual families not contacted through groups. This, and the data from farm and home accounts were used as a basis for guidance in planning family financial plans.
- C. Material secured from the Farm Credit, Production Credit and Farm Security Administrations was used in considering credit facilities available to farm families. There is evidence of increased realization that using credit entails responsibility for planning for repayments. Mothers of families were stimulated to develop family consideration of their present debt situation and include in the yearly plans provisions for making out at least some repayment.
- D. & E. The cooperative project in farm and farm home account keeping was continued under the sponsorship of the Experiment Station and the Agricultural Extension Service. Sixty-three families completed demonstrations this year. The field agent who does most of the follow-up is now a woman employed by the Experiment Station. This has meant more attention given to the home phase of the work. The home demonstration agents also give guidance in budgeting of family expenditures, buying practices, and in the techniques of account keeping. At the end of each year these accounts are summarized, primarily for the benefit of the demonstrators. However, these summaries are also proving to be of decided value to groups and individual studying money management as they act as a basis for judging living costs and expenditure patterns. Bureau of home economic material on farm family living costs is also used for this purpose, particularly those from four Pacific coast and intermountain areas.

Money management guidance has been given to Farm Security clients, through the home demonstration agents acting as Farm Security home management specialists. All client families are required to make out and submit to the Farm Security Administration a yearly budget of family living expenses. Agent assistance in the preparation of this budget develops an opportunity for guidance in the decision involved, and paves the way for much follow-up work to enable the family to carry out these plans. Home food production is proving of decided value in reducing the monthly grocery bills, and the live-at-home grocery guide has improved ability in purchasing foods. There has also been opportunity for guidance in



clothes purchasing, clothes construction, renovation and care. In connection with the Farm Security environmental grants plans for gradual improvement in housing and sanitation conditions have also been developed, and this has given opportunity for guidance in expenditure plans, and in the techniques involved in the actual work. Instruction in the techniques of account keeping have been needed by, and given to, these families. At the end of the year client families are assisted in summarizing their accounts as a basis for the next year's plans. There is a slow but encouraging improvement in both attitudes and skill in planning and account keeping.

- F. Consumer education was continued by a majority of the groups, largely through ten minute periods devoted to member presentation of information which is afterward placed in scrapbooks available to all members. This bringing of consumer education into all phases of group programs of work sustains interest and makes for effective repetition and correlation.

Each year one or two special phases of family expenditures are emphasized. This year the two agents who act as part-time home management and clothing specialists prepared guidance material on "Planning the Family Clothing", including a clothing budget blank for individual and family use. We find that directing attention to one particular phase of money management is helpful, as it breaks the problem down into units that are more easily grasped and, therefore, have a greater urge to action.

- G. As attitude is a vital factor in money management, material was also prepared on "Clothing Selection and Family Relationship". Care of clothing has a direct effect on clothing expenses, and clothes satisfaction. Therefore, material on "Proper Pressing Pays", and "Clothing Storage Facilities" was also prepared. Each of these four pieces of subject matter material was used as a basis for group discussions and in method and result demonstrations. Each gave an opportunity for the repeated emphasis on the need for planned money management, with practical application as to clothing. As a result, there was a 19% increase in the number of adults keeping clothes accounts, and 23% budgeted clothing expenditures. We find that clothes is one of the best approaches to the complicated problem of money management.

Money management was also made an important phase of the Live-at-home campaign, and the Food Selection and Preparation sub-project. Reducing the grocery bill through home food production and the wise selection of purchased groceries to secure the most food value for the least money.

In connection with the child care and parent education work, emphasis was placed upon the development of family attitudes and a democratic sharing of responsibility within the family in



regard to family standards of living, family goals, cooperation in planning the family yearly money expenditure, and making opportunities for the younger members of the family to gain experience in family and personal buying.

Home management has also been coordinated with 4-H Club work through the encouragement of family participation in the planning phases of 4-H Club projects. Record books for home economics 4-H projects have been revised this year with greater emphasis placed upon family planning, budgets and accounts.

Statistical results from this project and portions of agents' reports are given below:

	1939	1940	% Change
No. communities conducting organized work..	27	30	↑11
No. volunteer leaders.....	21	31	↑47
No. adult result demonstrations.....	370	284	-23
No. families adopting recommendations in care of home.....	281	299	↑7
No. families assisted in using timely information.....	433	523	↑20
No. families keeping home accounts.....	76	53	-30
No. families budgeting expenditures according to recommendations.....	247	282	↑14
No. families assisted in making adjustments in homemaking to gain more satisfactory standard of living.....	627	669	↑6
No. families following recommendations in buying for the home (other than foods and clothing).....	459	397	-13
No. families assisted in making homemade equipment.....	97	39	-59
No. families following recommendations schedule for home activities.....	23	34	↑47
No. families increasing time for rest.....	184	241	↑30
Estimated saving due to home management program.....	\$5875	\$4950	-15
No. days agents' time spent.....	49 1/3	66 1/2	↑34

Douglas County: "For several years home management problems have received considerable attention in this county and there is yet a lot of work to do. The work has been offered from three angles; (1) Consumer information studies have been related to buying practices, federal and state regulations for consumer protection, and trade practices both for and against consumer interests. With the newer developments in production, manufacturing, and distributing policies and the better protections and information made available to consumers this program was continued. (2) Family financial studies and the problems closely related to them have



been considered as of paramount interest to all farm families. This phase of the program has reached and interested the largest number of people. (3) Agricultural and community problems have received general attention. They were emphasized this year particularly in cooperation with the Land-Use program. Effort has been made to acquaint homemakers with available facilities for farm credit and with some of the features of the programs of the various federal agencies working in rural communities.

"Mr. E. C. Reed, Executive Officer of the Agricultural Adjustment Administration in Nevada, met with the Douglas County Homemakers Club and discussed the relationship of various federal programs to the homes and the community. He pointed out something of their bearing on family economics and how they should be of interest to both urban and rural women. Mrs. Florence Bovett, Executive Secretary of the Nevada State Farm Bureau, meeting with the same group, representing both urban and rural women discussed the importance of better rural urban understanding and cooperation and the responsibility placed upon women leaders in the world today."

Lyon County: "The farm family living outlook for 1940 was presented by the agent at farm center meetings and at the regular meetings of the homemakers clubs. There was some discussion centered on ways of reducing cash outlay and conserving incomes to be expected on Nevada farms this year. The women were particularly interested in this phase of the program, but rather discouraged in the picture presented by outlook information.

"The question of finance is a vital problem in every farm family. The costs of family living and farm operations must be met if the family is to succeed. Home management plans, worked out with the farmwife, frequently with the husband's assistance, has afforded the extension agent an excellent opportunity to help the individual family consider the resources of the farm and the group. As home management supervisor for the Farm Security Administration, the agent has worked out these home management plans with about 20% of the farm families of Lyon County. Business records to account for both farm business and family living, as well as the payment of obligations has taken considerable time. Business records for previous years have been studied and analyzed as a basis for setting up the plans for the coming year. Families have, through home visits and some discussion at group meetings, been encouraged to evaluate their expenditures in relation to the obligations which they must meet. The keeping of farm and home accounts and their importance to every family has been discussed in relation to all family finance. Methods were presented for adapting account books to meet the individual needs of homemakers and to help them keep their records in a more interesting and usable manner. Individual assistance with this work has been given to such families as would accept this aid. During the past year 38 cooperators in Lyon County have kept farm and home accounts. Of the 15 kept in cooperation with the Nevada Experiment Station, 10 have been Farm Security clients. An additional 23 Farm Security clients have kept their business records throughout the year.



"Some consumer study was prepared on the problems involved in the selection of household linens and ready-made clothing. Children's clothing, particularly, aroused their interest and there was considerable discussion of the size in the purchase of clothing and patterns. These problems, primarily of the textile nature, were considered from the point of view of good buying practices to help the purchaser make selections."

Washoe County: "The aim of the home management project is to educate the consumer in better buying practices with the result that the housewife receives a dollar's worth for a dollar spent. The project has been carried on for the last 7 years. Each year the women take more interest in the project and are more and more observing of consumer information when they purchase goods. The publications used as subject matter material by the groups are as follows: Bulletin, The Farm and Home Outlook for 1940, by the Department of Agriculture; The Market Basket, issued by the Bureau of Home Economics; Bulletin, published by Stephens College, Columbia, Missouri; the Farm Account records put out by the Extension Service and Experiment Station, University of Nevada and the Consumer's Guide, published by the Agricultural Adjustment Administration. Four method demonstrations were given on the Farm and Family Outlook for 1940. The leaders were given a copy of the Bulletin put out by the Department of Agriculture to use as a basis for their discussion. Four demonstrations were given on the use of credit. The credit organizations loaning money to ranchers were discussed. The use of borrowed money was taken up and how it was to be paid back. Four demonstrations were given on the findings of the farm and home accounts kept by the Nevada Extension Service and Nevada Experiment Station. Amount and value of the food supply produced on these ranches. The value of keeping records was stressed at all meetings. Different record books were on display at the meetings and the ones wishing to keep records were given a book.

"Two 4-H club members kept farm and home accounts and entered the state and national contest. One member received a prize of \$5.00 the other member was disqualified because she had had work in the university. She received a certificate. Record books were given each cooperator. Home visits were made to help keep the record books up-to-date. The books were summarized at the end of the year by the agent. A conference was held with each family to go over the expenditures to show the strong and weak parts of the accounts and how they might improve the budget for the coming year.

"A consumer scrapbook chairman is appointed in each homemaker club, to take care of all labels and consumer information reported at the meetings. Ten minutes is devoted to home management problems at each meeting. Each member is asked to contribute to the discussion by telling of some product she has found to be good, fair, or bad. She gives the commercial name of the article, the price



and the label. The members are very good about taking part in the discussions. The scrapbooks have been kept for 6 years. The first labels put in were from canned goods. Now, the books contain information on household equipment, cleaning supplies, soaps, paint, underware, hose and ready-made garments. Four demonstrations were given on the selection of electrical equipment for the home. The cost of the article, the use in the home and the cost of operation. The reading of meters and computing the cost of electricity was also given.

"Four demonstrations were given on the selection of small kitchen equipment that might be purchased at a small cost and save the homemaker's time. Each member brought her favorite kitchen "gadget" or told about it. Many good ideas are received from these group discussions. Four demonstrations were given on the selection of ready-made garments and the new materials on the market. The exhibit used was from the textile institute."

Churchill County: "The home management project was carried on in thirteen communities in Churchill County during the past year, as follows: Beach, Dixie Valley, Fallon, Harmon, Island, Lone Tree, Northam, Old River, Sheekler, Soda Lake, St. Clair, Stillwater and Union.

"Five meetings at result demonstrations and 21 method demonstrations were held throughout the year in carrying on the home management program in this county. 1940 outlook reports for Farm Family Living formed the basis for presentation of the home management program. Ten voluntary local leaders spent 15 days of their time assisting with the work, which emphasized the keeping of farm and home records, better buying problems and the budgeting of family and household expenditures. The leaders also helped to promote group discussions relative to economic problems and how they might have a direct effect upon the farm income and family living during the coming year.

"Nevada's Live-at-home program was stressed as an economic factor and farm families were urged to produce more of their home food supply as a means of saving on cash food expenditures. The money saved from such a practice would then be available for other necessary purchases. The use of Farm Credit available for families in the rural areas was also explained.

"In Nevada, the home demonstration agents are also serving as home management supervisors for the Farm Security Administration. Fifty-seven clients were assisted in working out their home management plan for 1940. This included an estimate of cash expenditures based on the family needs during the year.

"Record books for the keeping of farm and home accounts were distributed to 92 families. These records when properly filled out and summarized furnish the information necessary for families to



determine whether or not their farming operations have been successful and what changes would be desirable to make in planning for another year. It is still rather difficult for some families to keep records and possibly if more time could be spent with them in getting their records started, record keeping might be more successful.

"Through the Land-Use Planning program it has been brought out that better planning and better management of both the farm and home operations is needed on the majority of farms in the valley to help increase the family income. This will in turn help to raise the standards of living among rural people and help to make the rural homes better and more attractive places in which to live."

Clark County: "The most pressing problem is to convince rural people home and farm plans are a necessary part of farm life. Recently a REA project was completed in the county, furnishing power to most every rural family, but a problem arises because the desires of each have increased. Each family desires all the modern electrical equipment available. This brings up the question of credit, installment buying, varied farm prices, etc. Also the REA project has to be paid and this makes an increase in monthly outlay of money. Those farm and home records that are available at present show the need for better farm and home planning for the whole family so that homes may be improved and families have better living conditions and still keep within their income.

"The rural communities themselves have realized the need for better planning and have urged, through group meetings, home conferences and visits, to encourage better home management. Since the start of the FSA program, home and farm plans have been more generally used and so have accounts, but there is still the problem of better planning for the farm family. More emphasis must be given by local people to producing the most of their food supply thereby making non-cash income higher and more cash available, and there is a general need for increased cash and non-cash income.

"All during 1940 and especially in December, January and February stress was given to farm family planning, incomes, etc., and important facts such as: What are main items of expense for farm family? What way can non-farm income be increased? What can farm family planning accomplish? These questions and solutions were emphasized and re-emphasized.

"One woman reported, 'I have really cut my grocery bill from \$25 to \$10 per month by more careful planning. We also have been helped to take up more varied farming practices, not depending on one crop alone.'"



## 4. Home Improvement:

Under this heading is included some phases of home management, (kitchen arrangement, labor-saving equipment, rural engineering - building and repair of houses, sanitation - interior home improvements - walls, woodwork, floors - room arrangement, furniture selection, repair, refinishing, and storage facilities). Definite plans were made to reduce the amount of time spent on this work in order to release time for Land-Use activities. As a result the number of communities carrying this project were reduced 27%. Agents' time was reduced 62% and devoted almost entirely to leader guidance and a small amount of leader training.

Attention was focused upon kitchen arrangement and the selection and use of labor-saving equipment. There was a 23% increase in the number of kitchens re-arranged according to recommendations, with 141 families involved. 225 families reported following recommendations regarding the selection and use of labor-saving devices (mostly electrical). This is a 60% increase over last year. Other phases decreased from 6 to 64%. However, a surprising volume of accomplishments was secured, considering the fact that almost all were the result of leaders' guidance, and the use of reference materials borrowed from the extension offices. This shows a strong carry-over from the intensive work done in previous years. A small amount of additional illustrative material was secured through the brief part-time employment of a former vocational home economics teacher who now does interior decorating and upholstering work. She prepares models of illustration slip covers, lined and faced drapes, color, and art principles applied to home furnishing. This material is kept in the state office and loaned to counties upon request. Some of the outstanding results of this very minimum activity in home improvement and excerpts from agents' reports are given below:

	1939	1940	% Change
No. communities conducting the work.....	33	24	-27
No. volunteer local leaders.....	47	27	-42
No. kitchens rearranged according to recommendations.....	114	141	+23
No. families following recommendations in obtaining labor saving equipment.....	140	225	+60
No. families improving selection of household furnishings.....	513	416	-14
No. days agents' time spent.....	74½	28½	-62
No. families assisted in making home-made equipment.....	97	39	-59
No. families repairing, remodeling and refinishing furniture.....	218	165	-24
No. families following recommendations in the improvement and treatment of windows.....	341	318	- 6



	1939	1940	%Change
No. families following recommendations in the arrangement of rooms.....	401	141	-64
No. families improving treatment of walls, woodwork, and floors.....	505	399	-20
No. families applying principals of color and design.....	419	222	-46
Estimated saving on home furnishings.....	\$8550	\$4570	-46

Douglas County: "From time to time portions of the interior improvement exhibit have been used in the county. These have been used primarily to develop color, appreciation, and selection. Various types of rag rugs were demonstrated at one meeting of the homemakers club. Five women indicated particular interest in this project. Twenty-six women attended a meeting at which methods for improving the facilities of clothes closets and storage spaces in the kitchen were demonstrated. Methods for increasing the efficiency of shelving and drawer spaces, and for insuring better protection to clothing from dust and moths were the major points demonstrated.

"Accident prevention on the farm and in the home formed the basis for a very interesting discussion at another club meeting. Material from the American Red Cross and the Farm Security Administration, as well as other sources was used in making a check on the hazards common to the homes represented. It was brought out that most accidents were due to carelessness in repairs or building, in the selection of furnishings, and in the care of equipment and toys, both in the house and out-of-doors. Farm accidents due to careless handling of machinery and livestock were other points brought out. This program aroused as much general discussion as any held during the year and it is hoped it may be followed with a very definite check-up some time during the next year."

Lyon County: "Demonstration materials which included rugs, luncheon cloths, runners, mats, as well as a number of home-made toys were used in various club meetings. The Fernley improvement club asked the agent to meet with them at which time a demonstration on interior improvements was conducted. This was the first meeting with this group in several years and it is hoped that this community may again be drawn into the home demonstration program.

"One meeting on remodeling a kitchen was held at the Purvine home in Yerington, with 22 women (3 of them Farm Security clients) in attendance. Plans have been drawn for the remodeling and re-arrangement of this kitchen. Another meeting on reupholstering furniture was held in the South End hall with 16 in attendance. Four of these were from the Farm Security group. One over-stuffed chair was repaired and reupholstered. A third job was to repair a stool and then pad and reupholster this article with a cover of needle-point. An old automobile cushion was cut up and the springs tied together to form one chair seat. Webbing was put in place properly and felt padding used to make a cushion on both chairs. The problems involved included gluing furniture, nailing some of the woodwork and reupholstering.



"Making clothes closets and storage space for clothes was demonstrated at the Conser home in Smith Valley. Nine women attended this meeting, 3 of them Farm Security. Orange crates and packing boxes were used in improvising storage spaces at a very low cost.

"One demonstration was conducted in Yerington on the remodeling and reupholstering of a couch. An old leather-covered folding couch was operated upon. The springs, old upholstery, and padding were removed; the high arms were cut down by one of the neighbors, and then the woman's husband glued the lowered arms on again. Since they did not have the necessary clamps to hold the wood securely in place, the furniture was tied together with a lariat. When this work was completed a demonstration on tying springs and reupholstering the furniture was carried out. Later this woman's 13-year-old son took another similar couch which he got from the bunkhouse on his grandfather's ranch, cut it down, and made an arm chair that exactly matched the couch. At the agent's suggestion the woodwork of the chair and couch was sanded, given a light coat of aluminum paint, and varnished. The Stallard family and any guests they have are quite enthused at the results of this work.

"One demonstration on the making and fitting of slip covers was given at the home of Mrs. Ernest Hall for the Junior Homemakers Club.

"The Ray Tillays remodeled their home in Smith Valley this year. At their request the agent assisted in working out plans for re-arranging the old space and the new additions. The agent then drew to scale the plan which the family adopted for their house. The working out of this plan and the problems involved in the remodeling were discussed at a meeting of the Smith Valley homemakers.

"Assistance was given to Mrs. Herbert Matheus in the remodeling of an old house which was moved to their ranch and in the selection of paint to be used in refurnishing its interior. Mrs. G. S. Smith was advised regarding the interior furnishing of walls and woodwork for the home which they remodeled. Mrs. Frank Matheus made a chair out of a barrel, and was advised regarding the upholstering and covering of this piece of furniture.

"Since practically all the homes in Mason Valley are electrically equipped the discussion of suitable lighting fixtures and the remodeling of old fixtures to secure better and more adequate light proved of general interest to the members of the Mason Valley and the Junior Homemakers Clubs at meetings during the year."

Churchill County: "The home improvement project will be classed as a sub-project under home management, since the two are so closely related. Eight local leaders spent 12 days of their time assisting with the house furnishings and interior home improvement program in 13 communities in Churchill County this year -- Beach, Dixie Valley, Fallon, Harmon, Island, Lone Tree, Old River, Sheckler, Soda Lake, St. Clair, Stillwater, Union and Wildes.



"Ten method demonstrations were given regarding various treatments for walls, floors, and woodwork, furniture repair and renovation, and for improvement of window curtains and draperies. New materials suitable for upholstery, draperies and curtains were demonstrated at six homemakers meetings. Principles of color and design were studied as a means of obtaining harmonizing colors to further improve the appearance of the rooms.

"The following number of rooms were reported as having been improved during the year: living rooms, 135; dining rooms, 46; bedrooms, 123; bathrooms, 45; kitchens, 84; porches, 42. In all of the home improvement work the people were urged to utilize materials on hand, if possible, in order to help save on cash expenditures. However, the following new house furnishings were reported as having been secured during the year: chairs, 91; tables, 45; rugs, 55; stoves, 60; curtains, 145; draperies, 75; quilts, 32; pictures, 61; sewing machines, 4; electric refrigerators, 12; other home equipment, 49; small home appliances, 78; renovated furniture, 65. The electric power line reaches practically every rural home in this county with the exception of five or six families living in the northern part of the Old River and Soda Lake communities. This makes it possible for many of the ranchers to have good lights, electric refrigerators and other electric appliances. Three meetings were held when "Guides in Buying Electric Equipment" were studied and discussed.

"The following improvements were reported as having been made this year:

"The home has been improved by putting an outside door in the kitchen, painting the woodwork and papering the walls and ceiling of the kitchen and living room, repairing the screens and securing a new living room, repairing and securing new screens and linoleum. Since these people did all of the work there was no cost for labor. The cost for materials purchased amounted to \$13.10.

"The living room and dining room were improved by painting the woodwork a light tan color and papering the walls and ceiling with a cream colored paper. This was a great improvement over the former dark walls and added much to the appearance of the two rooms. Total cost - \$9.45.

"Mrs. Lloyd Whalen added a new rug, new curtains and a new davenport and chair to her house furnishings.

"The Berry home was improved by cutting an opening and making a hallway from the kitchen into the bathroom, which eliminated the necessity of going through either of the bedrooms to get to the bathroom. Since a part of each clothes closet was taken off for this hallway, it was necessary to remodel the closets. New furnishings were also secured for one of the bedrooms.



"During the holiday season, meetings were held with regard to inexpensive gifts which included tea towels, hand towels, luncheon sets, hot dish mats, aprons, toys, table runners, pillows and other home accessories. Patterns together with directions for making these articles were distributed at the meetings and many inexpensive articles were made. Special assistance was given to relief and Farm Security families regarding the various phases of home improvement whenever necessary, and as occasion demanded."

Washoe County: A 4-H Club project in household accounts. "Should a farm home keep a record of its expenses and income? Is it not a business the same as any commercial enterprise - retail stores, wholesale houses, factories, and the like? And yet, how many are there who do not keep any such account?"

"Whatever the reason may have been against our keeping a record, I do not know. However, when our county agent suggested that I at least keep a record of our household expenses, I eagerly accepted. And delighted are we with the results of it! You may be sure that we found it very interesting and somewhat of a revelation. Ended are the disagreements over expenditures. Answered are the questions arising from them. Solved are the problems of buying and selling that once faced us.

"This record has not only provided us with a record of every expenditure, but more important than that, it has shown us a way to cut expenses and given us a solution to wiser buying. It has pointed out the weaknesses and the strong points in our household budget.

"We are an average farm family of five, three girls the ages of twelve, eighteen and twenty, two of us attend business college and one still in grade school. We have an extra farm hand for 211 days of the year. We make our living on a farm of 720 acres of which 197 acres are under cultivation. And as such, the following is our list of expenditures for the year.

"We found that our largest expense was for development and recreation. Under this, education was the biggest single item, amounting to \$472.37. It included tuition for two, books, gas and oil for two daily trips of 22 miles each. Our total gas bill for the year March 1, 1939, to March 1, 1940, was \$102.67. This is \$59.33 less than our bus transportation for three at \$18.00 a month for the current school year.

"Our next largest expense was for food. This was a weak spot in our budget. The failure to butcher enough meat for our own use throughout the year is the main cause of this weakness. We cured ham, bacon, and sausage, about 160 pounds and had  $292\frac{1}{2}$  pounds of fresh meat, but no one of our household likes that job, so up goes the bill. However, our garden and orchard provided us adequately with a supply of produce, except one crate of blackberries and two boxes of apricots,



for fresh use, all-over canning needs, and winter storage. In addition, we make our own vinegar from apples in our orchard, all of our lard, put up eggs for use when the fresh supply is low, our own milk and cream, and part of our cheese and butter supply when there is an excess of milk. We pay out an average of \$4.83 per month, or about \$.14 per day per person.

"Our next largest expense was for clothing, \$198.40. If we had done a little more of our own sewing, we could have reduced this expenditure somewhat. However, limited time made this impossible. Nevertheless, when we could find a few spare moments, we sewed a little.

"We spent \$15.41 for supplies. We made seven pounds of soap from waste lard. We used this for scrubbing porches, cabin floors, etc.

"Our phone and light bill was \$67.21. The phone bill is \$2.50 per month. Our light bill averages \$3.10 a month. We have a radio, refrigerator, washing machine, appliances, such as toaster, waffle irons, iron, etc., power for grindstone, and water pump (which is used only slightly for animals), lights in cabins, cellar, and in barns, as well as our house lights.

"For health we spent only \$9.10 in the year. This was mostly for small necessary articles of personal cleanliness and for good health. Maybe this is a direct benefit of a farm.

"For personal needs, we spent \$47.89. Of this, \$7.50 was spent for two permanents (for mother). The other three of us (my two sisters and I) fix and take care of our own hair, thus eliminating a rather large expense. We find also that father's tobacco bill amounts to about \$15.00 a year. The rest is for toilet needs and personal spending money.

"Our home improvements amounted to \$99.94. We had our storeroom replastered for \$20.00. Now we no longer have to look at red bricks peeking out of the old plastered wall. We remodeled our kitchen. We (mother and I) repainted the walls and ceiling - it is 19 x 12, so you see it was no easy job. We painted, in the same color of the kitchen, and decorated with a small flower design four chairs and a table. We made curtains for two windows and two doors. Then we had new linoleum laid on the floor. To complete the job, I painted designs on several old jars to be used as match holders and decorative purposes. Besides this, we put in a new screen door and put new screen in the rest of them. Of course, we then painted them all. By doing this work (all except laying the linoleum) we saved a great deal.

"For furniture and equipment, we spent \$84.81. Under this the cost of the linoleum for the kitchen was the largest item. It was \$44.95 - \$30.95 for the linoleum itself, and \$14.00 for the labor of having it laid. Had we been able to lay it on a floor that was all humps



and bumps, we could have saved that much. But better that way than a hit and miss job.

"And for miscellaneous went \$4.66. This was mostly for stamps and Christmas tree.

"So much for the expenses. Now back to why this project has been helpful. In the first place, black and white speak loud and mighty. In the second place, figures don't lie. And last of all, you can only see your expenses and be impressed by them from a sum total of the year. We cannot realize that a dollar spent today and one spent two days later will ever amount to the sum they do. One cannot seem to see clearly enough how every penny saved soon amounts up at the end of a given period. Keeping a home account helps us to divide our lifetime into periods. Whereas before we just went on and on, we now take time to stop and check up on our farm system, get a better knowledge of the value of a year's living, and develop and create incentive for future life.

"I know by extending these accounts to include the entire farm, we can profit. How can it be any other way?

#### "INVENTORY OF CANNED FOODS

	Beginning of year	End of year
Apples	13 qts.	6 qts.
Peaches	100 qts.	38 qts.
Pears	27 qts.	12 qts.
Cherries	38 qts.	24 qts.
Apricots	19 qts.	6 qts.
Berries	38 qts.	24 qts.
Beans	9 qts.	1 qt.
Corn	4 qts.	2 qts.
Carrot	2 qts.	1 qt.
Beets	6 qts.	1 qt.
Tomatoes	95 qts.	35 qts.
Pickles	85 qts.	47 qts.
Mince Meat	12 qts.	4 qts.
<b>Totals</b>	<u>448</u> qts.	<u>201</u> qts.
Jelly	110 glasses	59 glasses
Jam	75 glasses	38 glasses
<b>Totals</b>	<u>185</u> glasses	<u>97</u> glasses

#### STORED FOOD

eggs	8 dozen
onions	75 lbs.
cabbage	160 lbs.



## "EXPENSES 1940

Food	\$ 286.23
Clothing	198.40
Supplies	15.41
Power, light, phone	67.21
Furnishing - Equipment	84.81
Health	9.10
Development - Recreation	472.37
Personal	47.89
Life Insurance - Savings	159.74
Home Improvement	99.94
Miscellaneous	4.66
Total	<u>\$1,445.76</u>

Dorothy Ferretto  
Washoe County"

## 5. Child Care and Parent Education

Because of the crowded program of work caused by the large amount of time pledge to Land-Use and Farm Security, the volume of work in child care and parent education was again reduced. The number of communities allowed to adopt the projects was reduced 15%, and agents' time devoted to the project was reduced 60%. Less project instruction was done through special groups, compensation being achieved through coordination with other projects.

Due to the pressure of direct requests the number of result demonstrations was continued at practically the same number as last year, but less details and guidance was given them. Cooperation was continued with the well-baby clinics conducted by the Maternal and Child Health Nursing Service, through consultation service on nutrition and habit formation furnished by extension agents.

Integration of subject matter from this project was made in a considerable proportion of the nutrition and home management, with special emphasis on family relationships and the development of attitudes.

The agent who acts as a part-time specialist in the project prepared guidance material on "Family Relationships", "A Happy Home", "Hobbies", "Books for Children", and "Sleep and Rest". She also presented a review of recent literature in this fully to the other agents during annual conference. Only one short trip to a nearby county was made to give assistance in this project. She also attended a three-day conference on family relationship which Mrs. Lydia Ann Lynde, Family Relationship Specialist, Federal Extension Service held in California.



Considering the fact that we deliberately tried to reduce the volume of work in this project, we believe the results secured are quite encouraging. While agents' time is reduced 50%, the number of individuals participating in this project was increased 4%, with reduction in results for specific practices adopted ranging from -12% to -30%. This means that there was decidedly less decrease in results than in time devoted to the project.

Statistical results and excerpts from agents' reports are given below:

	1939	1940	% Change
No. communities in which work was conducted..	32	27	-15
No. local leaders.....	32	23	-28
No. adult result demonstrations.....	279	280	+ 0.3
No. families improving habits of children....	1151	987	-14
No. families substituting positive methods of discipline for negative ones.....	137	120	-12
No. providing play equipment.....	109	76	-30
No. adapting furnishings to child needs.....	107	78	-27
No. different individuals participating in child development and parent education program.....	614	644	+ 4
No. children involved above.....	1555	1273	-18
No. days agents' time spent on project.....	52 $\frac{1}{2}$	22 6/8-60	

Washoe County: "Eight group meetings were held with mothers of young children. The making of a happy home was emphasized. The child's entire life is influenced by the early training he receives in the home. An effort was made to show that good family cooperation was the first step in making each member feel that he is a part of the family and is needed. Each member of the group must have feeling of security.

"The nutrition work continues to be an important phase of the work with the children. Good health depends upon good eating habits. A schedule of the child's day helps a great deal to remind the parents that the child is a busy person and how little free time they really have. It also calls to their attention the amount of time devoted to eating a meal, and to rest. 139 families were given help in making schedules for the children.

"Each year work is continued on the selection of play materials and books for children. Demonstrations were given on the making of dolls from men's socks, the use of spools, making play equipment from boxes. The value of play material is always stressed by reminding the parents that toys are the child's tools for learning to do his work. Toys must be selected with the thought of what the child can do with the article given. 57 families were guided in providing recommended play equipment.



"The agent worked with the nurse at well-baby clinics and in the schools. Assistance was given the Child Care Department by giving them names of people in the county who might act as foster parents. The agent held two meetings with the nursery school group, one in Reno and one in Sparks. Subject matter material was given to both groups.

"The following subject matter material will be completed this year: 'Family Relationship', 'Sleep and Rest', 'A Happy Home', 'Hobbies and Books for the Children'. More time should be devoted to the preparation of subject matter material but it does not seem to be available. Each year more work is requested of the agent on other projects.

"The agent attended a 3-day conference on Family Relationship and Home Management at Woodland, California last spring, as a guest of the California group. Attending the meeting were Mrs. Lydia Ann Lynde, Family Relationship Specialist of Washington, D. C., who led the discussions, the assistant director of home economics of California, home management specialists, and home demonstration agents. At this meeting it was felt that more time should be devoted to the importance of the home and the influence it has on the life of the members. Twenty years ago it was difficult to get women to attend meetings, now it is hard to get them to stay at home.

"The agent wishes to thank Mrs. Mary S. Buol, Assistant Director of Extension for the subject matter material, bulletins and other help given and Mrs. Lydia Ann Lynde, Family Relationship Specialist of Washington, D. C., for the subject matter material sent out from time to time."

Churchill County: "Special nutrition and health problems were discussed with the mothers who attended the well-baby clinics sponsored by the Maternal and Child Health Nursing Service. The use and importance of whole-grained cereals in the diet was explained and recipes and instructions for cooking were distributed. The local doctors also assisted with the physical examinations."

Lyon County: "Family relationships strongly affect the satisfactions resulting from life within the group. Miss M. Gertrude Hayes, part-time specialist in parent education and child care was a guest speaker at two meetings in the county during the year. The first one with the Mason Valley homemakers was devoted to a discussion of desirable books and games for children of the younger age group. The second meeting with the Junior homemakers was based on a discussion of the importance of habit formation, not only from the standpoint of the well-being of the child, but also for the comfort of life within the home. Parental responsibility in child training was particularly emphasized. These meetings were followed by others demonstrating the selection or making of stuffed toys, wooden blocks, and games to suit children's needs."



## 6. Clothing

Clothing has been reduced to a minor project for the following reasons: Years of intensive work in this project have given a widespread training in the problems and techniques of clothing construction. A large proportion of clothes are now purchased, therefore, judgment regarding clothes budgeting and purchasing skills are now more important to the average housewife than clothing construction techniques. Time formerly used for clothing project work is now needed for other problems of more immediate importance. Therefore, clothes project work has been reduced to a minor status, and emphasis changed from construction to planning, selection and care. Agents' time spent on this project was reduced 6%, while leaders' responsibility was increased. The number of leaders was increased 48% and the days of leaders' assistance rendered was increased 79%. The volume of adopted practices regarding clothing budgets and selection remained practically the same as last year, but work on clothing accounts increased 19%. Adopted practices regarding clothes construction increased 44%, but a large proportion was concerned with alterations rather than new construction, although a considerable volume of this type of work was carried on in new communities and with new Farm Security clients.

Clothes renovation, care, and storage are especially emphasized this year as a means of increasing satisfaction, and reducing cash expenditures. Home management phases of clothing are strengthened through the preparation and use of three pieces of subject matter prepared jointly by the two agents acting as part-time specialists in these projects; i.e., "Clothing Selection and Family Relationships", "Clothes Storage Facilities", and "Proper Pressing Pays".

Cooperation was given the state relief agencies and the Surplus Commodities Administration through recommendation of low-income families to receive clothing, provided through these means.

Home demonstration agents also acted as technical advisors to the WPA sewing projects, and the Red Cross clothing production groups.

There is a close coordination of adult and 4-H clothing, through emphasis on family clothing problems of 4-H clothing members and stimulating family cooperation, particularly in the budgeting and selection phases of 4-H members' projects.

A summary of statistics and quotations from agents' reports are given below:

	1939	1940	% Change
No. communities in which work was conducted..	45	41	- 8
No. leaders assisting.....	56	83	48
No. days leaders assisted.....	200 $\frac{1}{2}$	360	79
No. adults following selection of clothing...	498	485	- 2
No. adults budgeting clothing.....	237	239	0.8
No. individuals keeping clothing accounts....	147	175	19



	1939	1940	% Change
No. families assisted in timely economic information . . . . .	530	325	- 38
No. adults following clothing construction recommendations . . . . .	400	444	+ 44
No. adults following care and renovation of clothing . . . . .	417	403	- 3
No. adults improving children's clothing. . . . .	339	295	- 13
No. agents time spent . . . . .	122	113 $\frac{1}{2}$	- 6
Estimated saving due to adult clothing program . . . . .	\$6648	\$5836	- 12
Estimated saving due to junior clothing program . . . . .	\$2582	\$2017.50	- 21
No. agents time spent . . . . .	122	113 $\frac{1}{2}$	- 6

Lyon County: "Based on the summarization and analysis of home business records there is evidence that the average farm family in Lyon County expends between fifteen and twenty percent of family living costs for clothing. Practically all this money is spent by the women; hence the importance of consumer information to guide their buying judgment. Most of the clothing is purchased ready-made. Much of this requires alteration. A considerable portion of the rural women do sewing at home, particularly for the small child. Most of this involved problems in make-over. Clothing budgets were worked out with 55 families and a definite effort has been made by 38 of this group to keep a fairly accurate record of their clothing costs during the year.

"One meeting was held at which remodeling, fitting, and clothing construction was emphasized. Another one was based on methods for removing spots and doing dry cleaning at home. Safety precautions essential in carrying on this work were repeatedly emphasized. These meetings were largely attended by members of the Farm Security clientele, as well as by other women in the county.

"Through the cooperation of the Lyon County WPA director, some clothing and household linens were given to Farm Security clients who were in need of this assistance. From time to time during the year in the course of home visits the agent has had opportunity to advise homemakers with their clothing construction problems and has given individual assistance to a number of them.

"The work in the clothing program and the resulting satisfactions from being suitably dressed have had a most stimulating effect on the morale of many of these cooperators. Not only has it assisted materially in reducing the cash expenditures for this phase of family living, but it has made for more satisfactory standards of living."

Churchill County: "Consumer education problems related to clothing included labeling of yard goods and ready-to-wear garments and points to look for when buying ready-made clothing as dresses,



coats, slips and other undergarments.

"Clothing accounts were kept by 83 women and clothing expenditures were budgeted by 75 women. One cooperator with 6 in the family budgeted her clothing expenditures at \$150.00 but the total expenses amounted to \$142.50. Another family of five budgeted \$135.00 and with careful planning and more home sewing the actual expenses totaled only \$95.00. The money thus saved was available for other necessary expenditures.

"Assistance in an advisory capacity was given the supervisor of the W.P.A. sewing room throughout the year. Sewing, crocheting and knitting garments for the Red Cross has also been started and assistance has been given in explaining the work to Homemakers' club members and in making arrangements for sewing centers in the various communities.

#### 7. Health and Sanitation:

Efforts along these lines are not organized on a project bases, but are integrated into the Nutrition, (especially Keep-Growing) Home Improvement, Child Care and Parent Education, Farm Security and 4-H Club projects. The health factors emphasized in the Keep-Growing demonstrations are posture and health habit formation. Decided progress was made in posture results this year, due we believe, to the long continued efforts in behalf of better posture. School authorities, leaders, parents and children are showing decided interest in posture. A number of schools established posture exercises based on material prepared by the extension service, supplemented by other material which they secured for themselves. Posture was strongly emphasized in 4-H Club clothing and food projects. As a result, there was a 32% increase in the number of individuals improving in posture, bringing the number up to 1160. 87% of the school children completing this year's Keep-Growing demonstrations were judged as having good posture.

Health habits emphasized this year were sleep and rest, prevention of colds, fresh air and personal cleanliness. 1772 individuals reported improved health this year, an increase of 22% over last year.

Due to the fact that most of the state is now serviced by the Maternal and Child Health Nursery service, (with a much larger personnel than that of the Extension Service), guidance regarding immunization, home nursing and health examinations are largely turned over to the nursing service, except in isolated counties not having the nursing service and in extremely isolated areas which the Extension Service reaches and the nursing service does not.



Close cooperation was given to the Farm Security Administration and the State Board of Health in regard to sewage disposal, domestic water supply and fly control. All the field work concerned with the FSA Environmental grants, securing application, supervision of installation, and completion of work agreements was carried on by the home demonstration agents. Assistance regarding technical details, to conform with state board of health regulations was given by a member of that field force who made field visits with the home demonstration agents where needed. The WPA cooperated by building the sanitary units.

Material from the American Red Cross and the Farm Security Administration was used in regard to farm and home safety, the removal of hazards around the farm and home, and first aid emergency techniques when accidents occur.

#### HEALTH AND SANITATION

	1939	1940	% Change
No. communities . . . . .	53	57	✓ 7
No. local leaders . . . . .	15	29	✓ 93
No. individuals having health examination .	1077	482	- 55
No. improving health habits . . . . .	1809	1772	- 2
No. adopting positive preventive measures .	43	118	✓ 174
No. improving posture . . . . .	874	1160	✓ 32
No. adopting better home nursing practices.	56	37	- 33
Total number enjoying improved health . . .	1258	1529	✓ 22
No. days agents' time spent . . . . .	9-3/4	16	✓ 64
No. families installing sanitary closets or outhouses according to recommended plans.		49	
No. homes screened according to recommenda- tions . . . . .		39	
No. sewage systems installed. . . . .		11	
No. water systems installed . . . . .		14	

#### 8. County and Community Cooperation and Development:

Cooperation is given county and community groups in the development of effective organization, the planning of programs for both extension and community services, activities, the training of leadership and the distribution of responsibility among officers and committees.

Extension assistance is given in securing speakers for meetings, supplying films, games and other recreational material for the recreational portion of these meetings.

The Land-Use studies now being carried on are doing much to awaken interest and a desire for action regarding the basic problems affecting the various areas, and many meetings have been devoted to a consideration of these problems.



Community, county and regional meetings have also been excellent means of developing interest in the problems of national agriculture and cooperation with the program of various active agencies. Representatives of the Agricultural Adjustment Soil Conservation-Federal Credit and Farm Security Administration have appeared before a goodly majority of these groups. Where it is impossible for agency representatives to make these presentations, the Extension agents do it for them.

Meetings are also used to present Extension information and show results of project work. Meetings in behalf of the Live-at-Home campaign, Keep-Growing demonstrations, and 4-H club work are held in all communities carrying on these projects, with local leaders and project members having charge of the meetings and making the presentation.

This year particular emphasis has been given plans for group hospitalization. Roads, irrigation, marketing and school problems are also considered. In fact, practically any problem affecting the welfare of the community can secure community attention through presentation at these meetings.

#### Recreation:

Community organizations assume practically the entire responsibility for community recreation problems. Recreation committees provide recreation features at all monthly community meetings. County and community organizations sponsor inter-community and inter-county meetings, county picnics, harvest balls, and soft ball leagues. Older 4-H club members and rural youth above club age give excellent service upon these recreation committees, then later on move on to other committees, handling more serious problems. This recreation work is the outgrowth of the recreation training schools put on by the National Recreation Association, and Miss Ella Gardner, Recreation Specialist Extension Service, United States Department of Agriculture, Washington, D. C., during the past years. At the present time all the Extension service does is to act in an advisory capacity, confer with leaders, and loan out recreation references, material and equipment. There is need for more recreation training schools, but with present limited funds and personnel, we see no way of supplying this assistance.

#### Rural-Urban Relationship:

This year considerable progress has been made in developing mutual understanding and cooperation between rural and urban groups. As a follow-up to the work started last fall a series of rural-urban women conferences were held in various sections of the state. A total of 18 meetings with an attendance of 1381 woman were held. These



were attended by representatives from county and community Farm Bureau homemakers' clubs, project groups, Federated women's clubs, Parent-Teachers' Associations, church and fraternal organizations and labor organizations in areas where numerous labor organizations exist. These rural-urban meetings aroused much interest and have done much to develop mutual understanding of national problems, particularly regarding the interdependence of rural and urban people in regard to agricultural and industrial production and consumption and their effect in providing abundance for the American homes. Land-Use, Soil Conservation, Agricultural Adjustment, Farm Security, Urban Relief, the effect of the world war on American economic life, the need for national unity, and urban and rural cooperation in the problems, were topics considered during these conferences. Representatives then returned to their organizations and reported on the conference and lead discussions along similar lines. Women from rural or urban areas were frequently invited to meet with local groups during these follow-up meetings to present their side of the question. We believe these rural-urban meetings offer an effective method of educating public opinion and developing cooperation in regard to National defense in the days that are ahead.

Churchill County: "Close cooperation exists in Nevada between the Extension Service and the State and County Farm Bureau organizations. The Extension Agents have assisted Farm Bureau officials in maintaining six functioning community centers during the year,

"Each center has a board of directors composed of a president, vice-president, secretary-treasurer, director on the county board and a voting delegate to the annual meeting. These directors assist in making out a yearly program, sponsors the membership drive and takes care of all business pertaining to that community.

"The County Farm Bureau Board of Directors is made up of one director from each of the six organized communities, president of the Dairy Department, president of the Home and Community Department and a director at large who are elected each year at the annual county Farm Bureau meeting. These county directors hold regular monthly meetings with the Extension Agents to discuss policies and to carry out the program of work. Members of the Home Department met to make out a program of work that would help improve home and community conditions in order to make the rural homes more attractive places in which to live.

"The Extension Agents assisted with community center organization work, helped out line program of work, held leader training meetings, assisted with publicity, presented educational topics, showed films of interest to farm people and assisted with entertainment and recreational activities. Some of the educational features presented included 4-H Club activities, Land-Use Planning program, Live-At-Home campaign, Keep-Growing work, Outlook, Farm Credit and plans and policies of the Farm Security Administration.



The need for good recreational features seems to be increasing each year. With some families, this social hour at these monthly community meetings is about their only type of recreation, since the amount of money they have to spend for the theater, plays and other types of entertainment has been somewhat limited. The Relief families and Farm Security clients have been especially urged to attend these meetings and to take part in the various programs and activities as often as possible. The education films usually shown at each meeting are especially enjoyed.

"Forty-three office conferences were held with individuals and committee members to help plan programs and to better acquaint them with the type of recreation material that is available at the Extension Office. Assistance was also given regarding favors and table decorations for parties, banquets, etc., to 4-H Clubs, community groups, Homemakers clubs and to various church, school and fraternal organizations.

"Believing that young people should learn to play together as well as work together, recreational activities were especially stressed at 4-H Club meetings. Plays, stunts, hikes, games, weiner roasts, group singing and swimming parties were some of the activities that were featured.

"The annual picnic of the Churchill County Farm Bureau was held at Lahontan Dam, July 14th, with approximately 400 people in attendance. A picnic lunch was enjoyed at noon with coffee, lemonade and ice cream being furnished by the County Farm Bureau. The main features of the afternoon's program included swimming, boat races by five local men, foot races for the children. Prizes were donated by the County Directors and by six local business firms.

Elko County: "Recreation work is done mostly through a Recreational Council. Members of this organization in various organizations throughout the county. Their leadership consists of leading games, both for adults and children, conducting community singing, calling for old time dances, etc. Another recreational school needs to be held to aid these active leaders in conducting their work. A recreational library is maintained by the agent of books, phonograph records, plays and skits. Ten individuals have borrowed material from this library this year. The agent also acts in an advisory capacity in planning recreational activities.

"The Agent has very little time to carry on this project. For this reason these leaders must carry on the greater burden. They need all the training they can get such as given by Recreational Schools. It is hoped one can be held this coming year.

	<u>Goals</u>	<u>Results</u>
No. active leaders		13
Meetings held by leaders	150	132
Communities	9	9
People contacted	5000	5720
One act plays	3	3
Community - 4-H Recreation	7	5



"Fairs: The activities carried on under this heading are Fairs, Fall and Spring Flower Show. The greater proportion of the work is carried on by community committees which includes the Fair Board. The Extension Agent acts as director and advisor to these committees. She helps them think through their problems, organize their activities and assign responsibilities.

"Improvements were made this year in organization of the premium list. Soon after the Fair each Superintendent was asked to turn in suggestions for improving the Fair particularly her department, with a revised premium list of her department. This is much more satisfactory because points are fresh in the Superintendent's mind. Organization is carefully planned for entering exhibits and arranging for judges so that a minimum amount of time and energy need be expended.

"Superintendents are kept from year to year and held responsible for improving their department. These superintendents are paid for their services. For many years they received no pay but apparently enjoyed the work just as much. These Superintendents choose assistants as needed. A waiting list is kept of women who apply for any openings in the Women's department of the Fair.

"The Fair is an effective educational tool. Each superintendent explains educational features of her booth, particularly the canning and baked foods departments. This helped to improve work throughout the county. It also has a stimulating effect on handicraft, hobbies and antiques.

Washoe County: "The county farm bureau, the farm centers, homemaker clubs and all officers of the organization perform duties, all of which is added service to the farmers of the county. For example, the farm bureau leaders were on committees to assist in carrying on the Land-Use Planning work, the Rural-Urban meetings, Taylor Range, Agricultural Conservation program, Farm Security work, Cow Testing Association, Dairy Producers Association, Dairy Distributors and the Agricultural Adjustment Administration.

"The organization has also cooperated with the following organizations on problems of common interest; Indian service, Nevada Experiment Station, Chamber of Commerce, Grazing Service, Bureau of Agricultural Economics, E. C. W. of the Department of Interior; the Reclamation Service, Bureau of Animal Industry, State Board of Stock Commissioners.

"The four homemaker clubs carry on the program of work of the farm bureau and the extension service. They take part in all community and county programs and were represented at the state meeting. The homemaker clubs sponsor the Keep-Growing project in the rural schools. Cash prizes are awarded to the children by the homemakers for improvement made in health work and for health booklets. Each school put on a health program at the April farm center meeting and displayed the health booklets. Two clubs supplied paper towels to the schools in their community.



"The county farm bureau and the community centers sponsored a Farm Bureau Softball team. Suits were purchased for the team and all expenses of the team were paid for by the organization. The Annual Farm Bureau picnic was held at Bowers Mansion in June. Contests and games were conducted for the younger children. A picnic lunch was served at noon and a short program followed.

"The county farm bureau sponsored 4-H Club work and assisted with the county 4-H dinner given for club members. They also sponsored the Harvest Ball which is held each year for the purpose of raising money to carry on county 4-H club work. The dance was held at Moanna Springs, November 2. The homemakers clubs supply the leaders for the 4-H club work. "



## V. WORK IN COOPERATION WITH OTHER AGENCIES:

1. **Farm Security:** This is the fourth year that the Farm Security Administration and Nevada Agricultural Extension Service has cooperated in carrying the home management phases of Farm Security work. The Farm Security Administration supplied \$4,000 to pay the salary of a woman agent in Southern Nevada, to pay the travel expense of the district home demonstration agent in Western Nevada, and to assist in the travel expenses of two other women agents and the assistant director for home economics extension. The Agricultural Extension Service in return pledged 20% of total home economics extension time to carry on the home supervisory phases of Farm Security work. Each agent has serviced the FSA families in her area, and the assistant director of home economic extension has acted as FSA associate state director and carried on the field work in non-home demonstration counties.

Unfortunately the woman agent in Southern Nevada, (whose salary was paid by FSA; therefore, considerably below the extension salary level) resigned September 1, 1940, to accept a position in one of the vocational home economics high school departments in her area. We had a very difficult time finding anyone to fill this position. Finally a young woman, (who is at present a home demonstration agent in Texas) was agreed upon by the local Farm Bureau, the Agricultural Extension Service and the State FSA director, her application forwarded to the regional office, but as yet the appointment has not been made. If the appointment of this applicant is not made it will present a very serious problem, as we know of no other home economics trained women who are interested in the salary range specified by the Farm Security Administration.

Despite this vacancy  $2\frac{1}{4}$ - $3\frac{1}{4}$  days were devoted to Farm Security work.

The service rendered Farm Security clients has consisted of:

- a. Assistance in preparing yearly budgets of family cash and non-cash living,
- b. supervision and assistance in keeping farm and home accounts,
- c. securing environment grants for the improvement of sanitary conditions regarding sewage disposal, domestic water supply, and screening against flies and mosquitoes. Supervision of these installations and the fulfillment of the work agreement connected with them,
- d. securing supplementary loans or emergency grants for subsistence and emergency medical care, and recommending families for surplus commodity distribution, food, clothing, and bedding,
- e. extension instruction in techniques that safeguard health, conserve cash, and improve family living conditions,
- f. follow up guidance to assist families to meet their FSA repayments and rehabilitate themselves both financially and socially,



A large part of the supervisory work must of necessity be individual; therefore, most of it has been done through home visits. Only through home visits is the family situation thoroughly understood, confidence developed, and detailed guidance given on highly confidential family problems.

- a. Home Plans: Agents have supervised and assisted client families in making out yearly plans for their cash and non-cash expenditures. Home-plan blanks were given out to families and a period of time allowed for family consultation in making these plans. Then agents checked over the results with each family and where necessary helped them to make necessary adjustments. There was a decided increase in the ability of families to think through their problems, and use their past experience as a guide in making out these plans. However, there are still families who need a great deal of assistance in facing realities, but the number was less this year than in any previous year.
- b. Farm and Home Accounts: At the end of last year assistance was given in summarizing the yearly account books, and these summaries were then used as a basis for making this year's plans. Then each family was given a new account book, started on this year's accounts, and then assisted in keeping them up during the year. There is a slow but appreciable improvement in attitude toward accounts and in ability to keep accounts. However, there is still much to be done in this field, particularly with families of foreign background. There are some accounts that are kept partially in Portuguese and Italian. But even here there is evidence that the accounts are increasingly effective in guiding expenditures, and are enabling families to meet their FSA payments and improve the basic elements in their standard of living.
- c. Environmental Grants: Much time and effort was devoted to environmental grants. Nevada was allotted \$2,000 for this purpose. The work was confined to the four counties having the largest case loads. The women agents did the publicity regarding the availability of these loans, conferred with applicants regarding their conditions, assisted in filling out the application blanks, and determining the details of the work agreements, and took the state Board of Health representatives to inspect each place and specify the improvements needed. Then they made arrangements with lumber yards, equipment houses, hardware stores, etc., for the necessary supplies, supervised the installation, and in all but one county made the final checkup. (In this county the agent resigned before the work was completed.) The state Board of Health cooperated by assigning a representative to do the sanitary inspection. The WPA cooperated by building the sanitary privies.



A total of forty families carried through these environmental grant demonstrations, and at their completion had safe sewage disposal, domestic water supply, and adequate screening against flies and mosquitoes.

Besides the work done directly through these environmental grants, a large number of improvements were made through the work agreements. Rubbish was raked up and hauled away, fences repaired, foundations repaired, walks filled in and surfaced, yards ditched for better drainage, vegetable gardens increased in area, storage facilities installed or improved. Not only have the environmental grants improved the sanitation of these FSA families, but they have acted as a decided stimulus for general environmental improvement, and increased self-respect and the will to progress.

- d. **Supplementary Assistance:** One of the principal responsibilities of FSA supervision is adjusting the program to fit individual needs, especially for those families who are not progressing satisfactorily. The best made plans are sometimes inadequate due to crop failure, sickness and other emergencies. It is then that special guidance and extra assistance are vitally needed. Subsistence grants or loans have been made to bridge these emergencies. Families with very low cash and non-cash incomes have been certified to receive surplus commodities until the Food-Stamp plan was extended to the rural areas of the state. Since then emergency subsistence grants have been obtained for some of these families for a two or three month period to get them on to a cash basis, so they can avail themselves of the Food-Stamp plan in counties where this help is still allowed.

Grants for emergency medical attention have been secured. Through cooperative arrangement with the State Board of Health a number of tonsil cases among FSA families received surgical attention, the medical grants being used to finance the minimum charge made for these cases.

So far, no solution has been worked out for medical assistance for chronic cases, which include some of the most serious problems affecting FSA clients. As Nevada has no free clinical service there seems to be no satisfactory solution to these problems.

Attention of FSA clients has been called to the Hospitalization Insurance service now available in Nevada, but so far only a small proportion have availed themselves of this opportunity. It is a new idea and Nevada's individualistic attitude is resistant to such group efforts. No progress has been made toward a cooperative medical service, neither the medical profession or the local people showing any friendly interest in the scheme.

Every effort has been made to have FSA families avail themselves



of the Maternal and Child Health nursery service, through attendance at the well-baby clinics and through having the nurses make home visits to these families.

- e. **Extension Instruction:** Much guidance and technical instruction has also been given to FSA clients through home visits and through drawing them into participation in community center organizations, homemakers clubs, project groups and L-H clubs. This has done much to awaken interest, develop desirable attitudes, overcome timidity and inertia, and improve skills. The fact that FSA members were not segregated into special groups, but shared these experiences with the rest of the community has been a potent factor in improving morale and a desire to participate in improvement achievements. Great care has been taken not to differentiate between FSA and other families. Program committees and project leaders have used much tact in concealing the fact that program plans were modified to include problems of particular value to FSA families. Leaders and cooperators gave generous assistance to new FSA members in catching up with the group in information and techniques. On the other hand, some of the most capable leaders and members of extension groups are FSA clients and they have made a real contribution. Special effort was made to bring FSA families into community organization activities. This year there is an encouraging increase in participation, with increasing prestige. FSA clients have served on program planning committees, held community center offices, taken part in group discussion of agricultural and home problems, have served on Land-Use committees, and taken a whole-hearted part in recreational activities.

Nutrition problems have been a more serious concern among FSA families than among the general rural population. In the past the nutrition of these families has suffered because of inadequate income, less food production and preservation, less knowledge and skill in food selection and preparation. Through group meetings and many visits much emphasis has been placed upon these problems, particularly securing an adequate supply of protective foods.

Home food production was emphasized when farm and home plans were prepared and then re-emphasized through group and personal instruction in production and preservation techniques. Nevada is decidedly proud of the fact that the regional FSA office reported that Nevada had made the largest increase in home food production of any state in this region, 80% over last year. A considerable number of FSA clients needed special help in food preservation techniques. This training was given either in project groups or by individual instructions, by leaders or the extension agents, depending on location and family circumstances. Through work pledged in connection with environmental grants considerable



improvement was made in food storage facilities. As a whole we believe FSA families are producing fully 60% of their food supply, with an average value of around \$250. This is a big factor in safeguarding health, and conserving cash to repay FSA loans and rehabilitate the family.

During each home visit some particular phase of nutrition has been tactfully emphasized, and assistance given through menus, marketing orders, and receipts. Personal guidance has been given in special dietary problems, wherever possible under a physician's supervision. These problems include infant and maternal, diabetic, anemia and weight control.

All FSA children in five counties have participated in the Keep-Growing demonstrations in school child nutrition, and with few exceptions, there has been excellent progress, fully 75% of these children achieving gold star awards. Special effort has also been made to see that all FSA children took part in the hot lunch projects.

All FSA families have been given extension instruction in money management and the techniques of account keeping. The Live-at-Home grocery bill has been used successfully with these families in guiding their cash expenditures for food, reducing the amount spent, and increasing protective foods. Some clients are showing real interest in farm and home accounts and a few are enrolled as demonstrators with the joint Experiment Station-Extension Service accounts project. Farm family outlook material has been used to broaden vision in regard to economic trends. Guidance material on money management and family relationship has also been given. Effort has been made to develop an understanding of national policies in regard to Federal Credit agencies, Agricultural Adjustment, Soil Conservation, The National Youth Administration, and other methods by which the Federal government is striving to better economic conditions. It has been emphasized that only through real teamwork and whole-hearted cooperation can these governmental efforts be made effective. There has been a decided improvement in attitude, and much less resentment at "governmental interference". We feel that this education in the purposes and benefits to be derived from these action agencies is an extension duty under the Mt. Weather Agreement.

Guidance and instruction has also been given in clothing problems, selection, construction, renovating and repair. Where needed, clothing and bedding has been secured from the Surplus Commodities Administration and the WPA sewing projects.

Much assistance has been given in emphasizing the environmental influence of the home and home surrounding. Both guidance in planning and techniques in doing the actual work have been needed.



Storage facilities, refinishing of walls, woodwork, floors, and furniture and yard improvement have been the main problems. Emphasis has been placed on using the materials at hand, the satisfaction of creative work for the home, and keeping the cash expense as low as possible. It is surprising what cleaning up and brightening up the interior and exterior of these homes has done to improve the morale of these families.

Special effort has been made to have FSA children participate in the 4-H club work and a total of 108 members were enrolled this year. The instruction and experience gained through these 4-H club home projects and group meetings has had a decidedly favorable carry-over into family life. As a whole we are decidedly proud of the excellent work done by these FSA 4-H club members.

Two FSA girls who won scholarships through their 4-H club work are now registered in the home economics department of the University of Nevada. Conferences have been held with faculty members to ask special guidance for these girls in solving their financial and personal adjustment problems. The latest report shows that they are making real progress.

Cooperation has also been secured from the National Youth Administration to provide employment for FSA young people, both those out of school and in high school and college.

Quotations from agents' reports follow, giving details of the problems encountered and the assistance given:

Clark County: "A total of 85 home plans have been made out with clients this year. About 1/4 of these families have completed the plans themselves and as one FSA woman expressed it, "I know about how much we spend on clothing, but writing it down and planning it out in detail helps. I can see where planning for more orchards, gardens and milk will naturally increase our amount of available cash." Also, a family planning of these plans is much better as then both man and wife get a better idea of all the family's needs as well as the farm needs.

"Home and farm visits, meetings in community groups, and with various women's groups were the means of carrying out this program. Early in the year community meetings were held in Bunkerville and Mesquite to discuss common farm problems. J. H. Wittwer, Extension Agent; Willis R. Dunkley, FSA Supervisor; and Home Demonstration Agent were present. Marketing problems of meat, chickens and eggs were all discussed. At this time record books were explained and also farm plans, all were given to clients.

"One man remarked, "I need a record book and I need to keep a record this year. After all these years my farming enterprises are not making me a living. A record will show me where I have failed



and help me to decide what I must do to remedy the situation."

"A specific objective fulfilled this year was medical aid to FSA families and improved sanitation. Also some farming enterprises were not very successful and about 8 families have been helped with subsistence grants.

"In April of this year, through the aid of the assistant county physician, and public health nurse, grants were given to eleven families for tonsillectomies. In April 16 children and 1 adult had tonsils removed. These were paid by FSA grants. The nurse reported that every pair of tonsils removed were very diseased--all were pitted, etc. This one fact means that these grants were all given to improve health.

"At this same time the environmental program got under way. Five hundred dollars was first allotted to the program and 16 families assisted with new sanitary units, new screen windows and doors. All of these were put up and painted by clients themselves, screen doors, etc. being constructed by the vocational department at the Virgin Valley High School. When the project was outlined at first the water supply seemed O.K., thereby making it possible to help 16 families with sanitation needs. Later when the State Health Department came to the Valley, the inspector insisted that cisterns be repaired. An additional amount of money was asked for and this was granted. This made it possible to make water storage of 11 families more safe. Following is a complete report of what was done in County in sanitation program.

"16 environmental grants have been made  
 totaling . . . . . \$743.00  
 16 sanitary privies have been installed  
 21 screen doors - complete  
 10 screen doors screen only - old frames used.  
 45 screen windows made complete  
 23 screen windows - screen only  
 1 cistern repaired by client himself.

"To date 11 pumps have been ordered and plans made to repair all 11 of these cisterns as soon as the pumps arrive. All the men put their work in making the screen doors and windows. The shop in the Virgin Valley High School was opened by vocational teacher, Mr. Don Tobler, and the men allowed to come to the shop and make their screens and doors. Most all did a very good job on them, of course, there are a few not very well made, but the rest are very good.

"A great deal of time has been spent on this project having checks, deposit slips, etc., signed, making it impossible to check on record books or other phases of FSA work, but this was such a good



project the time was well spent. All work agreements have been carried on very well. And it has really been worthwhile to have the work done on the clients' house -- doors, windows, etc., because each family has more of an interest in his home. A number of clients and other people have contacted me concerning sanitary units, pumps, screens, but many of them want the aid, (if his neighbor has received it,) and are not willing as yet to put up any money towards the sanitation.

"The sanitation program and medical aid are one of the best goals reached by the agent this year. Not many families were helped directly, but the result demonstrations in sanitation have been very gratifying."

2. Agricultural Conservation, Soil Conservation: Community meeting-homenakers clubs, project groups and older L-H club groups have been used to arouse interest in, and cooperation with these programs. The assistant director has attended the state meetings of the AAA, and the women agents attended local meetings. The state AAA executive officer has spoken before women groups. Men and women agents and local committeemen have also made such presentation. In considering the Land-Use problems these action agencies and the services available through them have been carefully brought out.
3. Bureau of Agricultural Economics: In preparing and carrying out the home and community surveys in connection with Land-Use, close cooperation has been maintained with the Bureau of Agricultural Economics and much valuable assistance received from Mr. Cruz Venstrum, the state representative, members of his staff, and a specialist from the BAE regional office. On some occasions they have met with the local committees, but usually the assistance has been given to the assistant director.
4. Farm Credit Administration: Material from the Farm Credit Administration has been used before women groups considering farm and family financial problems, and has done much to awaken interest in long time financial planning. Conferences have been held with members of the regional FCA staff, both here in Nevada and at the regional office in San Francisco. At the present time, the regional FCA office is working on supplemental data that has bearing on the Land-Use home and community surveys.
5. Rural Electrification: In Clark County where Nevada's only REA project is located, the home demonstration agent has given guidance in the selection and use of electrical equipment, reading electric meters, and ways to adjust family expenditures so that electric service can be maintained.
6. Social Security: Close cooperative relationships have been maintained with the various branches of the Social Security agencies.



Guidance in nutritious problems, rural living conditions and budgets have been given to the Child Welfare, Old Age Assistance, Maternal and Child Health Nursery services. Their assistance has been secured for families having problems in these spheres.

7. Works Projects Administration: The assistant director and one agent are members of the WPA state "over-all committee". Through the home demonstration staff guidance and assistance has been given to the WPA hot-lunch, sewing and housekeeping aid projects. Extension agents have recommended families for surplus commodities, and where necessary furnished transportation for such supplies to isolated areas.
8. National Youth Administration: The program of the National Youth Administration has been explained and eligible young people recommended to secure this assistance. Young people receiving NYA assistance have been assigned to extension offices to prepare illustrative material, models, etc. Part of the work has been done in the homes of these young people, under extension supervision through home visits.
9. Lyon County Farm Security Administration: "There are 73 rural families and a number of bachelors in all parts of Lyon County, except the Dayton area, who are being refinanced by the Farm Security Administration. Home management plans, covering the estimated cost of all family living, have been worked out with 55 of these families. Farm and home business records have been set up with 50 different families; 38 have kept these records fairly successfully during the year. Ten of these clients are keeping accounts in cooperation with the research department of the Nevada Experiment Station. One record is being kept in a mixture of English and Italian and another mostly in Portuguese. These women read and write English very slightly but are interested and willing to try to keep records. Since it is necessary for the clients to assume a great deal of the responsibility for summarizing these accounts, this keeping of business records in a foreign language may not be a bad idea.

"Early in the year a program for environmental and sanitation improvement was started in the state. Lyon County was allotted approximately \$540 for grants to be used in this type of work. The agent, as home management supervisor, worked with the Farm Security farm supervisors in making a tentative survey of possible cooperators with this program. An effort was made to reach as many families as possible and to make complete sanitation improvements on each of these farms. Family cooperation in carrying out the work agreements was one of the essentials. Two possible recipients of this service were discarded because they could not be depended upon to fulfill work agreements. Two others were eliminated at their own requests because of the uncertainty of their leases. Finally, eleven cooperators were selected. The agent made a survey to determine the scope of program needed, to insure: (a) safe water supply, (b) sanitary sewage disposal, and (c) protection from flies, etc. A representative of the Sanitation Division of the Nevada State Board of



Health accompanied the agent on visits to these farms and outlined the sanitation requirements in each case. Finally, the following clients were accepted to receive these grants and carry on the work: Fernley; J. H. Chatelle; Mason Valley; J. L. Howard, Charles Warr, W. E. Walmsley, Ralph Pursel, S. V. Cummings; Smith Valley; A. A. Chisholm, H. E. Rowntree, C. I. Everett, E. T. Davis, and E. J. Leveille. The work has been completed and these people are very appreciative of these improvements, and willingly carried out the provisions of the work agreements, all of which included the removal of rubbish and the general cleaning up of yards, as well as some yard and home improvement.

"Work done on individual farms is as follows:

"J. H. Chatelle; screened the house and milk house. Sanitary privy installed. Since no culinary water supply was available on this farm this phase of the program was omitted.

"J. L. Howard; screened the house and milk house. Sanitary privy installed. Concrete curbing to protect water supply from deep well.

"Charles Warr; house screened. Sanitary privy installed. Completed curbing and roofing of well house for water protection.

"W. E. Walmsley; house and milk house screened. Separator house repaired and made fly proof. Sanitary privy installed. Slab and curbing put over the deep well.

"Ralph Pursell; completed the screening of the house and milk house. Sanitary privy installed. Concrete curbing and slab over the well.

"S. V. Cummings; house completely screened. Sanitary privy installed. Concrete slab and curbing to protect water supply.

"A. A. Chisholm; screens installed in the house. Sanitary privy installed. Concrete pump house built over a deep well and roofed.

"H. E. Rowntree; house screened and sanitary privy installed. Since then he has completed the drilling of a well to insure a safe water supply. This was not part of the grant.

"C. I. Everett; house screened and sanitary privy installed. No culinary water available on this farm.

"E. T. Davis; entire house screened. Sanitary privy installed. Concrete slab and curbing to protect the deep well.

"E. J. Leveille; house and milk house screened against flies, etc. Sanitary privy installed. Concrete slab and curbing to protect water supply.



"The importance of home food production and the value of the live-at-home garden as a means of increasing the non-cash income have been repeatedly emphasized. Adequate gardens were planted on most of the farms but grasshoppers, poor soil, and some water shortage caused partial failures with many of these. Homemakers from some of these families have attended demonstration meetings where instruction was given in food preservation, clothing construction and remodeling, and home improvement. Some work was done in yard improvement, and assistance given in developing and training local leadership.

"A considerable proportion (about 40%) of the membership in the homemakers clubs, the 4-H clubs, and the farm centers is composed of these clients so it has been possible to reach this group through a variety of channels. The Farm Security program has been discussed in part at a number of these meetings as well as during home visits. Also, the benefits to be gained through active participation in and cooperation with the Agricultural Adjustment, the Soil Conservation and the Land-Use programs, as well as with other federal agencies, has been brought to the attention of the farm women at frequent intervals with a view to increasing home and family cooperation with these programs.

"Home visits were made to 68 different clients at least twice during the year and in as many instances as possible visits were made every two or three months. Counting the work on environmental improvement and sanitation a total of 208 home visits were made. Also, if this work on better sanitation is included, a total of 72 days or almost 34% of the working time in Lyon County was devoted to Farm Security cooperation work.

"Subsistence grants for family living have been worked out with nine different families. Also surplus commodities and clothing, obtained through the local WPA office, have been made available to nineteen families who required this assistance.

"A summary of Farm Security clientele participation in the various extension programs offered in the county indicates that 16 girls or 49%, and 14 boys or 54% of the enrollments in 4-H club work were from this group. This represents about 51% of the entire enrollment completions.

"Edith Chisholm, daughter of a Farm Security client, entered the state farm and home accounting contest with her records of work for 1939. The state committee considered her record and story one of the most complete of those submitted and it was forwarded to the national contest with other blue ribbon contestants. She was among those winning blue awards and a small cash prize from the various states.

"The Burke girls, twins, from another client family, composed the Dairy Production Demonstration team which represented Nevada at the



National Dairy Show this year.

"All the 64 children from Farm Security client families who attend rural schools in the county have participated in the Keep Growing nutrition work. Between 35 and 40 percent of the regular attendants at homemaker club meetings are from the Farm Security group and a larger proportion usually attend farm center meetings each month. Nine of the twenty women acting on local home and community Land-Use committees are Farm Security clients. They are active leaders in all community groups and in the planning and carrying out of programs of work; and have participated in 64 different home demonstration and farm center meetings during 1940. The work has been interesting and stimulating and the agent sincerely appreciates the opportunity this program has given her to assist in the solving of some of the problems of a great many rural families as they work toward their ultimate goals of complete rehabilitation.



The achievement story of Frances Baumann, Churchill County, Nevada, is given as an illustration of how senior 4-H club members are absorbed into adult community activities in areas where it is not possible to carry on separate rural youth organizations:

"I was born and raised on the 120 acre ranch where I now live with my father, mother and younger sister 17 years old. (I am now 20 years old). My folks, who were among the early settlers in this valley, have always been engaged in ranching, and ten years ago we went into the dairy business. My folks have always taken an active part in all community activities as Farm Bureau ladies' community club, schools and extension work, so naturally I became interested also and when I was old enough I decided to join the 4-H club in my community. I became so interested in the work that I have been a member for 10 years, from 1931 to and including this year, 1940. The following is a summary of my 4-H club activities during that period:

"Number projects completed:

1931 -- Clothing	1937 -- Clothing
1932 -- Clothing	1938 -- Food Preservation
1933 -- Clothing	1939 -- Clothing
1934 -- Clothing	Food Preservation
1935 -- Clothing	1940 -- Clothing
1936 -- Food Selection and Preparation	Food Preservation

"Project Summary: Clothing . . . . . 8  
Food Preservation. . . . . 3  
Food Selection and Preparation. . 1  
Total 12 projects

"Leadership Record:

1938 - Assistant leader 4-H Club -- 8 members  
Projects - Clothing, Canning, Foods.  
1939 - Leader - 4-H Club -- 10 members  
Projects - Clothing, Canning, Home Improvement.  
1940 - Leader - 4-H Club -- 10 members  
Projects - Clothing, Canning, Foods  
Leader - Indian Girls Club -- 22 members  
Projects - Clothing, Canning, Foods and  
Nutrition, Handicraft.

"Club Camp: At the State 4-H Club Camp this year I was awarded first place in the Style Dress Revue Contest and was declared State Champion. As a reward for this I shall be given a free trip to Chicago in November to attend the National Boys and Girls 4-H Club Congress, to which I am looking forward with a great deal of pleasure.

"4-H Club work has helped me to become more reliant and self-confident. It has given me an opportunity to develop leadership and the ability to work with other people. I feel duly grateful to all those leaders and Extension officials who have made 4-H Club work possible. I shall always endeavor to live up to the principles of Club work and try in all things to "Make the Best Better".  
--Frances Baumann."



## VI. OLDER YOUTH:

Practically no work has been done on this problem this year. This is a problem that requires cooperative effort on the part of both men and women agents, and due to crowded schedules of agents, direct work on the problems of older youth had to be sacrificed. In a large part of the state as soon as young people finish grammar school, a large proportion of them leave home to attend the county high schools. A majority then go on to college, technical or business training, or enter non-agricultural employment away from home. The number who remain in the open country is so small in any one area of Nevada that serious problems of numbers, transportation and available meeting places for separate youth groups above 4-H club age are almost impossible to solve.

After several years of experimentation it has finally been decided that the best solution to this problem is to take these young people into the community center organizations, and adult groups, give them responsibility, and help them develop within this environment. This effort is started while these young people are still 4-H club members, by placing them first on the recreation and community service committees and getting them to act as leaders for younger 4-H groups. Then, as their ability develops these young people are placed on other committees, serving as secretaries of organizations and from then on assume increasingly adult responsibility. Fully 80% of young people remaining in rural areas have been assimilated in this way into existing organizations. Here they work on adult problems and in turn bring in their youth problems and get adult cooperation in helping solve them.

Under Nevada's present condition, extremely limited extension funds and personnel and small scattered population, we believe this is the best solution to youth problems in this state.



## VII. FORECAST FOR 1941:

The following is a tentative forecast for home economic extension work during 1941.

If the cooperative arrangement between the Farm Security Administration and the Agricultural Extension Service is continued, five women agents will carry on adult and 4-H Extension work and the home management phases of Farm Security in eight agricultural counties, and the assistant director will give a minimum service to four other agricultural counties. If this cooperative arrangement is discontinued, then the two southern counties of Clark and Lincoln will be without home demonstration service, except for the small amount of leader training that the assistant director can give. Also this will mean dropping the Farm Security work all over the state. We hope this will not happen.

Planning on the basis of continuing the present arrangement the program of work will embrace the following:

## 1. Land-Use

- a. Sociological survey of home and community conditions. Complete the survey in four counties, start survey in three other counties. Present completed reports to county Land-Use committees and assist in their correlation with county reports.
- b. Food production and preservation to protect health and conserve cash. Continue the Live-at-Home Campaign, test plots and seed and plant exchanges, and group and individual instruction. Continue emphasis on storage problems. Develop close correlation with the Nutrition campaign in behalf of National Defense, particularly with low income rural and urban families.
- c. Land-Use as it affects home surrounding, sanitation and home grounds improvement, in cooperation with the Sanitation Division, State Board of Health. If possible secure additional FSA environmental grants. Otherwise continue group instruction, community campaigns and home demonstrations.
- d. Home and community education in behalf of Land-Use and County Planning. Stimulate family and community interest and cooperation in Land-Use as a means of improving economic conditions, working out adjustments between income and family spending patterns, and conserving land resources. (In cooperation with the Bureau of Agricultural Economics, Agricultural Adjustment, Soil Conservation Farm Security, Farm Credit Administration, the agricultural extension economists, and agricultural agents.)



## 2. Nutrition and Health

- a. Develop close cooperation between all phases of the Nutrition project and the national plans to make Nutrition contribute to National Defense. The assistant director will serve as a secretary for the Land Grant College, BAE Nutrition Committee, and the State Nutrition Committee recently organized under the sponsorship of the University of Nevada. The Extension Service will do all in its power to assist other organizations in their contribution toward this campaign.
- b. Continue the Keep Growing demonstrations in school child nutrition at about its present volume. Correlate with National Defense.
- c. Continue the Food Selection and Use as a sub-project and correlate with National Defense.
- d. Continue nutrition consultation service to other organizations and individuals.

## 3. Home Management

- a. Adapt and interpret Outlook, Farm Credit, and other economic material as a guide for family adjustment. Use community organizations, project groups, 4-H clubs and home visits to disseminate information regarding active agencies, and develop cooperation as a means of improving economic conditions.
- b. Budgets and Accounts: Continue groups presentation and instruction, and home demonstration guidance and instruction. (In cooperation with Experimentation Stations, agricultural extension economists and Farm Security.)
- c. Consumer Education: Continue presentation of information, group committees, and scrap books.
- d. Family Relationship: Continue group presentation and family guidance in the development of desirable attitude and democratic family counseling regarding the problems of money management, the use of family labor, and leisure time activities.

## 4. Cotton Mattresses.

Cooperate with the state Agricultural Adjustment Administration in carrying on publicity regarding cotton mattress projects. Assist in developing regulation regarding proceedings. If enough applications are received to make the project possible, train leaders, and guide community and county committees in the organization and conducting of work centers. Use these mattress projects as a means of developing understanding of national policies in regard to agricultural surpluses.



### 5. Farm Security:

Devote 20% of home economics extension time to the home management phases of Farm Security work, in return for funds for the salary of one woman agent, the travel expenses of another woman agent, and part of the travel expenses of two other agents and the assistant director. Assistant director as associate state director for Farm Security. Correlate Farm Security and Agricultural Extension work. Emphasize cooperation with National Defense.

### 6. 4-H Club Work:

Continue home economics 4-H club work at about its present volume if 5 women agents continue to be maintained in this state. If one woman agent is discontinued, reduce enrollment about 10%. Strive to maintain a high percentage of completion. Assistant directors continue policy of giving leaders training in areas without women agents. Strengthen the correlation between adults and 4-H club work. Develop correlation between 4-H club work and National Defense.

### 7. Minor Projects:

Continue Clothing, Home Improvement, Child Care and Parent Education, and County and Community Organization and Development (including recreation) as minor projects. Reduce the volume of work in these projects as much as public opinion will permit. Strengthen correlation with major projects.

**National Defense:** Keep in touch with federal plans in regard to cooperative efforts in behalf of National Defense. Develop coordination of extension work with National Defense. Use community and project organizations to disseminate information, develop desirable attitudes, and work out plans for specific cooperation. Assist College BAE Committee, and State Nutrition committee to develop plans and coordinate activities of member organizations.

**Assistance Desired for Federal Extension Service:** As Nevada has no home economic extension specialists, we are as always decidedly in need of any specialist assistance available from the Federal Extension office. If any of the federal specialists are coming West this year, we hope they will plan to stop off in Nevada. Also we will appreciate notification regarding such trips as early as possible. Home Management, 4-H club work, and Recreation are the three phases for which assistance is most frequently requested.

We shall also appreciate receiving all possible guidance regarding subject matter development and project organization from the Federal Extension office, through the circular letters, etc., that are sent out. Only a state without specialist assistance can appreciate how much help this type of service gives.



VIII. ILLUSTRATIVE MATERIAL

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REPORT ON THE AGRICULTURAL EXTENSION SERVICE SUPERVISION CONFERENCE  
(Held in Washington, D. C. May 6 to 10, inclusive)

The assistant director for home economics extension, who had the privilege of representing Nevada at this conference, is making the following report in an effort to share the results with the other members of the extension staff.

The conference personnel was composed of one or two representatives from each state. About two-thirds of the attendance was about equally divided between state supervisors for agriculture and home demonstration extension work; the other third of the delegation was composed of state directors, assistant state supervisors, a few state specialists in Land Use and Home Management, and about four county extension workers (men and women) "to keep our feet on the ground".

Four subjects were proposed for consideration:

1. Land Use Planning.
2. Conservation of Human and Natural Resources.
3. The Future of Extension Work.
4. Measuring Results in Extension Work.

A committee was appointed to lead and summarize discussion of each of these problems and submit a conference report. (Nevada's delegate was a member of the committee on Conservation of Human and Natural Resources.) A large part of the conference work was done by these committees. Then the reports were brought into the general sessions, discussed, modified, and adopted. Some very free discussion took place which seemed beneficial to all.

A number of representatives from the Federal Extension staff, B. A. E., and the Action Agencies attended to observe. They were frequently called on for their opinions but never volunteered them. An excellent attitude of cooperation and mutual tolerance was maintained. However, the tone of the conference was decidedly serious, perhaps due to the tense situation in regard to the European war conditions. (The "low countries" were just then being invaded.) There was no doubt as to the main question before the conference, i.e. how can the Extension Service best carry out the Mt. Weather agreement to act as the educational agency for furthering the programs of the action agencies, thereby helping to solve the present serious agricultural situation.

On the first day the keynote addresses were made by Director of Extension, M. L. Wilson, and Secretary of Agriculture, Henry Wallace. Director Wilson emphasized the fact that the United States and American agriculture were going through a period of profound transition, and that this called for real thought, open-mindedness, the ability to modify procedure to fit new conditions, and above all, a sincere spirit of cooperation. He emphasized, as also did Assistant Director Hyram Brigham, that the Mt. Weather report was the basic principle upon which Extension work was now being carried on, and that all extension workers were pledged to extend sincere, whole-hearted cooperation with the programs of the Action Agencies. They both brought out that this cooperation consisted in extending information regarding the



purposes of these new agencies that are trying to help solve agricultural and rural life problems, and developing leadership and rural cooperation to make these programs effective. This theme was emphasized many times.

Another problem that received repeated emphasis was the basis upon which extension results shall be judged. It was clearly stated that projects, meetings, attendance, etc. could no longer be considered adequate measures of accomplishment, that local conditions must be specifically improved, i.e., increased income, improved health, and home living conditions.

It was further repeatedly emphasized that the main purpose of agricultural improvement was to improve rural life, and that this called for much close coordination and cooperation in a truly unified program.

Secretary Wallace spoke very seriously of the grave problems that confronted agriculture due to the present war situation. He warned that whichever way the conflict developed, American agriculture was in grave danger of suffering from it, and that many far reaching adjustments might have to be made. He repeatedly urged all extension workers to hold themselves in readiness to accept these changes and assist in carrying them out. His main theme was that in this critical period, whole-hearted cooperation on the part of the rural population, the burying of sectional differences, and a concerted effort on behalf of agricultural and national welfare were imperative. He particularly stressed the fact that it was the responsibility of the Extension Service to spread this realization and develop this spirit of cooperation.

A copy of the committee reports with a few comments on same are appended.



## EXTENSION SERVICE

United States Department of Agriculture and State Agricultural Colleges  
Cooperating

### REPORT OF COMMITTEE ON LAND USE PLANNING\*

#### What is Land Use Planning?

1. Land use planning is a process of systematically and cooperatively analyzing the problems of the people and of the land, including the origin of the soil.

It begins with planning for the wise use of land and gradually expands to include the study of other things affecting farm people, including schools, health, libraries, roads, tenure, farm income, etc.

The main objective is to provide a higher standard of living for rural people while keeping in mind the welfare of future generations that must live on the land.

A secondary objective is to develop local and national programs. However, it is necessary for farm people to have something tangible to tie to. Therefore, the greatest emphasis should be given to the solution of problems on a community and county level.

It is an attempt to get rural people to think together, analyze their problems, and consider possible methods of solution. Program building should come as a result of this planning, and be done by the rural people in cooperation with such agencies as are to be concerned with the special problems to be attacked.

2. In many of the States over-all planning, is called program planning or program building and the land use committees function as subcommittees.

#### Responsibility of Community Committees

After the community committees are functioning, it is thought desirable that local community land use planning committees take the initiative in discussing and analyzing their problems. This procedure tends to promote a freer discussion and local leaders are inclined to develop the characteristics of their local situation to the fullest extent. This is a democratic process beginning with the farm and farm family.

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\*National Conference of Supervisors of County Agricultural and Home Demonstration Agents, Washington, D. C., May 6-10, 1940.



As the problems crystallize, more information is needed and requested. Then all Federal, State, or county organizations that may have a contribution to make on any specific problems raised are called in and working arrangements are perfected through the county land use committee to obtain all possible assistance from such agencies.

It is generally agreed to be highly desirable that Federal and State agency representatives serve as advisors to the county land use committees from their inception.

#### The Place of Women in Land Use Planning

Women have a real interest in all phases of land use work and make a valuable contribution to the development and philosophy of the work, collection and analysis of data, determination of programs and the details of working toward their solution.

It is suggested that if women are not on community, county, State, and National committees, they should be included.

#### Suggested Outline of Procedure for Home Problems

On account of the important relationship of the farm family to the land it is suggested that a technique and procedure be developed to assist in conducting work on home and community problems.

#### Responsibility of Extension Supervisor

The supervisor should see that all pertinent facts relative to situations in the Nation, State, county, and community, or type of farming area are used as a basis for land use planning. After analyzing the information available, we can more nearly crystallize our problems and plan to proceed in an attempt to solution. It is important to think together so that we may have a more uniform conception of our problems, before we can plan programs. The problems that come from local analysis should be the basis of land use planning.

As delegated by the State director of extension, it is suggested that a close working agreement be made with the B.A.E. committee.

The extension supervisor and project leader in cooperation with the B.A.E. should be responsible for establishing and setting up proceedings in the county. They are also responsible for obtaining assistance as needed.

#### Procedure for Handling County Land Use Report and Recommendations

The county planning committee through a subcommittee or otherwise should carefully analyze the completed findings and recommendations of the community and county committees. Local recommendations could then be delegated to the proper agency with the view of inaugurating timely action on as many of the solutions as possible.



On the county level, special problem subcommittees that have given certain problems special study should be delegated by the county planning group to confer with the proper local agencies if recommendations are found feasible, and, within the authority of the agency concerned, the necessary action may then be undertaken.

The county land use planning report should be sent immediately to the State land use planning committee. The recommendations are then handled by the State committee and agreements are worked out with cooperating State and Federal agencies.

#### Land Use Planning for Both the People and the Land

Tremendous adjustments in land use are necessary in the years immediately before us, if satisfactory farm living standards are to be reestablished and maintained. The present situation is due to a number of causes. Included among others are:

1. Overexpansion in farm acreage preceding and during the World War. During this period much land unfit for agricultural purposes, especially in the cut-over regions of the North Central States and in the semi-arid regions of the Great Plains, was unwisely opened up and for agricultural purposes.
2. The rapid technological development of the post-war period involves the coming of the machine age to the farm - the displacement of the horse by the tractor, truck, and auto, and the remarkable development of the biological sciences with all this implies to scientific farming.
3. The loss of export markets especially for wheat, pork, tobacco, and cotton following the World War, the recognized unwillingness and inability of foreign people to buy at our price, and our unwillingness to accept a high volume of foreign imports.
4. Indicated by changes in consuming habits as larger numbers of people move to urban centers and as average ages of people trend upward.
5. As indicated by leveling off in population with restrictive immigration and declining birth rates.

Readjustments are being made but slowly. Moreover, even greater adjustments may be necessary following the world-wide upheavals that are the likely aftermath of the present world struggle.

The seriousness of the problems involved and the range and violence of the adjustment needed should be thoroughly understood by farm people if wise action is to follow. In the present period of economic stress the struggle to pay interest, taxes, and principal, and to maintain a living on inferior and unproductive land has failed. In this struggle many farm people have gone without necessities of life, children have been undernourished, and living standards in general have been lowered.



The importance of this land-use problem in its many ramifications seems apparent. Deep and careful study of the situation by farm people under the leadership and guidance of the Extension Service in cooperation with other agencies is imperative. Following this study and planning, remedial action by all agencies both local and national is necessary.

Let it be clearly understood that the objectives of land use study and the corrective action that may follow are fundamentally and primarily for the purpose of improving living standards for farm people and for the purpose of conserving the national resources.

R. M. Turner, Chairman,	Washington
J. F. Rains, Secretary,	Arkansas
Francis Bowen	Georgia
M. S. Shaw	Mississippi
A. B. Harmon	Tennessee
Elsie Glasgow	Indiana
Frances Brundige	Ohio
C. L. McNelly	Minnesota
L. A. Jensen	North Dakota
A. W. Willis	Wyoming
C. W. Smith	Oregon
Orpha Brown	Montana
Marjorie Luce	Vermont
C. P. Dorsey	West Virginia

(One of the questions much discussed was that of voting power of action-agencies and extension representatives on the county land-use committee. Some wished them to have only an advisory function, not voting power. However, Mr. Brigham finally settled the question by definitely stating that they must have voting power under the Mt. Weather Agreement. When the question was raised as to what should be done where there was a failure to agree on fundamental problems in county land-use report, he stated that this showed the need for further study and mutual conferencing till an acceptable compromise could be reached, and that such county reports should not be finally submitted till a satisfactory unanimous report had been worked out. M.S.B.).



## EXTENSION SERVICE

United States Department of Agriculture and State Agricultural College  
Cooperating

### REPORT OF COMMITTEE ON CONSERVATION OF HUMAN AND NATURAL RESOURCES\*

The earth's surface is continually changing and soil is being manufactured and used up. Nature has a tendency to put the surface of the earth - the soil - in balance with vegetation and animal life with vegetation. Whenever this balance is disturbed, there is a loss of natural resources which results in damage to the land. As the Secretary said in his speech at the land-grant college meeting,

"Damage to the land is important because it damages the lives of people and threatens the general welfare. The whole purpose of conservation goes back to that fact. Saving soil and forests and water is not an end in itself, it is only a means to the end of better living and greater security for men and women. I hope we never forget that, vital as the need for soil and forest conservation may be, human conservation is our first and general goal."

#### Human Resources to Conserve

The problem is to conserve both natural and human resources. What are the human resources we wish to conserve? Many people would say material resources such as fine homes, a new automobile, good clothes, etc. Some material resources, of course, are necessary in order to conserve some of the other human resources, - such as health, which is maintained through proper food and suitable living conditions. There are other resources which should be conserved aside from those of a material nature: Attitudes, family relationships, sense of values, ability to work with others, self-expression, training in skills, and satisfactions in living and religion - those resources which pertain to the body, mind, and spirit of those who live on the land.

There is a balance between human resources and a satisfaction in living. Where human resources are lost, an upset occurs in the balance in human living similar to the upset in the balance in natural resources, and human erosion starts.

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\* National Conference of Supervisors of County Agricultural and Home Demonstration Agents, Washington, D. C., May 6-10, 1940.



## Natural Resources to Conserve

In thinking of natural resources we have to remember the four basic factors which determine the balance of the earth's surface - rainfall, gradient, soil type, and vegetative cover. Man has little influence on the first three. However, man is the determining factor in influencing the vegetative cover. Improper use of the vegetative cover results in land erosion. In conserving natural resources the object is to conserve the topsoil by preventing it from being blown or washed away and by maintaining its fertility so that the soil can be utilized to the fullest extent for the continued welfare of mankind.

Many of our natural resources have multiple uses. The use or uses to which any resource is put should be studied carefully to see how the resource can best contribute first to the welfare of the local people and then to the welfare of all the people.

## Obstacles to Conservation

There is such a close tie-up between human erosion and natural erosion that the question becomes one similar to that of the hen and the egg. Which came first, natural erosion which results in human erosion, or human erosion which brings about erosion of natural resources? The problem then becomes not one of what to do, but which to do first. There are obstacles and hindrances which stand in the way of both. Some of these are: Insufficient finances; lack of knowledge and appreciation on the part of farming people and the public, of the problem of human and natural conservation; nonappreciation that erosion is taking place until the problem becomes so gigantic that it seems almost impossible to solve; indifference on the part of many people; lack of knowledge of the fact that conservation is not only an individual but a community and national problem; loss of the feeling of love for the land and its activities; change in philosophy from farming as a life to farming as a business.

Other hindrances to conserving natural resources are: Conservation does not always bring immediate returns; private ownership when the owner bears the expense; increased tenancy; lack of knowledge of methods; overvaluation of land; debts, especially those contracted during high prices; failure to have State laws favorable to conservation; feeling of insecurity; feeling of hopelessness which results in a philosophy of "why worry"; competition for the dollar by advertising, salesmanship, and installment buying; spending beyond one's means; competition with other interests outside the home; lack of and knowledge of proper foods; lack of gardens and supplemental living from the farm; and lack of family cooperation and a family plan for living. Most of these hindrances can be overcome if the proper approach to the problem is made.



### The Job to Be Done

1. Get the people, both rural and urban, to appreciate the problem of the conservation of human and natural resources, and to recognize that the problem is not only an individual but a community and national problem as well.
2. Arouse interest in the problem, show that its solution is not hopeless, and, create a desire to solve it.
3. Acquaint people with the agencies already at hand to help them solve the conservation problem.\*
4. Where necessary, develop additional ways and means for solving the problem.
5. Follow through and see that the ways and means for solving the problem result in action.\*\*

### Responsibilities of Extension Service

1. Extension people themselves must get the proper concept of the conservation of natural and human resources.
2. Change extension emphasis to meet changing conditions.
3. Establish county agricultural planning on a family basis as the first approach to the conservation of human and natural resources.
4. Take back to the people the results of the county planning conference, and acquaint the people with the assistance available from Federal action agencies, as well as the help available from other local and State agencies.
5. Assist the people in developing and carrying out efficiently and economically the necessary cooperative action.
6. Assist all the people to understand the value of conserving both natural and human resources, and to appreciate the importance of making the necessary adjustments to prevent waste in both.
7. Establish demonstrations in farm family planning which show how to use resources to the best advantage with the least waste of human and natural resources.

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\* (This cooperative attitude and effort was much emphasized. M. S. B.)

\*\* (Nevada's Keep Growing demonstrations were used as an illustration of the type of project needed. M. S. B.)



Always keep before the people the idea that human erosion and natural erosion go hand in hand and that men and women on the farms, individually and collectively, must develop a proper attitude toward conservation. With such an attitude, and the assistance of agencies available, improvement should result in the utilization of our resources for the benefit of all people.

W. W. Owens, Chairman,	Utah
Floda E. Smith, Secretary,	California
Elizabeth F. Forney,	Alabama
Ruby McDavid,	Florida
H. L. Eighling,	Iowa
Mrs. Lillian S. Jackson,	Louisiana
Florence Mason,	Maryland
J. W. Dayton,	Massachusetts
R. E. Bodley,	Montana
Mrs. Mary S. Buol	Nevada
W. A. Conner,	Oklahoma
P. L. Edinger,	Pennsylvania
R. B. Pallett,	Wisconsin
Maria T. Orcasitas,	Puerto Rico
J. A. Johnson,	Georgia



# EXTENSION SERVICE

United States Department of Agriculture and State Agricultural Colleges  
Cooperating

## REPORT OF THE COMMITTEE ON THE FUTURE OF EXTENSION WORK\*

### I. The Future Scope of Extension.

Since rural people still need to know and understand sound principles and practices in agriculture and homemaking, it is desirable that extension remain largely as an educational agency. Extension work has functioned under the broadest conception of all education. It has won the confidence of rural people, and has helped them to solve current rural problems. Extension is a democratic and mobile organization. It should remain flexible in order to serve this important purpose. Cooperation, coordination and administration must increasingly become a part of Extension Service.

### II. How Are We Going To Get This Done?

1. We must accept the obligation of working with all rural people, regardless of incomes. To date, in some areas, we have reached more of the upper income group. However, for families living on lower incomes, we need to strengthen our methods of helping them to develop within the limits of their capacities, economically, socially, and intellectually. We also need to look forward to getting help for them from other action agencies. As new agents are added, they might be selected with this problem in view.
2. Because of increased demands on county workers, it is increasingly difficult to render personal service to rural people. Leaders and committeemen should be expected to handle many details done heretofore by county workers. Therefore, we must not only assist present leaders, but train additional ones. As a means of giving leaders a broader vision of State and National problems, it is suggested that Extension do as some of the so-called action agencies have done; namely, have State, Regional, or Nation-wide conferences as needed with expenses paid for these leaders and extension representatives.
3. Duties, but not personnel, have increased. We especially need additional county workers and office secretaries. In some States specialists and supervisors are needed also. More and more our present workers are feeling the need for additional training to assist them in the broader scope of present-day Extension.

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\* National Conference of Supervisors of County Agricultural and Home Demonstration Agents, Washington, D. C., May 6-10, 1940.



4. In order that conservation of human and natural resources may function effectively, we need to counsel with families to clarify and interpret the objectives of and relationships with the various action agencies.
5. The Extension Service should be the recognized authority for subject matter used by the action agencies.
6. In program planning, Extension workers and farm people should consider the family as an economic and social unit. Programs should be planned by the rural people.
7. We all need to be more conscious of the need of planning. Supervisors, specialists, county workers, and farm families can then pool their effort toward concerted action.
8. We need more facts to help farm people analyze their needs before making decisions or adjustments.
9. We need more scientific and effective means of evaluating our results in terms of our objectives which must include the consideration of both human and natural resources.

J. D. Bilsborrow, Chairman	Illinois
Beatrice E. Billings, Secretary	Massachusetts
Delphine Dawson	Arizona
R. K. Clapp	Connecticut
Lulie Logan	Kentucky
Miss Tom Bourg	Louisiana
Rena R. Jenkins	Missouri
L. D. Willey	Nebraska
Daisy D. Williamson	New Hampshire
Ellwood Douglass	New Jersey
Carrie C. Williams	New York
Anna C. Rowe	North Carolina
J. L. Hill	South Dakota
Sally G. Davis	Virginia
Carmen Johnson	Colorado



# EXTENSION SERVICE

United States Department of Agriculture and State Agricultural Colleges  
Cooperating

## REPORT OF COMMITTEE

ON

### MEASURING RESULTS IN EXTENSION\*

Extension work has entered the second quarter of a century of existence. That much has been accomplished is undisputed. A measurement of results of the work is vital to additional accomplishment. Whereas the period of existence to 1933 found few agencies supported from public funds dealing with the problems of farm people, the present period finds many such agencies anxious to win the approval of the public.

Extension today finds itself charged with responsibility for organizing agricultural planning by farm people, aided by all available technical assistance. It has been indicated by the conference ending today that the extension job of tomorrow is to be expressed in education, coordination, cooperation, and administration. We must be able to measure our results in these same terms.

4-H Club members of recent years have reached maturity. Extension leaders have accepted assignments with other agencies and organizations. Cooperators have in many cases established their homes in new areas. It is desirable to take cognizance of any ineffectiveness in the past and present extension programs so that more people may be reached, and time, effort, and money involved may produce the best results.

#### I. Why should we measure results of extension work?

- a. Accounting to the public for use of funds. Money for Extension is hard won. We do not have assurance that appropriations in the future will be easy to get.
- b. The degree to which major problems are being approached. If farm people begin to plan in earnest, Extension as well as other agencies will have to show results. The numbers of acres, pounds, or even the number of members may not be an adequate record of accomplishment.
- c. To show degree of progress over a period of time. If there is no learning without change, we must be able to measure adequately such change.

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\* National Conference of Supervisors of County Agricultural and Home Demonstration Agents, Washington, D. C., May 6-10, 1940.



- d. Satisfactory results promote greater participation. Pride of accomplishment is a justifiable feeling. As participation increases, the effectiveness of the local worker can be enlarged.
- e. The individual measuring results of his own work has greatest need for and use of such information.
- f. A historical record is desirable to initiation of new workers.

## II. What should we try to measure in extension work?

We tell our county workers to take the broader view, yet in our reporting system we exaggerate the importance of a detailed statistical report. We could use help in special studies in the States which now may be devoted to analyzing statistics in Washington for some purpose.

- a. Income. Much has been said about low incomes and limited opportunities for many farm families. If need for a larger income is one of the major problems, it ought to be evident when we measure the results of our work.
- b. Leadership development. Cooperators are not always leaders. Extension measurements should show the degree of leader development as well as numbers of leaders.
- c. Farm-home improvement. If farm-home improvement involves the entire family, then attitudes must be considered if we attempt to measure results of our work. More than a statistical report will be needed to measure our contribution to rural living. More emphasis on a good narrative report, studies, and surveys and less emphasis on statistics as such, will result in better measurement.
- d. Better community life. The effect of books in rural libraries is more important than the number. The number of 4-H Club members in health work is not a definite measure of the improved health brought about in the community. Education implies that there is change.

The measurement of results of extension has been too often a tabulation of production or numerical participation. Techniques for measuring attitudes, art appreciation, and parent education are not so well known. Much has been said regarding measurements, but little change has been made.

Planning has recently been given much attention, but we do not have adequate measurements ready for application in this important activity. Narrative reports offer great latitude in measuring many factors not easily treated statistically. The latitude is so great that guidance and exchange of experience in the use of this device is indicated.



Elaborate measurements can be made by a large staff of trained workers, but county reports are required of every county, even those having but a single agent. Too much of the effort in measuring results is crowded into a short period near the end of a busy year. For determining results the following are suggested:

III. How should we measure results of extension?

- a. Opinions of others.
- b. Nonparticipants.
- c. Surveys, studies, appraisals.
- d. Tours.
- e. Paid leaders of other activities whom we have trained.
- f. Organizations - sheep, wool, cattle, etc.
- g. News editors.
- h. Radio polls.

IV. Who should help measure results of extension work?

- a. Rural people.
- b. County workers, specialists, supervisors, and administrators.
- c. An independent, impartial agency.

V. How to use our measured results?

Reports have been gathered for years, and all too often that is all. The most effective use has been made of the measured results of work done in the counties by county people. The further from the county, the less use the record receives.

No effort the extension worker expends will yield greater returns than measuring results of his work, if there are results. Supervisory assistance will need to be intelligent and able to suggest what and how to measure. The Washington office should help in devising techniques which supervisors may use.

Violent changes in methods of measuring the results of our work would be undesirable. Some changes are indicated as necessary at the present time, and an honest effort to analyze and confer and act should be made by supervisors and administrators in the States and those in Washington whose responsibility it is to assist in measuring the results of extension work.



Fred C. Jans, Chairman	Colorado
Estelle Nason, Secretary	Maine
A. D. Cobb	Delaware
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Mrs. Laura I. Winter	Kansas
Margaret B. Harris	Michigan
Mildred B. Murphy	New Jersey
G. L. Boykin	New Mexico
Mrs. T. D. Plowden	South Carolina
T. B. Wood	Texas
L. H. Woodward	New York
G. R. Eastwood	Ohio
H. G. Niesley	Pennsylvania
Kathryn Shellhorn	Hawaii



## NEVADA

### HOME AND COMMUNITY CONDITIONS THAT ARE AFFECTED BY LAND-USE

The Problem of Land-Use: Throughout the United States farm and ranch families are earnestly studying Land-Use, in an effort to find out ways to improve it. The real aim of this study is to benefit the people now living on the land, and to conserve land resources for future generations.

You are being asked to consider the Land-Use in your area, to tell how it affects you, your family, your community, and to make suggestions as to how present conditions can be improved.

What is Your Measuring Stick? In order to judge your present situation it may be well for you to consider what the average farm or ranch family really means when it asks for a "satisfactory standard of living". The basic needs for a satisfying family life have been described as follows:

- Getting a living
- Making a home
- Training the young
- Using leisure to enrich life; (play, music, art, etc.)
- Engaging in religious practices
- Engaging in community activities

With these standards in mind (or your own modification of them) you are asked to consider your own locality and tell how you think Land-Use in your area affects the securing of a reasonably satisfactory home and community life. You might use the following headings as a general guide.

- I. A description of your rural community or area.
- II. A statement of the major home and community difficulties resulting from the present use of land.
- III. Suggestions for action that should be taken now or in the future to improve home and community conditions through improved Land-Use.

A list of topics that might be considered is attached. Only those that fit your area should be used. Be sure to add any other points that will help explain your local conditions, problems, and needs.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
UNIVERSITY OF NEVADA AGRICULTURAL AND HOME ECONOMICS EXTENSION  
U. S. DEPARTMENT OF AGRICULTURE COOPERATING  
STATE OF NEVADA



SOME THINGS YOU MIGHT DISCUSS REGARDING  
HOME AND COMMUNITY LIFE AND THEIR RELATIONSHIP TO LAND-USE

(Use only those that apply to your locality. Be sure to add others that will help to explain your particular problems).

I. The Present Condition of Your Rural Area.

(In this section emphasize only the facts that will give meaning to your later discussion of the deficiencies in your area (section II), and to the recommendations you will make for present and future improvements (section III).

1. Your Rural Area:

Briefly describe the Rural Section you are considering; the area involved, its location in the county or state, distance from your trading center, isolation in winter, etc.

2. The People Who Live in the Area, Their Effect on Land-Use, Home and Community Life.

- a. The size of your rural population, the number of farm families, bachelors, ranch crews, etc.
- b. Is age distribution a factor in Land-Use? (Proportion of young, middle aged, elderly land operators, young children, rural youths).
- c. Is the population stable - increasing - declining?
- d. Is there much shift in population? (Families moving out, new families moving in?)
- e. What kind of folks are you? (Nationality background, education, etc.).
- f. Is there any important non-agricultural population that affects land-use, or community life?

3. Are there Land Tenure Problems that Affect Home and Community Life?

- a. Are land holdings largely operated by owners?
- b. Are there such problems as tenantry, absentee ownership, live-stock companies, non-agricultural ownership, that affect Land-Use and home and community life?
- c. Is there any decided tendency in any of this that in the future will affect Land-Use, or family, or community life?

4. Land-Use and its Affect on Income:

a. Non-cash income:

What about Land-Use for home food production? Is it adequate for health protection? How large a factor is it in conserving cash income? Could home food production be profitably increased under present conditions of land and water?

b. Cash income:

- (1) Is cash income adequate to meet the living standards of the average family? Mention groups that are an exception to this.
- (2) Is the income well distributed throughout the year?



- (3) Is the income stable from year to year?
- (4) Can land operators adapt their living in a satisfactory way to the present income? How?
- (5) What yearly cash income is necessary to satisfy a reasonable living standard for the average family?
- c. Are Production Expenses too High?
  - (1) Are water charges too high on some lands?
  - (2) Is indebtedness too high?
  - (3) Are equipment costs too high?
  - (4) Are taxes too high?
- d. Is the Area Economically holding its own, Improving, or Declining? Why?

#### 5. Home and Community Life

- a. Is the area reasonably satisfactory for developing desirable home and community life? Explain.
- b. How does the distribution of population, climate, income, etc., affect home living conditions in regard to housing, home equipment, home surroundings, sanitation, public utilities, etc.?
- c. In the same way briefly describe facilities for education, health,\* and community social life, as they are affected by land-use.
- d. Is the area relatively self-sustaining, or does it, or will it in the future, have to make relatively high demands on county, state, or federal funds to maintain roads, school, medical and nursing service, and other public services?

#### 6. Other Factors

### II. What are the Major Difficulties Resulting from Present Land-Use that You Feel Should Receive Attention Because of Their Effect on Home or Community Life?

1. Does home food production need to be adjusted? How?
2. Could better use be made of home produced food? How?
3. What are the unfavorable home conditions produced by the present Land-Use?
4. What serious community problems are based on the present Land-Use?
5. What other problems are the result of Land-Use, or affect Land-Use?

### III. Suggestions for Action That Should be Taken Now, or In the Future.

1. What changes in home food production and the use of home produce are needed?
2. What adjustments in Land-Use do you feel are needed to secure an income adequate to average family needs? Or adequate for a particular group?
3. What adjustments in regard to housing, equipment, home sanitation, home surroundings do you suggest?
4. What adjustments are needed as to roads, schools, medical service, public utilities?
5. What adjustments in community life do you feel can and should be made? (Recreation halls, recreation areas, better community center organizations, etc.).

\* Includes medical and hospital service, and sanitation (sewage disposal, domestic water supply, fly and mosquito control).



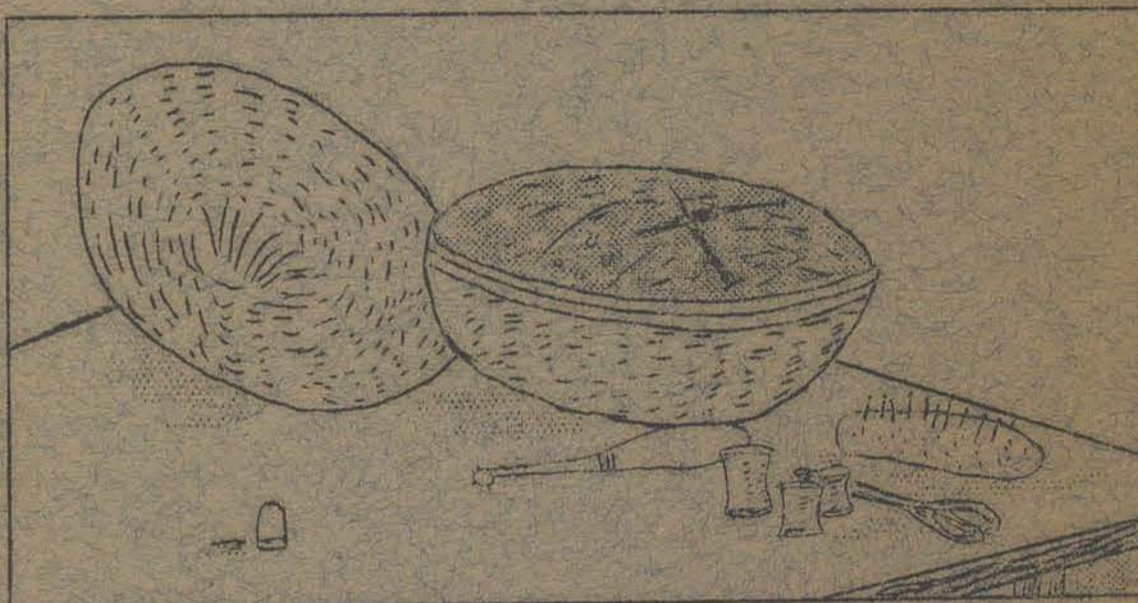
6. Are there lands that you feel are not suited to home and community life? Why? Where?
7. Are there new lands or water that should be brought in? Why? Where? How?
8. What adjustments as to land and water use do you feel should be made to conserve these resources for future generations?
9. Other suggestions that you wish to make.



# CARE OF CLOTHING

Prepared by

Lena Hauke  
Clothing Specialist



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



## CARE OF CLOTHING

If one is to appear well-groomed on all occasions there are certain routine details which should be observed in caring for the clothes we wear. There should be a work basket containing needles, thimble, scissors, buttons, snaps, hooks and eyes, thread and mending cotton. There should also be a soft rubber sponge, whisk broom, shoe trees, clothes hangers, spot removers, bottle of ammonia for sponging, iron, ironing board, pressing cloth and pads, and bags for covering clothes when hanging in closets.

### General Care

**Get Rid of the Dust:** Garments should be aired and thoroughly brushed before putting in clothes closet. A soft flat rubber sponge (which usually costs fifteen to twenty cents), may be cut in two pieces, ( $3\frac{1}{2}$  x 5 x 1 inches), and used in place of a whisk broom. One half may be used to remove dust from wool clothing, velvet and hats; and the other half used for suede and other fabric footwear. The spongy surface is excellent to remove dust and lint and does less damage than a whisk broom or wire brush.

**Use Hangers and Dust Protectors:** Always hang blouses, dresses, suits, and coats on hangers to keep them in shape and prevent wrinkling. Cloth covered hangers, or rubber bands at the end of the hanger arms will prevent garments slipping off. Use padded hangers for coats, tailored jackets, and easily stretched materials to help retain their shape. Better clothing, that is used infrequently, should be stored in garment bags to protect them from the dust. Be sure that long evening dresses have extra long garment bags to prevent wrinkling the hems. An old sheet, or a double length of muslin or print, draped over garments as they hang on the clothes pole, is a big help in protecting every day clothing from dust. Don't crowd garments on the clothes pole or in the garment bag. It is sure to cause wrinkles. In rainy weather be sure garments are thoroughly dry before hanging them in the closet, or they will wrinkle and cause neighboring garments to wrinkle also.

**Remove Spots and Stains:** Spots and stains should be removed as soon as discovered, as stained fabrics become weakened and often moths select these spots to feed on. The nature of the stain and the kind of fabric should be known, if possible, before the removal is attempted since these factors will determine the treatment. For further information refer to Farmer's Bulletin No. 1474, "Stain Removal from Fabrics". Since perspiration rots and stains fabrics, it is well to protect dresses with shields or use a harmless perspiration-control preparation.

**Shoes:** Use shoe trees or stuff shoes with paper to preserve the shape. Dust will ruin the finish of shoes. Therefore, dust shoes as soon as you take them off and place in a shoe bag, or box, or place on a shoe rack. The tops of old stockings make good shoe covers for better shoes, or when traveling. If shoes are wet, dry them slowly, then polish when dry. Regular brushing, cleaning and polishing helps to preserve the leather and prolongs the life of shoes. Also, be sure white shoes and their lacings are really white. Careful shoe repair also pays in longer wear and better looks. Run over heels should be repaired before they force the shoes out of shape, or cause foot trouble. Shoe tips, soles and seams should be repaired as soon as the shoe wears, and before the shoes get out of shape.



Hose: Dirt and perspiration ruin stockings. Therefore, hose should be washed after each wearing and dried in the shade. Use a mild soap and luke warm water. Squeezing instead of rubbing or wringing will prevent strain on the wet fabric. Be sure to buy hose long enough for the foot. Draw an outline of your foot on paper. The distance from the toe to the back of the heel indicates the size of hose to buy. For instance, if this distance is  $9\frac{1}{2}$  inches then  $9\frac{1}{2}$  will be the correct size for you to wear. Buy stockings to suit the wear you plan to give them. Don't expect two-thread "party hose", when worn for every day, to give the satisfaction that a five or seven thread stocking will give. Buy two or more pair alike, then as they wear out you can match up the odd stockings and have a relatively new pair. Watching for signs of wear at heel and toe, and darning on the wrong side before the thin places turn into holes, saves much time and money. If darning thread a shade or two darker than the hose is used it is less liable to show when it fades.

Hats: Hats should be kept on hat stands or put away in boxes or bags when not in use. Care should be taken in storing that they do not become crushed or out of shape. Stuff the crown with crushed tissue paper, and if the brim droops place enough tissue paper underneath to protect the shape of the brim. Use a rubber sponge to remove dust from felt, velvet or silk hats.

### Mending and Darning

"A stitch in time" often saves a garment. This is particularly true of repairs made before laundering, as washing increases the size of holes and weakens worn places.

Cotton or Linen: The hemmed patch is used for general mending on aprons, shirts, house dresses, underwear, and household linens. A finished seam, about  $\frac{1}{4}$  inch, is neatest and usually gives sufficient strength for general wear on this type of patch.

Silk or Rayon: The overhanded patch is often used in repairing worn places in silk or rayon garments. The patch should be matched in weave and pattern to the garment, and overhanded into the hole with tiny stitches. The seam at the back is spread open and the edges overcast.

Wool: In darning woolen materials always remember to darn with the weave, never across a bias edge. Whenever possible use ravelings from the wool material, otherwise match the thread to the wool. A crewel or embroidery needle is slender and usually easier to darn with. If a hole is worn through the wool cloth it should be darned down to a patch of the same material held under the hole. Human or horse hair may be used to make an invisible darn on woolen materials.

Machine Mending: Household linens are often mended on the sewing machine. Remove the pressure foot, place material to be mended in embroidery hoops. Let down the needle bar so there will be tension on the upper thread. Then start to sew, moving the hoops back and forth under the needle until the thin place or small hole has been filled. Turn and put in the crosswise threads in the same way.



Glove Repair: When seams on gloves become ripped, they should be repaired before the material becomes stretched. Use a long slender needle, and with silk or mercerized thread to match the gloves buttonhole along the edges of the ripped seams to strengthen, then draw the edges together by sewing over and over through the buttonhole stitches. Work back with a few stitches to strengthen the end of the sewing, and be sure all threads are hidden on the inside of the glove. Also be sure white gloves are kept white.

Snaps, Hooks, Buttons, Trimming and Hems: Pins are very hard on garments, and also ruin that well-groomed look we all prize so much. Therefore, the wise woman or girl sees to it that all fastenings are kept firmly sewed onto her garments. It only takes a few minutes once or twice a week, and makes a world of difference in our appearance. The same things hold true for dress trimmings, bolts, hems, etc. They are lovely when they are just right, but ruin that well-groomed look if allowed to get out of repair.

Accessories: Nothing is as attractive as fresh white or light colored collars, cuffs, and piping. But nothing so quickly betrays the careless owner as soiled neck lines, collars, cuffs, etc. The same thing holds true for light hats that show soil around the lining, or marks on the brim.

#### REFERENCES

- Wyoming Extension Bulletin - "First Aids in Clothing Economics".
- Van Gilder - "From Thimble to Gown".



# PROPER PRESSING AYS

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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
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## PROPER PRESSING PAYS

Pressing is the most essential part in the care of clothing. If all members of the family are to wear well-pressed clothing, each one should learn to do his or her own pressing and thus share in this responsibility which so often falls on the mother only. Home pressing extends the clothing allowance and also keeps the clothing ready to use, and adds much to that well-groomed look.

Equipment: The tools needed to do a good job of pressing at home are both simple and inexpensive. Those needed by the average family may include the following:

1. An iron.
2. Well-padded ironing board of proper height to prevent stooping or reaching.
3. Clothes brush or whisk broom, and a rubber sponge.
4. Cheese cloth.
5. Pins.
6. Heavy muslin or light canvas cloth (lintless and free from dressing).
7. Sponge or cloth and bowl of water.
8. Strips of heavy wrapping paper.
9. Woolen pressing cloth.

Wool used against wool tends to eliminate shine. There are two types of wool pressing cloths.

The first is made by - Cutting a strip of soft woolen material in which the color will not run, approximately 18 inches long and 15 inches wide, and a piece of cotton cloth the same size. Stitch together across the top. Avoid turning in the edges as the ridge thus formed may leave marks on the garment being pressed. Pinking or notching makes a satisfactory finish for the edges of both the cotton and woolen material.

The second type may be made by - Using heavy woolen material or blanket in which the color will not run, of such size that it may be tied on an ironing board (18" by 36" is a good size). Sew three tapes on each side of the woolen cloth. place the garment to be pressed on this so that the right side is against the wool. Use a light-weight canvas pressing cloth over the garment and with a sponge or cloth dampen the canvas.

A reasonably hot iron can be used and all pressing should be stopped before the garment is thoroughly dry. This gives the effect of steam pressing.

10. Sleeve board. Useful in pressing sleeves, shoulder seams, gathers, children's garments, etc.



11. Pressing pads or tailor's cushion (usually ham shaped) are useful for pressing darts, seams, sleeves, and other parts that cannot be properly pressed on a flat surface.

Dimensions - From heavy canvas, ticking or unbleached sheeting that has been previously boiled, cut two pieces, horn shaped, making them about three inches wide at the top, five inches wide in the center, eight inches at the bottom and eleven inches in length through the center. From medium pads they might be 4" x 7" x 11" x 14", and for the larger ones 8" x 11" x 14" x 17". Stitch these two pieces together leaving the bottom end open about 6". Back-stitch at the end of the stitching on each side to prevent stretching while the bag is being filled.

Stuff this bag with clean dry sand or sawdust or cotton rags until when filled it is smooth, hard, well-shaped and without wrinkles. Stitch up the top opening very securely. A final covering of unbleached muslin which may be removed from washing, may also be made.

#### Directions for Pressing:

Pressing is not ironing. Ironing is dry heat applied by a smooth movement of the iron. Pressing is steam heat applied by a damp cloth and an iron being lifted and lowered.

1. Woolen Material. Press woolen garments usually on the right side using the woolen pressing cloth. Wring the cotton cloth out of warm water. Place the woolen cloth (nap down) on the part to be pressed, then spread the wet cotton cloth on top of the woolen one and press with a hot iron until thoroughly steamed but not dry. Always hang freshly pressed woolen garments on padded hangers to dry before putting away or being worn.

To remove shine -

If a garment has become shiny from wear or from being pressed too dry, the shine may be somewhat removed by lifting the pressing cloth while the steam is still rising, and brushing against the nap of the surface of the garment. On garments which have become very shiny from wear, the nap may be somewhat restored by sponging with warm vinegar or ammonia solution, using one tablespoon of either to one quart of water. When through steaming and pressing hang up to dry.

2. Silk Materials. Silk may be pressed in the same manner as for wool except one should use less moisture to avoid water spots. It is a good plan to place a dry cloth (muslin or cheese cloth) next to the silk with a cloth wrung almost dry on top. The small amount of steam thus created when the damp cloth is pressed will remove wrinkles from most fabrics. Heavily weighted silks usually need considerable moisture to remove the wrinkles, but they also water-spot easily and often become stiff if too much moisture is used.



3. Rayons. Rayon fabrics become weaker when wet but regain strength when dry. They must therefore be laundered and pressed with great care. Acetate rayons are easily melted by heat so must be ironed only with a warm iron, never a hot iron. Other types of rayon may be ironed or pressed with the same care given to silk or any other fine fabric.
4. Crinkled Crepes. Crinkled crepes shrink when washed and must be stretched as they are pressed. The stretching will be more effective if taken before they are nearly dry. Avoid pressing so hard that the crepe is removed. Some rough crepes should be steamed rather than pressed, as for steaming velvets.
5. Corduroys. If corduroy is stretched while wet and dried carefully it may not need pressing. If it does need pressing, pad the ironing board with a turkish towel, turn the corduroy to wrong side and press with a warm iron.
6. Velvet, Velveteen, and Duvetyn. These fabrics because of their pile surface should be steamed. Hanging garments in the bathroom where steam can fill the room will lift the pile and help remove wrinkles. Keep doors and windows tightly closed. The steam from the spout of a tea kettle, or from a wet cloth over a hot iron turned upside down (between two bricks to hold in position) may also be used for steaming these materials.
7. Cottons and Linens. These materials are usually ironed instead of being pressed. Cottons are dampened and ironed with a hot iron. Linens iron best when quite wet and with a hot iron on the wrong side to better bring out the design.

In pressing any garment, the use of paper strips placed under seam edges, pocket flaps and any area that over-laps another area, prevents marking the larger surface.

8. Pressing Neckties. Neckties may be easily pressed and thus prolong their usefulness. To prevent the mark which the seam makes on the right side of the tie, cut a form from cardboard the shape of the large end of the tie, and slip it into the tie so that it extends under the part which is badly wrinkled. Press on the right side in the same manner as described for silks, remembering that the material may be acetate rayon, and that pressing with too much moisture may stiffen the silk ties.

#### Pressing and Shrinking New Woolen Materials and Garments:

To give a well-tailored look to a home-made woolen garment the material should be shrunk before it is made up. Wet an old sheet and wring it as dry as possible. Spread it out on a flat surface and lay the woolen material folded with the right side in, in the center of the sheet. Fold the sheet over the material, take a piece of heavy cardboard, the ones which are in the center of a bolt of new material are satisfactory, as long as the folded material is wide; roll the material in the sheet smoothly around this board. This prevents unnecessary wrinkling of the material. Lay it aside for four hours or longer. Remove the material from the sheet and press it, using a heavy pressing cloth. The careful rolling on the board makes the material easy to press.



In pressing a newly made garment, the use of paper strips placed under seam edges, pocket flaps and any area that over-laps another area, prevents marking the larger surface. Newly made garments and others which have been washed need to be pressed on the wrong side in order to press open the seams.

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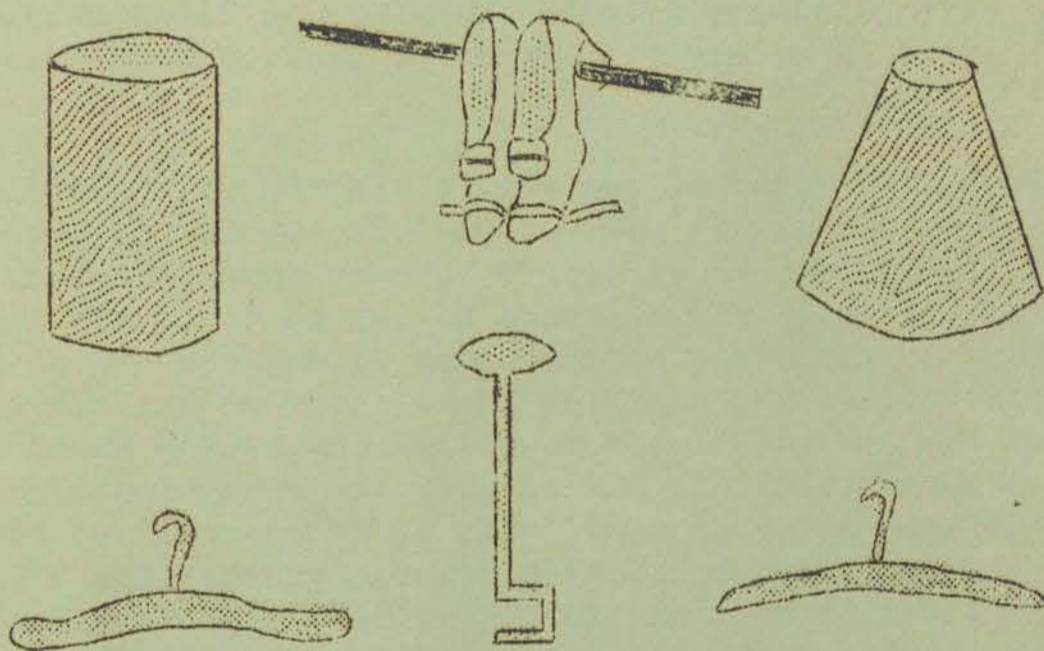
- Washington Extension Bulletin 212 - "How to Press Clothing".
- Connecticut Extension Circulars - "Pressing Pals", "Good Pressing Pays".
- Wyoming Extension Circular - "First Aids in Clothing Economics".



# CLOTHING STORAGE FACILITIES

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## CLOTHING STORAGE FACILITIES

What is Needed: Clothing is more easily and effectively cared for when ample closet and storage space is provided. If storage space is not adequate, more thought and planning will be necessary to properly care for the family clothing. The essentials of a good closet may be summed up as follows:

1. Sufficient light from a small window, or from an electric light.
2. Ventilation from a small window, where possible.
3. Tight-fitting doors, as a protection against dust.
4. Suitable closet equipment, to increase the capacity and convenience of the closet.
5. Space well proportioned, so that every part may be utilized to the best advantage.

Improvised Closets: Where there is no closet in the room, often one can be built along one side, or end, of the room, or across the end of a hall. Wall board has proved to be very satisfactory for this type of closet. It can be painted or papered to match the rest of the room. Twenty-two inches inside is a good depth for a closet, as this allows a few inches on either side of a dress hanger hung on a pole running the length of the closet. When a closet cannot be built, a shelf may be used under which the clothes are hung. This may be enclosed with a curtain attached to rings which slide easily on a rod fastened to the shelf.

A satisfactory movable closet may be built with a few simple tools, boxes, or crates, and pieces of lumber. Use six orange crates, three on each end, one fastened above the other. Place the two groups of three crates each about 40 inches apart, or as far as space in the room will permit. A cross brace, placed at the back, will keep them in position. A board, the width of the crates and as long as the closet, fastened on the top forms the ceiling. Place another board across the bottom of the crates to make the floor of the closet. Extend a pole from one side to the other for hangers. The curtain material should be firm enough to completely hide the clothing and to help keep out dust. Satisfactory materials include chintz, monk's cloth, denim, and Osnaburg (a cotton crash). The side sections provide storage space for hats, shoes, underwear, knit wear, linens, etc. A similar closet may be built for children by using only two crates on each side, making it a more convenient height for them.

Closet Convenience: Rods for clothes hangers may be made from broomsticks, curtain poles, towel racks, small pipes, or commercially made rods. The rods should be placed high enough to keep the garments from touching the floor, but not so high that space below the garment will be wasted. If children are to use the space, place the rod low enough for a child to reach. A rod through the center of a long, narrow closet is advisable; but if the closet is too narrow for hangers, a rod across each end or brackets attached to the wall may be used. Various kinds of adjustable bars are also available.

Hangers: These are inexpensive and help to keep garments well pressed and in shape. Various kinds of hangers include (1) wire type, (2) ordinary wooden hanger with edges not too sharp, and (3) curved-edge hangers, (good for slips or garments hung by the shoulder straps). Padded or covered hangers help to keep garments on the hangers and prevent marks appearing on the garments. Slipping may also be prevented by placing thumb tacks, rubber bands, or bands of velvet about two inches from either end of the hangers. Hangers for skirts



and trousers are also available, or one may be made by attaching two "spring" clothes pins to cords or tapes fastened to a wooden hanger. There are also various kinds of tie racks which help keep ties in order. Small hangers will help keep children's garments in good condition, and also require less space for storage. Hooks and shelves placed low enough for a child to reach will leave no excuse for garments being out of place.

**Garment Bags:** These are useful to protect clothing from dust and light. Closely woven fabrics such as glazed chintz, unbleached muslin, cretonne, sateen, percale, are more dust proof than a loosely woven material. One of the simplest garment bags is the kind which is left open down one side or down the center front. It may have a wide flap to cover the opening or it may be fastened with snaps or a zipper. It should be shaped at the top to fit the hanger. The so-called "wardrobe" garment bags (with a framework of wire or wood at the top and a piece of heavy cardboard at the bottom), provides protection for six or eight garments. An old sheet or a double length of muslin or print, draped over the clothes as they hang on the pole, is a great help in protecting garments from dust and light.

**Shoulder Covers:** These help to protect the tops of garments from dust. A good size is 18 to 20 inches wide and 9 inches deep. They are shaped to fit the hanger and need to be wide enough to not crowd the garment.

**Shoe Storage:** Devices for storing shoes are determined by the general arrangement of the closet, and the space available.

1. Shoe bags may be made of cretonne, chintz, ticking, percale, Indian head or crash. The size depends upon the number of shoes that the bag is to hold, and the wall space on which it is to hang. In making the bag, place a box pleat in each pocket to provide sufficient fullness for the shoes.
2. A rack for shoes may be made from two curtain rods, or sections of brown sticks. Place so that the upper rod gives a two-inch depth and the lower one a four-inch depth. Fasten the rods to the wall or door, about four inches apart.
3. A slanting shelf about 12 inches wide, placed above the baseboard along the closet wall, may be easily built. Nail a strip of wood about 3 inches from the upper edge to hold the heels.
4. Boxes covered with chintz or wall paper are inexpensive. They may be purchased or made from crates or scraps of lumber.
5. A bureau drawer makes an excellent storage place for shoes.
6. Shoe trees should be correct in lengths if they are to keep the shoes in shape. If too long, they will pull the shoes out of shape. Tissue paper or soft toe pads are sometimes used instead of shoe trees.

**Laundry Bag:** The coat-hanger type of bag with a center opening is convenient. The opening may be hemmed, bound or faced back to reinforce it. Some bags are made with the back of the bag long enough to turn up over the front about six inches, and buttoned or snapped to hold it in place. Or the bag may be quickly emptied if a zipper fastening is placed across the bottom of the bag. Additional pockets may also be fastened to the front of the bag for soiled hose, handkerchiefs, etc.



**Hat Stands:** These help to retain the original shape of the hat. Various kinds may be purchased, or they may be made at home. Cereal boxes, (padded and covered to match the color scheme of the bedroom), or cone shaped hat stands (made of stiff paper and covered with chintz or wall paper) are inexpensive and easily made. Covers for hats may be made of oiled silk, glazed chintz, or washable material. Transparent hat boxes made of a heavy, treated cellophane are convenient and may be purchased inexpensively.

**Shelves:** Some closets have high shelves for storing articles not frequently used. If placed in boxes or packages, with labels on the ends, the contents can be easily identified.

**Seasonal Storage:** In storing garments from one season to another it is necessary to protect them from dust, insects, wrinkling, and stretching. Heavy garments may be hung on padded hangers and stored in sealed bags. Soft fabrics and knitted garments should be carefully folded with paper in between the folds and stored in sealed, labeled suit boxes, or in the chests or trunks. Long, under-the-bed chests, on casters, are also available. They are convenient for storing garments, quilts, blankets, etc., as they may be rolled under the bed out of the way.

All woolen materials need to be protected from moths and should be stored in moth proof containers. For further information, see U.S.D.A. Farmers' Bulletin No. 1353, "Clothes Moth and Their Control".

**Dressing Up the Closet:** Closet accessories in harmonious colors and materials give an attractive setting for clothing, and offer an incentive to want to keep clothing in order. If the closet adjoins the bedroom, the walls and woodwork may be painted or papered to harmonize with it. Closet shelves may be painted or covered with paper or oilcloth. Wall paper may be pasted on the shelves and then varnished. Shelf edgings also may add color and harmony to the closet. Try dressing up.

#### REFERENCES

- Nebraska Extension Circular 463 - "Storage of Clothing".
- Nebraska Extension Circular 11-01-2 - "The Girl's Room - A Place to Live".
- Nevada Bulletin No. 65 - "The Spic and Span Girl's Room".



# CLOTHING SELECTION AND FAMILY RELATIONSHIPS

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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
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## CLOTHING SELECTION AND FAMILY RELATIONSHIPS

Few people realize that clothing has an important effect on the family relationship. It is one of the family's needs that should receive the careful consideration of the entire family in order that justice may be done to all that all may be contented and happy in providing for this need.

Cost of clothing and the value of money should be considered in the early training of the child. The responsibility of spending the family income should be shared by the entire family. From the time the child is very young, he should have an allowance to give him a better idea of how much clothing costs and to let him know at an early age that there are definite budget limitations to which he must adjust himself. The first step in learning to buy and select clothes is how to spend money. One child says:

"I went, with two cents, to buy Dolly a dress  
What think you I saw? I'm sure you can't guess.  
A red sugar horse, such a beautiful one,  
I bought it, and ate it; now it is gone."

Another example:

"Ann, four, had a weekly allowance of ten cents. One day she went shopping with her father, and upon returning home her mother asked her what she bought. She replied: 'I had to have a color book, so I bought that. I saw a baby doll I wanted -- but no could do'."

Children who wear a good quality of clothing bought at unreasonable sacrifice by their parents or some other person come to expect continued sacrifice for them. They lose an appreciation of the cost involved and the experience necessary to prepare them for earning the money for their own clothes in the future. The parent who trains the child to a reasonable standard regarding the quality of clothes he wears contributes toward his greatest satisfaction in respect to clothing.

### Respecting individuality

The child's choice of colors may seem rather primitive in some cases, but he can be gradually directed to those that are best. If a child likes red, but it is unbecoming to him he may have a red play suit or perhaps sleeping garments with red trimming. He will have his desire for the favorite color satisfied and not be conspicuous by wearing unbecoming colors. Children like to put on their "best clothes" and go some place. They should be given an opportunity to "dress up" and go as often as possible. If children are not allowed to help select their own clothes, the mother may buy something that is not worn by other children in the school. Then the child is quite unhappy for children are very conscious of what other children their own age are wearing.

Not all clothes should be "hand me downs". The thrill of something of ones own is very important in the life of the child. Don't always insist on twins being dressed alike. Many times the child is made unhappy because of this one simple act. Praise the child who is tidy and cares for his clothes and gradually develop it in those who do not care. Guard against nagging and developing a clothing hatred.



### Care habits

Good habits in the care of clothing should be established in children at a very early age. Young children who are taught to take care of their clothes are making one of the biggest contributions toward the family clothing budget and toward happier family relationships. They appear well groomed and their garments last longer. When they have a definite part in selecting and buying clothes, they usually take better care of them, because they realize their value.

A child takes great pride in announcing that he has hung up his suit without help and he should be commended for it, as a word of praise is always appreciated. He will also take equal pride in putting away his socks, handkerchiefs, etc., if given a place for them.

Encourage the child to do things for himself by simple, easy tasks. Provide him with appropriate hangers that will keep garments in good condition. Hooks and shelves placed low enough for the child to reach will leave no excuse for garments being out of place. Laundry bags provide a place for soiled garments and shoebags a place for shoes and other articles.

Thus with proper home training the child becomes more capable and in the end a better consumer and he will be better prepared to assume the responsibilities of his own home in the future.

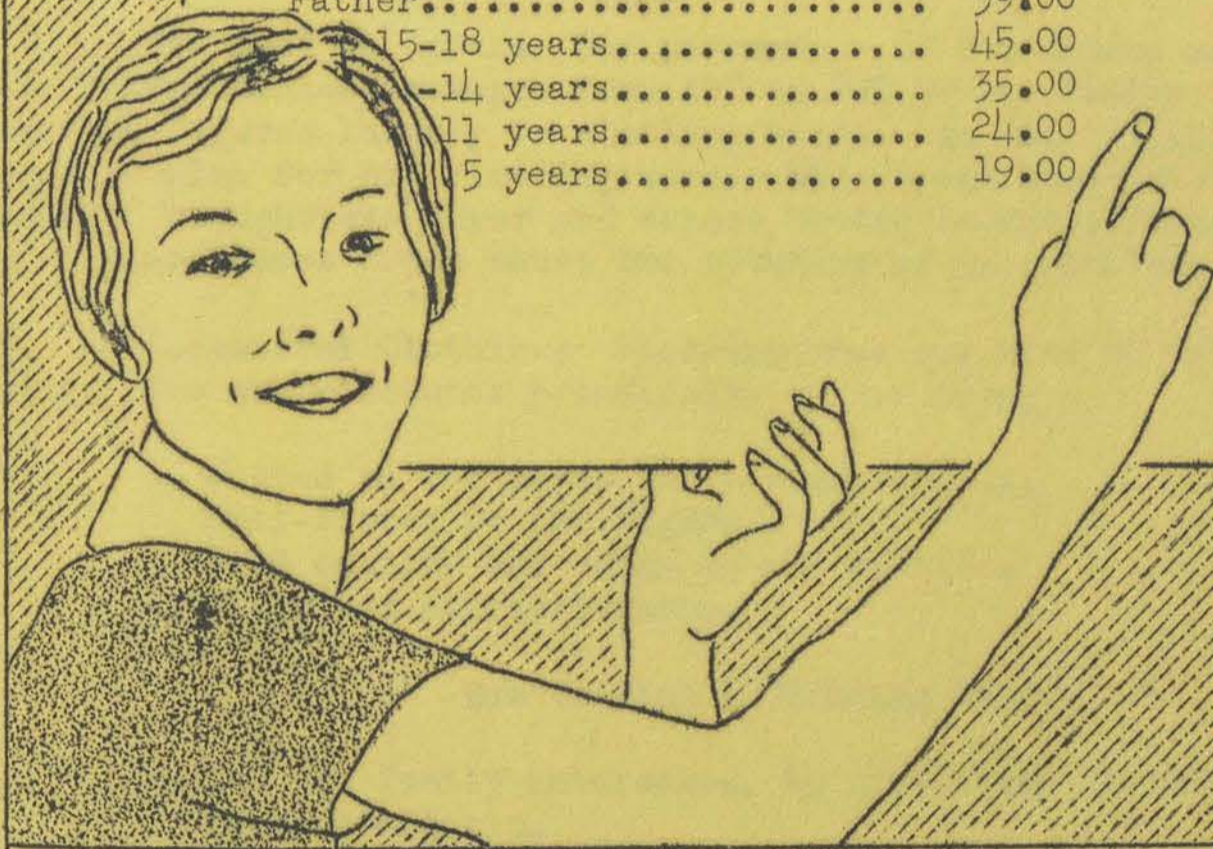
### Clothing and health

The purpose of each article of clothing should be given careful consideration. Clothing is worn to protect the body against changes of temperature, in winter the body is protected against the cold and in summer from the heat. Clothing should be comfortable and allow for freedom of motion for all types of activities. The child should never be conscious of his clothing. It should be the proper size, not too long or too small. A special effort should be made to select self help garments. The child wants to do things for himself and gets a great deal of pleasure as well as training when garments are chosen he can manipulate.



# PLANNING THE FAMILY CLOTHING

	Moderate Budget
Mother .....	\$38.00
Girl 15-18 years.....	45.00
Girl 12-14 years.....	30.00
Girl 6-11 years.....	23.00
Girl 1-5 years.....	19.00
Father.....	39.00
15-18 years.....	45.00
12-14 years.....	35.00
11 years.....	24.00
5 years.....	19.00



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



## PLANNING THE FAMILY CLOTHING

**Why a Clothing Budget:** Estimates and budgets are practical helps in wise planning and purchasing for the family. Through them we learn how to spend wisely and get the most satisfaction for our money. The work of making a budget and living up to it need not be tedious or difficult, and the result may become one of the best satisfactions of life.

**Plan for Your Clothing Needs:** The first step in making out a clothing budget is to determine the annual income. It is obtained from the total amount of income in the family wages, receipts, investments, etc. The next thing is to decide what is a just amount to spend for clothing in order to meet clothing needs and still have enough money to provide for other needs and wants. The type of family makes a great difference in how the money will be apportioned. A large family of young children, a family of grown people, or a single individual have to plan differently. Environment and social demands also need to be considered. One member of a family, (a college student or a person in a secretarial or professional position), may need the bulk of the clothing money. No two budgets can be exactly alike, but the ideal for all budgets should be to obtain the most satisfaction for the least money.

**How Much to Spend:** The percentage of the income used for clothing in the United States averages from 12% to 20% of the family income. Family occupation figures largely in clothing needs. An intelligent shopper, who has made a plan for his clothing needs, will spend about half the amount spent by a thoughtless buyer and secure better results. Vanity and desire to outdo acquaintances often cause the spending of an extravagant amount.

**Successful Clothing:** Clothing does not need to be costly to be a success. Its charm depends principally on its being -

1. Suited to the purse and personal needs.
2. Well-fitted to the figure.
3. Good quality and color in the textile.
4. Style and attractiveness.

### How to Plan a Clothing Budget

1. Get the family interested, by discussing clothing needs and the funds available.
2. Separate the articles of clothing into groups; i.e., outer garments, under garments, footwear, headwear, and accessories. This makes it easier to plan, and you will not be so likely to overlook something.
3. Make an inventory of the clothes on hand.
4. Decide which garments can be used as they are, and which ones are worth remodeling.
5. Make a list of the new clothes you will need, and decide what you can afford to pay for them. As a rule, about half the entire amount you spend for clothes should go for outer garments.



6. Since many garments can be used two or three years, this fact must be considered in making out one's clothing plan.
7. By grouping the various items of clothing and keeping an accurate account of your purchases, during this year, it will be easier to plan your clothing budget next year.

Clothing Allowance Suggested for Individuals at Different Income Levels:

<u>Individual</u>	<u>Emergency Budgets</u>	<u>Moderate Budget</u>	<u>More Liberal Budgets</u>
Mother	\$24.00	\$38.00	\$58.00
Girl 15-18 years	32.00	45.00	64.00
Girl 12-14 years	22.00	30.00	44.00
Girl 6-11 years	15.00	23.00	36.00
Girl 1- 5 years	10.00	19.00	22.00
Father	29.00	39.00	51.00
Boy 15-18 years	27.00	45.00	58.00
Boy 12-14 years	26.00	35.00	48.00
Boy 6-11 years	20.00	24.00	37.00
Boy 1- 5 years	13.00	19.00	25.00

Hints for Buying a Planned Wardrobe:

1. Never trust to "love at first sight" in buying your clothing.
2. Be careful about buying anything you hadn't planned to buy.
3. Plan and buy first the most important garments; then build your wardrobe around them.
4. Buy things that can be used for more than one season, and for more than one type of use.
5. Avoid buying anything, if you are well stocked with that type of thing.
6. Buy things that are interchangeable to make several costumes. The more separate pieces a costume has, the more it can be interchanged with others.
7. Stick to one basic daytime color scheme per season. A dark or neutral color gives longer service, and the cleaning expense will be less.
8. Avoid imitations, stick to honest purchases, they will give more satisfaction.
9. Buy good accessories. A costume can be "made" by good accessories.
10. Try things together before buying them to be sure they are suitable.
11. Have a price in mind before you go shopping, and stick to it.
12. Make a clothing plan, then work your plan. It really pays.



CLOTHING PLAN

Name: \_\_\_\_\_

Season: \_\_\_\_\_

Clothing on Hand	Clothing to be Renovated or Remodeled	Cost	Clothing to be Made	Clothing to be Purchased	Cost	Total Cost
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Outergarments:

Undergarments:

Footwear:

Headwear:

Accessories:

TOTAL COST



# MEALS FOR LARGE GROUPS

Prepared by

Helen S. Treeman  
Nutrition Specialist



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## MEALS FOR LARGE GROUPS

Community center dinners, church suppers, and other large group meals are not difficult providing careful planning is done in advance. Dependable committees should be appointed with definite duties to perform. For example, there should be a committee which plans the menu, purchases the food and prepares the meal. There should be a committee which sets the table, serves the food, etc. And another should take care of the dish washing. Each individual's duties should be outlined on paper and placed in a conspicuous place on a wall in the kitchen.

In planning a community meal there are many points to be considered such as:

1. Season of the year. (What foods are available at the least cost).
2. The amount of money available.
3. Number to be served; how and where they will be served.
4. Equipment available.
5. Age and sex. The group may be made up of entirely men or women or a mixed group - young people and children present special problems.

Some pointers to remember in planning meals are as follows:

1. Dishes should be selected which are easily prepared in large quantities and easily served.
2. Too elaborate foods should be avoided.
3. Duplication of the same type of food should be avoided. For example, potatoes and macaroni - both are starchy foods. Meat and beans - beans are a meat substitute.
4. Milk should be provided for the children.
5. At least half of the rolls or bread should be dark.
6. Simple dessert should be served. There are many healthful easily prepared desserts. It is better to avoid pies, especially two crust pies.
7. A general menu is:

	Meat	
Potatoes		Vegetable (one or two)
	Salad	
Dessert		Beverages



PURCHASING

In purchasing food for large groups it becomes necessary to know something about general proportions and amounts of food. The following is a list of foods, and number they serve.

<u>Product</u>	<u>Quantity as Purchased</u>	<u>Approximate No. of servings</u>
<u>Fruits:</u>		
Apples baked in syrup	1 lb. (3 to 5)	3 to 5 servings
Apricots, diced, cooked	1 lb.	20 to 25 "
Bananas, baked or sliced	1 lb. (4 to 5)	4 to 5 "
Cherries, maraschino	1 qt.	60 to 70 cherries
Dates	1 lb. (50 to 60 dates)	
Grapefruit	1 medium	10. juice or 12 sections
Lemons	1 medium	3 tbs. juice
Oranges	1 medium	1/3 C. juice or 8 sections
Peaches, fresh, sliced	1 lb. (5 to 6)	4 servings
Prunes, dried, cooked	1 lb. (30 to 40)	10 to 12 servings
Raspberries	1 qt.	6 servings
Rhubarb, fresh cooked	1 lb. trimmed	4 servings
Strawberries, whole	1 qt.	5 servings
Strawberries, crushed, sugar	1 qt.	6 servings
<u>Fruits, Canned</u>		
#2 cans		5 servings
#2 1/2 cans		5 servings
<u>Vegetables:</u>		
Asparagus, fresh	1 lb.	3 to 4 servings
" canned	#2 1/2 cans	7 servings
Beans, lima fresh	2 lbs. in pod	5 to 6 servings
" canned	#2 can	5 servings
" dried	1 lb.	12 to 14 servings
" navy, dried	1 lb.	12 to 14 servings
" snap, fresh	1 lb.	3 to 4 servings
" snap, canned	#2 can	5 to 7 servings
Beets, cooked, sliced	1 lb.	4 to 5 servings
Broccoli	1 lb.	2 to 3 servings
Brussel sprouts	1 lb.	5 to 6 servings
Cabbage, cooked	1 lb. sm. head	3 to 4 servings
Carrots, cooked	1 lb.	4 servings
Cauliflower, creamed	1 med. head	6 to 7 servings
Celery	1 med. bunch	7 stalks
Corn, canned	#2 can	5 to 6 servings
Cucumber	1 - 9"	20 to 30 thin slices
Lettuce	1 lb. head	8 to 10 salads 12 to 15 leaves



<u>Product</u>	<u>Quantity as Purchased</u>	<u>Approximate No. of Servings</u>
Olivos	1 qt.	60 to 70 olives
Peas, fresh	2 $\frac{1}{4}$ lbs. in pod	5 to 6 servings
Peas, canned	#2 can	4 to 5 servings
Peas, dried	1 lb.	12 to 14 servings
Potatoes, cooked	1 lb. 4 to 5 potatoes	4
Potato chips	1 lb.	12 to 15 servings
Rice	1 C. uncooked equals	4 C. cooked
Sauerkraut	1 qt.	5 to 6 servings
Sweet potatoes, cooked	1 lb.	4 servings
Tomatoes with lettuce	1 lb.	4 to 5 servings
Tomatoes, canned	#3 can	6 to 8 servings
Turnips, cooked	1 lb.	4 servings
<u>Meat, Fish and Poultry:</u>		
Bacon	1 lb.	8 to 10 servings
Chops, Lamb		5 servings
Chops, Pork		4 servings
Ground meat	1 lb.	5 servings
Ham, baked	12 to 14 lbs.	25 to 30 serving.
Roasts	1 lb.	2 servings
Fish with bone	1 lb.	2 servings
Fish fillets	1 lb.	4 servings
Oyster, soup or scalloped	1 qt.	8 servings
Chicken salad	1 5 lb. chicken	8 to 10 servings
<u>Miscellaneous:</u>		
Bread	1 lb.	15 slices
Bread, sandwich		36 to 40 slices
Bouillon	1 qt.	6 individuals
Butter	1 lb.	36 to 40 pats
Cheese, grated	1 lb.	4 cups
Cheese, cottage	1 lb.	8 servings
Chocolate	2 squares or 6 T. cocoa	Used with 1 qt. liquid for dessert
Chocolate, hot	1 gal.	25 to 30 cups
Cream, heavy	1 C.	When whipped doubles bulk
Cream for coffee	1 pint	32 tbs.
Coffee	1 lb.	35 to 40 cups
Ice Cream	1 qt.	6 portions
	1 brick	8 servings
Lemonade or fruit punch	10 qts.	60 people
Macaroni	$\frac{1}{2}$ C. uncooked equals	4 C. cooked
Saltines	1 lb.	125 crackers
Sherbet or Frappe	3 gal. serves	50 individuals
	2 gal. half-frozen serves	50 individuals
Sugar, loaf	1 lb.	24 individuals
Soup	1 qt.	6 servings



### THICKENING POWER OF DIFFERENT FOODS

Flour	5/8 - 3/4 C. to thicken	1 qt. liquid for desserts
	6 T. flour to thicken	1 qt. liquid for creamed dishes
Gelatine	4 T. to thicken	1 qt. liquid for soups
	2 T. for jelling	3 C. liquid
	3 T. for jelling	3 C. liquid (if very acid or large amount of fruit used)
Tapioca	6 T. minute tapioca	To thicken 1 qt. liquid.

### SUGGESTIONS FOR MENU PLANNING

In planning community meals often help is needed in suggesting different or new dishes. The following are a few suggestions for this particular problem.

### SALAD SUGGESTIONS

#### Fruit Salads:

Apricot and raisin	Orange basket
Banana and nut	Pear and cheese
California - pineapple, orange and tomato	Pear and nut
Hawaiian - pineapple, orange and grapes	Peach and cherry
Jellied fruit	Pineapple and cheese
Los Angeles - fruit, marshmallows and whipped cream	Stuffed figs
Orange, grapefruit and grapes	Stuffed dates
Orange and olives	Stuffed prunes
	Waldorf - apples, nuts and celery
	Waldorf jellied

#### Vegetable Salads:

Asparagus	Head lettuce with 1000 island dressing (1000 island dressing - mayonnaise, chili sauce, pimento, green pepper, chopped hard boiled eggs)
Beet and celery	Jellied vegetables
Beet, stuffed	Spring salad - lettuce, sliced hard cooked egg and tomato
Cabbage	Tomato and green pepper
Carrot and raisin	Tomato jellied
Club - macaroni and carrot	
Combination vegetable	
Tomato stuffed with chicken or tuna and celery	
Tomato and cucumber	

#### Meat or Meat Substitute Salads:

Chicken	Jellied meats or fish
Chicken and asparagus	Cottage cheese balls
Fish salads	Stuffed egg



DESSERT SUGGESTIONS

(Most of these recipes can be found  
in standard cook books)

Apricot charlotte  
Apple Snow  
Baked apples or pears  
Bread and butter pudding  
Butterscotch rice - rice with  
                                  butterscotch sauce  
Charlotte Russe  
Chocolate blanc mango  
Cobblers  
Custards  
Fruit compote  
Gingerbread  
Grape jelly with whipped cream

Icés  
Ice Cream  
Jellos  
Macaroon cream  
Maple caramel nut mold  
Martha Washington pie  
Pineapple rice fluff  
Prune whip  
Shortcakes  
Snowballs  
Tapioca cream; also with  
                                  fruit  
Tarts



# Gracious Hospitality

Prepared by  
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## GRACIOUS HOSPITALITY

Extending gracious hospitality to ones friends, is one of the real pleasures of life. To be able to share this friendly experience with a group of friends or a community organization, or a committee who is working together, is a big factor in building friendship, and cooperation.

The basic idea of "breaking bread" with friends comes from an old folk custom, which dates clear back into biblical times, when such foods as bread, garden greens and fruits were served. Only those foods which rich and poor alike had, were served. Friendliness forbade the serving of elaborate, expensive refreshments for fear that it might embarrass others or place those of less means under obligation. This spirit of serving refreshments should be copied today to prevent the common feeling of "trying to keep up with Mrs. Jones". Also, from the health standpoint only simple refreshments should be served. These extra meals are no inducement to keep a "girlish figure". A heavy evening meal is a great aid in spending a sleepless night because of indigestion. This has a direct effect upon a person not feeling "up to par" the following day. Therefore, serving inexpensive, easily prepared and easily served foods are growing in popularity for group refreshment.

The usual standard for such meals is a cup of beverage and one other food such as a dainty sandwich, a small piece of cake, or a few cookies. The silver should be gleaming and the linen spotless. Foods should be colorful, attractive, moderate in amount, and interestingly arranged.

The beverage may be tea, coffee, cocoa or chocolate, fruit drink, frappe, or soup served very hot or very cold. It may be served with one or at the most two of the following accessories.

Tea may be accompanied by -

- Colored lump sugar
- White or red rock candy
- Lemon drops
- Cream
- Sliced lemon
- Cubes of candied pineapple
- Candied or maraschino cherries
- Whole cloves (may be arranged in sliced lemon)
- Orange marmalade
- Candied ginger
- Candied rose petals or mint leaves

Cocoa or chocolate -

- With cream
- With marshmallows
- With coffee flavor\*  
(Mexican chocolate)
- Iced chocolate

Soups -

- Mock bisque soup
- Cream of chicken soup
- Beef bouillon
- Chicken or clam bouillon  
with whipped cream.

Coffee may be served with -

- Honey and whipped cream
- Cream and sugar



Punches - (suggested combinations)

Blackberry punch  
Cranberry punch  
Cider and white grape  
Gingerale lemonade  
Gingerale punch  
Grape juice and orange  
Grape juice and lemonade and mint  
Ginger punch  
Loganberry punch  
Lemonade  
Orangeade  
Orangeade with gingerale  
Pineapple julep  
Pineapple lemonade

Tea lemonade  
Pineapple grape juice punch  
Tea punch  
Raspberry punch

Frappés - half frozen sherbet  
Cider frappé sherbet  
Cranberry frappé sherbet  
Grape frappé sherbet  
Grape juice and mint sherbet  
Orange juice sherbet  
Raspberry sherbet  
Strawberry sherbet

\*Mexican Chocolate

1 Qt. milk	2 sq. sweet chocolate
1 Inch stick cinnamon	$\frac{1}{2}$ C. boiling water
3 tb. coffee	$\frac{1}{2}$ ts. vanilla

Scald milk with stick cinnamon and coffee. Strain through cheesecloth. Add chocolate which has been melted over hot water and mixed with boiling water. Cook three minutes over hot water. Add vanilla and serve with whipped cream.

SANDWICHES

There are several types of sandwiches which may be used such as open faced, ribbon sandwiches, ribbon sandwiches made with different breads such as nut breads, and the ordinary sandwiches made of two slices of bread and various kinds of fillings. Open faced sandwiches are sandwiches made with one slice of bread, cut in fancy shape and spread with a sandwich filling. The following is the recipe for ribbon sandwiches.

Layer sandwiches or ribbon sandwiches are made with three or more slices of bread  $\frac{1}{4}$  inch thick put together with filling. They should be folded in damp cheesecloth, pressed under a weight until serving time, then cut  $\frac{1}{4}$  inch slices. The bread may be all white or alternate slices of white and dark bread may be used. Nut bread, graham bread and Boston brown bread are all attractive. The middle slice of bread should be spread on both sides with butter or other filling. The effect is like a slice of layer cake.

Sandwiches may be cut in circles, squares, rectangles, triangles, diamonds or strips. They should be wrapped in a dry cloth then in a damp cloth as soon as made, and put in a closely covered metal receptacle or crock, or wrapped in wax paper.



Suggested fillings for sandwiches:

Chopped olives	Cream cheese and chopped olives
Lettuce and mayonnaise dressing	Cream cheese, chopped chicken and mayonnaise
Chopped nuts and creamed butter	Cream cheese, chopped ham, stuffed olives hard boiled eggs, nuts and mayonnaise
Pimento cheese	Chopped ham and raspberry jam
Marmalade or strawberry jam	Ham and sweet pickles chopped and mayonnaise
Maraschino cherries & whipped cream	Raisins, almonds, chopped and mayonnaise
Jam and cheese	Raisins, chopped and mayonnaise
Sardine and colery	
Lobster and mayonnaise	
American cheese and catsup	
Creamed butter and anchovy paste	
Radishes and mayonnaise dressing	
Horseradish butter	

The following are recipos for breads which may be used in making sandwiches:

NUT BREAD

1 egg	4 ts. baking powder
$1\frac{1}{2}$ C. thick sour milk	$\frac{3}{4}$ ts. baking soda
$\frac{1}{2}$ C. sugar	1 ts. salt
3 C. pastry or soft wheat flour (sift before measuring)	1 C. soft-shelled walnut meats

Sift flour, then measure 3 cups. Add the other dry ingredients to the flour. Get the nuts ready. They should be coarsely chopped. Beat the egg in a mixing bowl. Add the sour milk and sugar. Mix. Sift the dry ingredients into the egg mixture. Add the nuts. Beat until well mixed. Pour into a greased bread pan. Bake in a moderate oven -  $325^{\circ}$  F. - for one hour or until it is done when tested. Variations: Date or raisin bread - 1 package (10 oz.) of dates or 1 C. of raisins may be used in place of the nuts. Mix the fruit with the flour mixture.

BANANA NUT BREAD

1 $\frac{3}{4}$ C. flour	$\frac{2}{3}$ C. sugar
$\frac{3}{4}$ ts. soda	2 eggs
$1\frac{1}{4}$ ts. cream of tartar	1 C. mashed banana pulp
$\frac{1}{2}$ ts. salt	$\frac{1}{2}$ C. finely chopped walnut meats
$\frac{1}{3}$ C. shortening	1 tb. milk

Sift flour, measure; and sift again with soda, cream of tartar, and salt. Cream shortening; add sugar gradually and cream until light and fluffy. Add eggs, one at a time, beating well after each addition. Add dry ingredients alternately with banana pulp; beat until thoroughly combined. Add walnut meats. Pour into well-greased loaf pan. Bake one hour or until done in moderate oven ( $350^{\circ}$  F.). Makes one loaf.

- Mrs. C. E. Secor -

COOKIES OR CAKES

Recipes for cookies or cakes may be obtained from the Nevada Extension bulletin "Fill up the Cooky Jar", or from standard recipes.



PACK

TRAIL

CAMP

COOKERY

Prepared By

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## PACK TRAIN CAMP COOKERY BULLETIN

Pack trains are distinctive of the western States. By a pack train is meant packing provisions and equipment by horses or mules to parts of the country inaccessible to automobiles. Such country is usually very mountainous. The object of such trips is usually hunting or fishing. These trips must be carefully organized and planned. Provisions and equipment must be compact.

First of all must be known how many pack horses are needed. One pack horse will carry equipment, provisions and bed for two people. If a tent is desired another horse will be needed to carry the tent, poles and pins, axe and shovel.

Provisions and equipment are packed in pack sacks which hang on either side of the horse. A bed is put on top. All of these are held in place by any one of several hitches, most popular of which is the old Diamond hitch. If there is not a bed on top of the pack several other hitches will be better such as the Squaw hitch or double loop.

Equipment needed for a pack train of four people are as follows:

Short handled shovel  
Lantern  
Camp irons which collapse - Used over fire to cook foods

Small axe  
Flash light

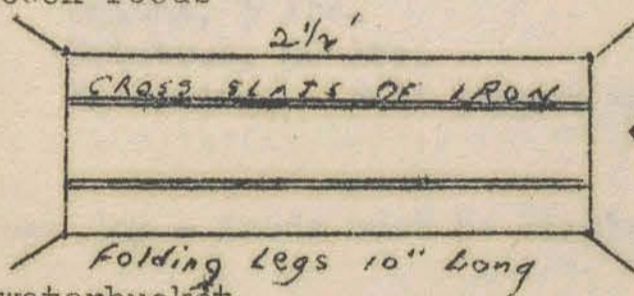


Diagram of camp iron which can be constructed at blacksmith shop.

12 quart waterbucket  
Dish pan  
2 dish rags  
2 cakes toilet soap  
2 kettles which fit into each other and have clamp lids.  
Dutch oven for baking (be sure pie and cake tins fit in oven)  
Table set for each individual - granite ware or tin pie pan and cup, spoon, knife and fork.

Wash basin  
4 dish towels  
Matches  
2 bars laundry soap  
2 frying pans  
Hot cake griddle  
2 quart coffee pot, tin preferred  
2 cake or pie tins  
Pancake turner, butcher knife,  
6 tablespoons, can opener



Food for two weeks for four people.

Canned Food

Corn, 12 cans  
Fruit juices - 2 dozen #2 cans  
Meats, canned for lunch, 1 dozen  
Milk, 1 dozen tall cans  
Peas, 12 cans  
Shortening, 3 pounds in tin  
Tomatoes, 12 #2 cans

Dried Fruits

Apples, 4 lbs.  
Peaches, 4 lbs.  
Raisins, 2 lbs.  
Prunes, 4 lbs.

Cereals or Cereal Products

Flour, buckwheat, 2 lbs.  
Flour, white, 25 lbs.  
Macaroni, 3 lbs.  
Bread, 4 loaves - to tide  
over the first two days or  
until camp is established.

Meat or Meat Substitutes

Bacon, 7 lbs.  
Beans, 10 lbs.  
Cheese, 5 lbs.  
Eggs, 8 dozen (Boxes which eggs  
packed in when purchased are very  
good for carrying eggs. Eggs may  
be wrapped in paper and placed in  
pail.

Miscellaneous

Baking powder, 1 can  
Butter, 4 lbs. packed in tin  
Cabbage, 3 medium heads  
Coffee, 4 lbs.  
Onions, 5 lbs.  
Potatoes, 50 lbs.  
Seasonings - Salt, pepper, spices  
Soda, 1 pkg.  
Sugar, 10 lbs.  
Syrup, 1 gal.  
Tea,  $\frac{1}{2}$  lb.  
Vinegar  
Yeast, 1 pkg. dry

Menu for one day - foods must be simple and quickly prepared.

**Breakfast:**

Fruit or tomato juice  
Bacon and eggs  
Sour dough hot cakes\*  
Coffee

**Dinner:**

Potatoes, boiled  
Cole Slaw  
Peas  
Meat from hunting or fishing  
Pie, baked in Dutch oven\*  
Coffee

**Lunch:**

Sandwiches - one meat prepared from canned lunch meat; one cheese  
Dried fruit - Handful of raisins, peaches or prunes.  
Usually men hunting or fishing do not care to return to camp at  
noon.  
They wish a lunch which is easily carried, usually in a pocket.

\* See next page for recipes.



## RECIPES

### Sour Dough Hot Cakes

Starter: Luke warm water, 1 C.  
Yeast cake, dried or compressed Flour, 1 C.

Dissolve yeast cake in warm water. Add flour. Beat until smooth. It is better to let this starter set in a warm place 24 hours. If hot cakes are desired the next morning after setting the starter, add 2 cups flour in place of one, and moisture enough to make medium batter. Be sure batter is left in warm place.

### Hot Cakes

Flour, 1 C ( $\frac{1}{2}$  may be buckwheat) Soda,  $\frac{1}{2}$  ts.  
Egg, 1 Sugar or syrup, 1 T.  
Salt,  $\frac{1}{2}$  ts. Milk or water  
Starter,  $\frac{1}{2}$

Take out half of batter. Add flour, egg, salt, sugar or syrup. Add enough liquid to make a medium batter. Beat until smooth. Just before baking add soda dissolved in small amount of water. Bake on moderately hot griddle. After half of starter is removed for hot cakes, add 1 C. flour and liquid enough for batter. Beat until smooth. Set aside in warm place until needed.

### Dutch Oven Baking

Dig a pit a little larger than Dutch oven and deep enough so top of lid is even with top of ground.

Build a fire in the pit for half hour or until it leaves a bed of coals. Willow wood is best. Place product to be cooked in oven and place on bed of coals. Cover lid lightly with coals. Pie or cake tins should fit in Dutch oven to avoid burning food on bottom. Watch the food baking closely to keep from burning on top, especially if wind is blowing.

Standard recipes are used for bread, cakes and pies. Be sure to place bread, cakes and pies in tin which fit in Dutch oven.

### Suggestions for Camp Cookery

Soak beans and dried fruit over night. Cook next morning while getting breakfast. Beans will take two or three hours so may be cooked in Dutch oven.

Note: This bulletin was prepared with the aid of my husband, C. S. Tromewan, who has had much experience along this line.



# Keep Growing

NEVADA NUTRITION REPORT

1939-40



Cooperative Extension Work in Agriculture and Home Economics, University of Nevada, Agricultural Extension Division, Thomas E. Buckman, Acting Director, and United States Department of Agriculture, cooperating.

Distributed in furtherance of Acts of Congress of May 8 and June 30, 1914.



NEVADA'S KEEP GROWING DEMONSTRATION  
Report for the year 1939-1940

The eighteenth year of Nevada's Keep Growing demonstrations has resulted in the best record that has so far been achieved. This is a source of real pride to the 63 communities in 9 counties that have cooperated with the Agricultural Extension Service of the University of Nevada in carrying on these community demonstrations. It confirms their belief that good nutrition, posture and health habits really do increase the ability of school children in Keep Growing. This year 2348 children carried on individual demonstrations with a completion of 96%. They, too, are proud of the good results they have secured.

Ultimate State Goals Raised and Exceeded: For the fourth consecutive year all three of the ultimate state goals have been reached, and this year we are proud to announce that they have been considerably exceeded. Final records this spring showed that 79.99% of the children were in Good Nutritional Condition, only 6.83% were in Poor Nutritional Condition, and 87.69% had Good Posture by the end of the school year. The state goals are to have 75% in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% with Good Posture. Way back in 1922 when the Keep Growing demonstrations were started there were no goals. The state just adopted the slogan "Keep Growing" and started in to see what could be done. Then tentative goals were set, and later raised as the ability to reach them was developed. This year the posture goal was raised from 50% to 75% in recognition of increased posture consciousness and ability, after many years of rather discouraging effort.

Both Annual Goals Exceeded: It is a happy surprise to be able to announce that both annual goals were not only met but exceeded this year. These goals are to have a 5% increase in the number of children in Good Nutritional Condition, and a 5% decrease in the number in Poor Nutritional Condition. This year the number of children in Good Nutritional Condition increased 7.98%, and the number in Poor Nutritional Condition decreased 5.31%. This is a better annual improvement than we now expect, because as nutritional condition progressively improves the rate of improvement tends to decrease. The sudden "burst" of progress this year is, we believe, due to the emphasis placed upon the wise use of vacation. This has been a big help in overcoming the "summer slump" that used to be so discouraging. 72.25% of the children entering school last fall were in Good Nutritional Condition and only 12.12% were in Poor Nutrition. With this excellent "head start" the winter's Keep Growing efforts were freed from the handicap that severe summer weight losses used to impose. Regular eating of simple, wholesome foods, long hours of sleep, afternoon naps, and a sensible limitation of summer activities really have paid. The results of the past five summers indicate that this problem of "summer slump" is really being solved.

Looking back over the year, we believe there are two other reasons for this year's excellent record; one is perhaps good luck, and the other is surely good cooperation. The good luck is the fact that there were no severe epidemics. However, we believe this freedom from epidemics is not really "good luck", but is due to the



campaign against contagious diseases carried on by the State Board of Health, with the assistance of local doctors and the school authorities. This is certainly one example of good cooperation. The widespread home and community interest which sponsoring organizations, such as the Parent-Teachers Association, Mothers' Clubs, Farm Bureaus, Homemakers Clubs, and Relief Societies, have stimulated is another avenue through which good cooperation has functioned. And last, but not least, the devoted service which local leaders have given to these Keep Growing demonstrations has been perhaps the basic factor responsible for the unusually fine results secured this year. May all this cooperation Keep Growing on through the years and help Nevada's school children Keep Growing into strong, healthy, useful American citizens.

Posture Popularity: The most outstanding improvement secured this year has been in posture. Posture has been included as a factor in judging nutritional condition for the past eight years, after many years of work on this perplexing and discouraging problem. The Agricultural Extension Service and the local leaders were very conscious of the fact that a high proportion of Nevada's Keep Growing children had decidedly poor posture; but for a long time no one else seemed interested. However, local leaders, and extension agents kept "harping" on posture during private conferences with children and parents, and before sponsoring organizations, community meetings, and educational groups. Finally in 1932 enough progress was made to warrant setting a goal of 25% and later this was raised to 50%. This aroused interest and increased effort. School authorities have given excellent support by improving lighting and seating facilities in the schools, and emphasizing posture in both classroom instruction and physical education activities. The Extension Service has issued several illustrated posture circulars. Posture games and stunts have been included in 4-H club, and community center programs and Child Health Day celebrations. As a result of these concerted efforts Nevada communities have gradually become "posture conscious". By the spring of 1939 so many of the Keep Growing communities had met the 50% goal that it was raised to 75%. Evidently this increased goal was accepted as a challenge and a spontaneous posture campaign "was on". The results speak for themselves. We never expected to see the time when 79.99% of Nevada's Keep Growing children could be classified as having Good Posture, but such is the case in this spring of 1940. Nevada is now certainly "posture conscious", and Good Posture is actually considered fashionable. Thus, another Keep Growing problem seems pretty well solved; although we all realize that there is still much to be done to keep Good Postures good, and make as many as possible excellent.

The "Transient" Problem: This problem has been slow to develop in Nevada, and so far, Washoe County is the only locality seriously affected. However, in Washoe County the number of these families has grown to such proportions as to seriously influence the Keep Growing demonstrations. A large proportion of these transient children come into Nevada in a malnutritional condition, their diet having been decidedly lacking in protective foods, such as milk and vegetables. Their families are unaccustomed to community contacts and cooperation. Also, their residence in the state is frequently quite short, so the opportunity and influencing habits is seriously curtailed. To overcome these handicaps will require much intensive work and the development



of new methods. Special work is planned for next year on an experimental basis. In order to secure data on the results of these experiments, and also to do justice to the permanent families in these areas, separate Keep Growing reports will be made for these groups in the communities affected.

The Problem of Physical Defects: There is another serious problem that is still worrying Keep Growing communities, and that is the problem of physical defects among school children. In some areas of the state the Maternal and Child Health Division of the State Board of Health continues to give physical inspection to school children. When indications of physical defects are found the parents are advised to take their children to the family physician for medical examination and remedial treatment. In a sparsely populated state such as Nevada this is a very valuable service and in the areas where these inspections of school children are being carried on by the Maternal and Child Health Nursing Service a progressively higher proportion of school children are making good gains because their physical defects are being corrected, and therefore they are "free to gain". There is an active and widespread desire among Keep Growing communities to have this inspection service extended to all school children.

Gold Star Communities: Of the 63 communities carrying on Keep Growing demonstrations this year 41 or 65.07% have achieved the distinction of being declared Gold Star communities. The standards for this award are to have 75% of the school children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, 75% with Good Posture, and to carry on at least five supplementary activities (regular weighings, hot lunch, supervised lunch, rest periods, classroom instruction, local leader assistance, organization sponsorship, etc.). 21 or 33.33% of these communities maintained these high standards throughout the school year, and therefore are declared All-Year Gold Star communities. Each of these communities will receive a Gold Star certificate, the All-Year certificates having two large gold stars on them. These certificates are always presented with suitable ceremony and are the source of much community pride as they hang on the schoolroom wall or stand in trophy cases along with pennants and cups, and other athletic and scholastic awards.

Silver Star Awards: Two communities won Silver Star awards for reaching the state nutrition goals and carrying on at least three supplementary activities. One of these was an All-Year Silver Star community. These communities still have posture and supplementary problems to solve, but meanwhile can rejoice in their nutrition achievements symbolized by the Silver Star certificate.

Gold Star Counties: Nevada is very proud to announce that 6 out of the 9 counties enrolled in the Keep Growing demonstrations are this year Gold Star counties, because they have fulfilled the state requirements for nutrition, posture, and supplementary activities. Elko County is an All-Year Gold Star county. This is the third year that Elko County has achieved this high rating. Churchill and Ormsby counties have been Gold Star counties for the past three years. This is the second year that Douglas County has won this rating. Lander



and Lyon counties reached this goal for the first time this year.

Silver Star County: This year Humboldt County is a Silver Star county. We hope that next year it will achieve a Gold Star rating.

Nevada a Gold Star State for the Fourth Year: This is the fourth consecutive year that Nevada, as a state, has met and exceeded the ultimate goals for nutrition, posture, and supplementary activities. That this was accomplished in spite of raising the goals for posture and supplementary activities is quite an achievement, and really exceeds our expectations. This continued ability to maintain these state goals is, we believe, evidence of permanent improvement. However, we frankly acknowledge that this high standard can only be sustained by persistent, intensive, cooperative effort on the part of all concerned.

The communities and counties awarded star certificates are listed below:

GOLD STAR COMMUNITIES

Community	County	% Good Nutritional Condition	% Poor Nutritional Condition	% having Good Posture
Cottage School	Churchill	78.80%	9.39%	77.48%
West End	"	77.63	9.21	80.26
Oats Park	"	81.11	7.03	82.96
Harmon	"	89.65	3.44	89.65
Hazen	"	83.33	6.66	80.00
Island	"	100.00	0.00	90.90
Northam	"	81.48	7.40	81.48
St. Clair	"	84.61	7.69	80.76
Gardnerville	Douglas	77.92	3.89	81.82
Minden	"	80.72	3.61	95.18
Elburz	Elko	88.88	0.00	77.77
Jiggs	"	92.30	0.00	100.00
Meadow Creek	"	100.00	0.00	100.00
Ryndon	"	100.00	0.00	87.50
Smokey Valley	Lander	100.00	0.00	75.00
Gallagher	Lyon	85.71	0.00	100.00
Wabuska	"	85.71	0.00	100.00
Carson City	Ormsby	81.93	3.87	96.77
Franktown	Washoe	100.00	0.00	100.00
Glendale	"	100.00	0.00	88.00



ALL-YEAR GOLD STAR COMMUNITIES

Community	County	% Good Nutr. Condition		% Poor Nutr. Condition		% having Good Posture	
		Fall	Spring	Fall	Spring	Fall	Spring
Barrett	Lyon	76.00%	95.83%	8.00%	0.00%	76.00%	100.00%
Cox	Washoe	80.00	100.00	0.00	0.00	100.00	100.00
Beowawe	Eureka	96.55	96.55	0.00	0.00	89.62	86.20
Boulder	Elko	83.33	85.71	0.00	0.00	83.33	100.00
Carlin	"	91.09	85.61	1.36	2.05	87.67	89.04
Clover Valley	"	100.00	100.00	0.00	0.00	100.00	100.00
Contact	"	92.30	85.71	0.00	0.00	100.00	85.71
Deeth	"	100.00	100.00	0.00	0.00	90.00	100.00
Halleck	"	100.00	100.00	0.00	0.00	100.00	100.00
Humboldt	"	100.00	100.00	0.00	0.00	100.00	100.00
Jack Creek	"	100.00	100.00	0.00	0.00	100.00	100.00
Lamoille	"	80.95	80.00	0.00	0.00	90.47	100.00
Lee	"	92.85	89.47	0.00	0.00	92.85	84.21
Metropolis	"	100.00	100.00	0.00	0.00	90.00	87.50
Midas	"	89.47	94.11	5.26	5.88	89.47	88.23
Montello	"	81.55	82.65	3.88	3.06	96.11	89.79
Mountain City	"	91.33	91.89	0.00	0.00	84.78	94.59
Rabbit Creek	"	100.00	100.00	0.00	0.00	100.00	100.00
Rowland	"	91.66	100.00	0.00	0.00	83.33	100.00
South Fork	"	100.00	100.00	0.00	0.00	80.00	100.00
Wells	"	88.06	83.42	2.27	2.85	92.04	92.57

SILVER STAR COMMUNITIES

Community	County	% Good Nutritional Condition	% Poor Nutritional Condition
Paradise Valley	Humboldt	75.47%	5.66%

ALL-YEAR SILVER STAR COMMUNITIES

Community	County	% Good Nutritional Condition		% Poor Nutritional Condition	
		Fall	Spring	Fall	Spring
Spanish Ranch	Elko	100.00%	100.00%	0.00%	0.00%



GOLD STAR COUNTIES

County	% in Good Nutritional Condition		% in Poor Nutritional Condition		% Good Posture		% Poor Posture	
Churchill	80.82%		7.91%		81.27%		5.17%	
Douglas	76.67		6.11		88.89		1.11	
Lander	100.00		0.00		75.00		0.00	
Lyon	75.83		9.23		95.38		1.54	
Ormsby	81.93		3.87		96.77		0.64	

ALL-YEAR GOLD STAR COUNTY

County	% in Good Nutritional Condition		% in Poor Nutritional Condition		% Good Posture		% Poor Posture	
	Fall	Spring	Fall	Spring	Fall	Spring	Fall	Spring
Elko	89.21%	87.23%	1.62%	1.83%	89.80%	91.48%	0.14%	0.00%

SILVER STAR COUNTY

County	% in Good Nutritional Condition	% in Poor Nutritional Condition
Humboldt	75.47%	5.66%

Communities having No Children in Poor Nutritional Condition: One of the happy surprises in the Keep Growing demonstrations is that communities can reach the point where they have no children in Poor Nutritional Condition. When the Keep Growing project first started we would not have thought such a thing possible, and our wildest imagination would not have dared dream of communities maintaining this fortunate condition "All-Year". But persistent effort through nearly two decades has exceeded our best expectations. The Agricultural Extension Service wishes to express its sincere appreciation for the cooperation that made these results possible. Only where the closest cooperation exists between community, school, home and children is this result achieved. Therefore, the following communities have every right to feel extra proud of themselves:

- Island, Churchill County
- \*Beowawe, Eureka County
- \*Boulder, Elko County
- \*Clover Valley, Elko County
- \*Contact, Elko County
- \*Deeth, Elko County
- \*Elburz, Elko County
- \*Halleck, Elko County

- \*Jiggs, Elko County
- \*Lambille, Elko County
- \*Lee, Elko County
- \*Meadow Creek, Elko County
- \*Metropolis, Elko County
- \*Mountain City, Elko County
- \*North Starr, Elko County
- \*Rabbit Creek, Elko County

- \*Spanish Ranch, Elko County
- \*South Fork, Elko County
- \*Smokey Valley, Lander County
- Barrett, Lyon County
- Gallagher, Lyon County
- Wabuska, Lyon County
- \*Cox, Washoe County
- Franktown, Washoe County



\*Humboldt, Elko County  
\*Jack Creek, Elko County

\*Rowland, Elko County  
\*Ryndon, Elko County

Flanigan, Washoe County  
Glendale, Washoe County

\* Had no children in Poor Nutritional Condition all year.

Supplementary Activities: Supplementary activities play a very important part in arousing interest and sustaining the concerted effort that is so vital to Keep Growing success. No communities carry on all these supplemental activities, but all communities carry on some of them, those best suited to local needs and conditions. Five supplementary activities are required for a Gold Star rating and three for a Silver Star award.

Organization Sponsorship: In the 25 larger communities (where there is a community organization) the Parent Teachers Association, Farm Bureau, Homemakers Club, or Relief Society has acted as the sponsor for the Keep Growing demonstration. This involves securing a local leader, arranging for a hot school lunch, sponsoring the Child Health Day celebration, offering prizes for best gains and the health booklet contest, and in many other ways stimulating home, school, and community cooperation.

Local Leadership: 62 local leaders devoted from one-half to five days a month to these Keep Growing demonstrations. They assisted the extension agent, reweighed children during her absence, developed home cooperation and made progress reports to the sponsoring community organization. In tiny communities where there could be no sponsoring organization they fulfilled these functions also. We know of no more outstanding example of devoted community service than that given by these Keep Growing leaders. Their only reward is the gratitude of these communities and the Agricultural Extension Service, and the satisfaction of seeing the community's children "Keep Growing" in body, mind and spirit.

School Lunches: This year 58 communities had some type of hot food for the noon meal. In 14 communities this was secured through a WPA hot lunch project, with surplus commodities furnished by the Surplus Commodities Division. Many of these WPA lunches were really substantial meals that did much to improve the diet of children from families in straitened circumstances. In other communities a hot supplement to home-packed box lunches was provided through using thermos bottles, the "hot jar method" of reheating food brought from home, a 4-H club hot lunch project, or by some nearby ranch mother inviting all the school children over to her house for a good hot meal. The remarkably good gains that resulted are positive proof of the benefits received.

Supervised Lunch Periods are another important factor in securing good gains, because they prolong the time spent in eating, establish a restful, enjoyable atmosphere, and thereby relax tension. Both hot food and a supervised lunch period are such important aids in preventing over-fatigue that we hope the time will come when they will be considered a regular feature of every well-conducted school program. Every school that



has tried them testifies to not only improved physical condition but also increased mental ability, particularly during the afternoon sessions. The teachers, leaders and communities that are pioneering in popularizing these school lunch activities deserve much praise.

**Supplementary Feedings:** In 6 communities supplementary feedings at recess were arranged for. Usually this was milk brought from home or secured from a local dairy. In a few communities, where family income is decidedly low, the Parent Teachers organization supplied part of the milk. These supplementary feedings do much to relax tension and prevent over-fatigue, as well as popularizing milk drinking.

**School Cooperation:** 61 communities closely correlated the Keep Growing demonstration with their regular school program through classroom instruction regarding food, sleep, rest, cleanliness and other health habits. Especially good results were secured this year in posture improvement. Particular attention was paid to seat adjustment and lighting, and the integrating of posture exercises, posture gains, etc., into the physical education program. The very decided improvement made in posture this year is largely due to the active interest aroused by the teaching staffs through these various devices. They certainly deserve much commendation.

**Child Health Day Celebrations:** 32 communities held Child Health Day celebrations with a total attendance of 1391. Keep Growing achievements were publicized by song, story, dramatics, and games. The local health booklets were displayed and judged. Small prizes were given by sponsoring organizations for best individual improvements and for the health booklets. These Keep Growing achievement celebrations do much to educate the general public in regard to child health, and to stimulate cooperation.

**Health Booklet Contest:** The health booklets, which are made as a voluntary supplementary activity, are another excellent correlation between school instruction and the individual Keep Growing demonstrations. In these booklets each child keeps a chart of his gains in weight, and a record of his height, posture, etc. Then through a correlation of hygiene, language and art activities, interesting, attractive subject matter is accumulated, all bearing on the main objective; i.e., to Keep Growing. Local and county exhibits are held, usually in connection with the Child Health Day celebrations. A collection of the better booklets are sent into the state contest, where appropriate ribbons and small cash prizes are awarded. These booklets are then exhibited at various county and state organization meetings and fairs, and are a decided factor in stimulating interest and community and home cooperation. During this past year Nevada was honored by having two nation-wide "Farm and Home" radio programs devoted to the Keep Growing demonstrations, one of which was based on these health booklets.



A list of the individual Keep Growing demonstrators receiving awards in the health booklet contest is given below:

HEALTH BOOKLET CONTEST WINNERS, 1940

Division A

Division A - Open to all children who started the school year last fall in "Poor" or "Fair" Nutritional Condition (including consideration of such factors as underweight, muscle tone, color, teeth, and posture), and have made decided gains during the year.

1st Prize - Marjorie Swenson, Fallon, Oats Park, School, Churchill County. Age 14 years. Gained 16 pounds. Grew  $2\frac{1}{2}$  inches. Ended the school year with fairly good posture, good teeth, fair muscle tone, and was in fairly good nutritional condition. Subject of booklet: "Rules to Health". Illustrated with magazine cut-outs.

2nd Prize - Nora Hess, Lamoille, Elko County. Age 13 years. Gained 7 pounds and grew 1 inch. Ended the school year with good posture and was in fair nutritional condition. Subject of booklet: "Frogs Keep Growing". Illustrated by free-hand drawings.

3rd Prize - Betty Sanford, Fallon, Oats Park, School, Churchill County. Age 10 years. Gained 10 pounds. Grew  $1\frac{1}{4}$  inches. Ended the demonstration in good nutritional condition, good posture, color, teeth and muscle tone. Subject of booklet: "Keep Growing Alphabet". Illustrated with magazine cut-outs.

4th Prize - Joe Gilbert, Humboldt, Elko County. Age 10 years. Gained  $9\frac{1}{2}$  pounds. Grew 1 inch. Ended the school year with good posture and fairly good teeth. Subject of booklet: "Keep Growing with Vegetables". Illustrated with stencil drawings.

5th Prize - Edna Meister, Washoe, Washoe County. Age 12 years. Gained 8 pounds. Grew 2 inches. Was in fair nutritional condition at the end of the demonstration and had good posture and color, and fair muscle tone. Subject of booklet: "Health Above All". Illustrated with magazine cut-outs.



6th Prize - Bill Smiley, Boulder, Elko County. Age 11 $\frac{1}{4}$  years. Gained 9 pounds. Grew 1 $\frac{1}{4}$  inches. Ended the school year in good nutritional condition, and had fairly good posture and good color and muscle tone. Subject of booklet: "Eat Fruit and Keep Growing". Illustrated by stencil drawings.

Honorable Mention: Claudine Leporie, Franktown, Washoe County; Joe Frugoli, Empire, Washoe County; Ada Lee Tellyer, Washoe, Washoe County; Joe Leporie, Franktown, Washoe County.

#### Division B

Division B. Open to all children in "Good" Nutritional Condition, and who have maintained at least an average weight increase as shown by the height-weight record chart.

1st Prize - Elmer Garaventa, Glendale, Washoe County. Age 7 years. Gained 9 pounds. Grew 2 inches. Elmer was in good nutritional condition all year and had good posture, color and muscle tone. Subject of booklet: "All Aboard for Health Land- Drink Milk". Illustrated with magazine cut-outs.

2nd Prize - Bernard Ponte, Oats Park, Fallon, Churchill County. Age 11 $\frac{1}{4}$  years. Gained 18 pounds. Grew 2  $\frac{3}{4}$  inches. Bernard was in good nutritional condition throughout the school year and had good posture, color, teeth and muscle tone. Subject of booklet: "Keep Growing with Health Rules". Illustrated with magazine cut-outs.

3rd Prize - Fannie Robinson, Beowawe, Eureka County. Age 10 years. Gained 7 pounds. Grew 2 $\frac{1}{4}$  inches. Fannie was in good nutritional condition all year and had good posture and teeth. Subject of booklet: "My Keep Growing Rules". Illustrated by stencil drawings.

4th Prize - Haru Kito, St. Clair, Churchill County. Age 11 years. Gained 9 pounds. Grew 1 $\frac{1}{2}$  inches. Haru was in good nutritional condition throughout the entire school year and had good posture, color, teeth, and muscle tone. Subject of booklet: "Living by Health Rules". Illustrated with magazine cut-outs.



5th Prize - Bobby Smiley, Boulder, Elko County. Age 12 years. Gained 6 pounds. Grew  $1\frac{1}{4}$  inches. Bobby was in good nutritional condition all year and had good posture, muscle tone and teeth. Subject of booklet: "More Vegetables to Keep Growing". Illustrated with magazine cut-outs and stencil drawings.

6th Prize - Bonnie Jean Heller, Flanigan, Washoe County. Age 13 years. Gained 1 pound. Bonnie was in good nutritional condition throughout the school year and had good posture, color and muscle tone. Subject of booklet: "Health Guards". Illustrated with magazine cut-outs.

Honorable Mention - Pete Solaegui, Northam, Churchill County; Joyce Cliff, Franktown, Washoe County; Roy Lee, Lamoille, Elko County; Nick Landa, Jr., South Fork, Elko County.

Activities of the State Board of Health: That the Well-Children clinics carried on by the Maternal and Child Health Division of the State Board of Health are producing increasingly good results among pre-school children is shown by the fact that a high percentage of these children are entering school in Good Nutritional Condition and relatively free from serious physical defects. For many years the kindergarten and first grade records used to be among the lowest in the Keep Growing communities; now they are among the best. We believe this is an important factor in making possible the decided improvement in nutrition and general health conditions that has been secured the past four years. The Agricultural Extension Service has cooperated through supplying nutritional consultation service whenever requested, and is always glad to do so. Also, we have strongly urged all rural families to enroll their children in these clinics in all localities where they are available.

Dental Clinics: The dental inspection and corrective service furnished by the traveling dental unit maintained by the State Board of Health is another valuable aid to good nutrition and good health. The nutritional advice for the sake of teeth protection that has been given out at these dental clinics has been of much value in stimulating the consumption of "protective" foods such as milk, fruit, whole grained cereals and cod liver oil. Children of indigent and other low-income families have been greatly benefited by the corrective dental work that has been done for them.

Immunization: The immunization campaign against small pox and diphtheria, and the efforts to control epidemics of the so-called "childhood diseases" have also been of great assistance in reducing illness. This, of course, has a beneficial effect upon the nutritional condition of the school children enrolled in the Keep Growing demonstrations.



Tuberculosis Prevention: Through the cooperative efforts of the State Board of Health and the Nevada Tuberculosis Association Mantoux tests are being gradually extended throughout the state. Where positive reactions are secured chest X-rays and other follow-up is being carried on. This work is of great value in helping to solve Nevada's serious problem in regard to tuberculosis.

Sanitation: The Sanitation Division of the State Board of Health continues its campaign for safe water supplies, sewage disposal, handwashing facilities, etc., in both school and homes. This year 836 sanitary privies have been installed in this state. In cooperation with the Farm Security Administration 34 sanitary demonstrations have been established involving water, sewage and screening facilities. The home demonstration agents of the Agricultural Extension Service, (who in this state also serve as home supervisors for the Farm Security Administration) have assisted in this work by helping to locate these sanitation demonstrations, and supervising the fulfillment of the cooperative agreements involved. All this sanitation improvement inevitably has a beneficial effect on general health conditions.

For all this splendid work in behalf of the good health of this state, Dr. E. E. Hamer, secretary of the State Board of Health and the able staffs of the various divisions of the organization deserve and certainly have the sincere thanks of the whole state.

#### SUGGESTIONS FOR THE COMING YEAR

1. See that all schools have scales and that regular monthly weighings are carried on. This is a vital factor in keeping children, homes, and communities informed of the progress being made.
2. Keep up the hot lunch and supervised lunch activities. Secure the assistance of the WPA and Surplus Commodities Division wherever possible.
3. Increase effort in regard to supplementary feedings at recess and rest periods for children who are under weight or show high nervous tension. The numbers involved in this problem are small, but individually they are of great importance.
4. Make every effort to provide an adequate supply of "protective" foods and to reduce food expense through the Live-at-Home food production campaign. This is a particularly important project in mining camps, and areas where transient families are seeking to establish homes.



5. Establish special experimental projects within localities having a high percentage of transient families. These new families are greatly in need of individualized instruction and community guidance, not only for the sake of their children but to safeguard the community health of these localities.

6. Continue the excellent community organization, sponsorship and local leadership that is the foundation of Keep Growing success.

7. Develop effective and sincere cooperation between all agencies interested in nutrition, health and sanitation problems, so that the greatest possible benefit can be secured for the general population.

May the Keep Growing Spirit Keep Growing: Each year, as the Agricultural Extension Service prepares these reports of Keep Growing results, the conviction grows that these community demonstrations are outstanding examples of effective American Democracy. Through wholehearted cooperation and persistent effort each of these communities is making a real contribution to the health of its children, to the cooperative spirit of the locality, and to the strength and stability of the state and the nation. For this patriotic service the Agricultural Extension Service, and we sincerely believe, the people of the whole State of Nevada, are sincerely grateful. Therefore, we earnestly repeat the hope - May the Keep Growing spirit Keep Growing.

Very truly,

*Mary Stilwell Buol*

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NEVADA KEEP GROWING NUTRITION DEMONSTRATION  
STATE SUMMARY FOR THE YEAR 1939-40  
STATE AND COUNTY RESULTS COMPARED WITH STATE GOALS

COUNTIES	CHILDREN			Annual State Goals		Ultimate State Goals			No. supplementary activities	No. Gold Star Communities	No. Silver Star Communities
				5% increase in no. in G. N. C.	5% decrease in no. in P. N. C.	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
	#Ex.	#Comp.	%Comp.								
*Churchill	706	657	93	14.54	- 8.09	80.82	7.91	81.27	82	8	0
*Douglas	173	180	104	13.09	- 4.29	76.67	6.11	88.89	20	2	0
**Elko	677	658	97	- 1.98	0.21	87.23	1.83	91.48	140	23	1
Eureka	4	4	100	0.00	0.00	50.00	25.00	0.00	3	0	0
†Humboldt	55	53	96	13.66	- 7.06	75.47	5.66	26.41	5	0	1
*Lander	4	4	100	0.00	0.00	100.00	0.00	75.00	6	1	0
*Lyon	127	130	102	10.03	- 8.09	75.38	9.23	95.38	26	3	0
*Ormsby	304	310	101	8.23	- 5.67	81.93	3.87	96.77	8	1	0
Washoe	298	273	91	8.36	- 9.14	63.73	19.05	92.67	116	3	0
State totals	2348	2269	96	7.98	- 5.31	79.99	6.83	87.69	406	41	2

COUNTIES	TOTAL NO. COMMUNITIES (or school units carrying on Keep Growing demonstrations)	GOLD STAR COMMUNITIES (Having reached ultimate state goals in nutrition and posture and carried on at least 5 supplementary activities)	SILVER STAR COMMUNITIES (Having reached ultimate state nutrition goals and carried on at least 3 supplementary activities)	NO. COMMUNITIES having no children in Poor Nutritional Condition
*Churchill	10	8	0	1
*Douglas	3	2	0	0
**Elko	25	23	1	21
Eureka	1	0	0	0
†Humboldt	1	0	1	0
*Lander	1	1	0	1
*Lyon	5	3	0	3
*Ormsby	1	1	0	0
Washoe	16	3	0	4
Totals	63	41	2	30

†Silver Star County  
\*Gold Star Counties  
\*\*All-Year Gold Star County



Churchill County, Summary of County Results  
Lena Hauke, County Extension Agent  
A Gold Star County

The Keep Growing health and nutrition program was carried on in 10 districts in Churchill County this year. A total of 706 children started the work and 657, or 93%, completed the year's work. The decrease in completions was caused by transients moving in and out and by absences from school when the last check-up was made.

When school opened in the fall 66.28% of the children were in Good Nutritional Condition, and in the spring this number had reached 80.82%. The number of children in Poor Nutritional Condition in the fall totaled 16.00%, while in the spring it had been reduced to 7.91%. These figures show that the county exceeded the ultimate state goals of having 75% or more in Good Nutritional Condition and 10% or less in Poor Nutritional Condition, and also both annual goals of 5% improvement.

Correct posture was emphasized in each community. During the year the number of children having Good Posture increased from 69.83% to 81.27%, and at the close of the school only 5.17% were rated as having Poor Posture.

Excellent cooperation was received from the public health nurses, Miss Dorothy Minnis, Mrs. Marjorie Eason, Mrs. Carol Miller, and Miss Margaret Harrington who gave health inspections in each school. Dr. H. K. Wilson, County Health Physician, also cooperated by helping to control contagious diseases.

Eight of the schools had a hot supplement in some form and we hope next year that Lone Tree and Stillwater may serve a hot lunch at least during the winter months to help raise the nutritional condition of each child. Nine of the schools have scales which allowed for regular weighings each month, and each community had a local leader. Classroom instruction regarding proper food and health habits was given in each school. Six schools held Child Health Day celebrations, with an attendance of 455. One-hundred ten health booklets were received from St. Clair, Oats Park, Harmon and Northam and the best ones entered in the state health booklet contest. All this shows excellent cooperation.

Eight of the ten communities, Harmon, Hazen, Island, Northam, St. Clair and the three grammar schools in Fallon, fulfilled all the nutritional and health goals for a Gold Star community this year.

We wish to express our appreciation to the local leaders, teachers, Homemakers Clubs, Public Health nurses, and doctors for their splendid cooperation in making this project a success.

Recommendations for the coming year:

1. Continue the health and nutrition cooperative program.
2. Each school serve a hot supplement to the noon lunch.
3. Each school in the county to own scales.
4. Keep Churchill County a Gold Star county.



CHURCHILL COUNTY REPORT FOR THE YEAR 1939 TO 1940  
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	CHILDREN			Annual State Goals		Ultimate State Goals			No. Supple- mentary activities	No. Gold Star Com- munities	No. Silver Star Com- munities
	#Ex.	#Comp.	%Comp.	5% increase	5% decrease	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
				in no. in G.N.C.	in no. in P.N.C.						
Fallon - Cottage School	191	151	79	9.69	- 2.11	78.80	9.93	77.48	8	1	0
Fallon - West End	86	76	88	11.36	- 8.23	77.63	9.21	80.26	8	1	0
Fallon - Oats Park	269	270	101	15.69	-10.44	81.11	7.03	82.96	8	1	0
Harmon	32	29	90	27.15	- 5.93	89.65	3.44	89.65	10	1	0
Hazen	19	30	157	4.39	- 3.86	83.33	6.66	80.00	8	1	0
Island	14	11	78	35.73	- 7.14	100.00	0.00	90.90	9	1	0
Lone Tree	17	17	100	17.64	-17.65	70.58	11.76	32.35	8	0	0
Northam	28	27	96	6.48	- 6.88	81.48	7.40	81.48	9	1	0
St. Clair	32	26	81	22.11	-14.19	84.61	7.69	80.76	8	1	0
Stillwater	18	20	111	30.00	-23.33	80.00	10.00	75.00	6	0	0
County totals	706	657	93	14.54	- 8.09	80.82	7.91	81.27	82	8	0



Fallon, Cottage School, Churchill County  
A Gold Star Community

Number of children enrolled in the fall	191	
Number completing the demonstration	151 or 79%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	69.11%	78.80%
Number in Fair Nutritional Condition	18.84	11.25
Number in Poor Nutritional Condition	12.04	9.93
	<u>99.99%</u>	<u>99.98%</u>
Number having Good Posture	139 or 72%	117 or 77%
Number having Poor Posture	17 or 8%	9 or 5%

The Fallon Cottage school, formerly known as the Old High primary school, is comprised of the first, second and third grades of the Consolidated B school district. This group has carried on the Keep Growing demonstration for many years.

Since last September, the number of children in Good Nutritional Condition increased from 69.11% to 78.80%, the state goal being 75%. The number in Poor Nutritional Condition decreased from 12.04% to 9.93% during the year, the state goal being 10% or less.

Good Posture was stressed throughout the year with good results. At the close of school 77.48% of the pupils had Good Posture while only 5.96% were rated as having Poor Posture. Classroom instruction was also given by the teachers regarding proper food and health habits. By reaching these goals this school is rated as a Gold Star rating.

Since it is necessary for the rural children to leave home early in the morning to ride in on the school busses, they were encouraged to bring milk or a hot food in thermos bottles as a supplement to the noon lunch. Milk and orange juice, secured from the local creamery and dairies, was also available at low cost to those who desired it. A supervised lunch period was held at the noon hour which helped to train the children in proper eating habits. The children living in town were privileged to go home for a hot food at noon.

Health inspections were made by the public health nurses, and follow-up home visits were made to consult with the parents regarding apparent defects and illnesses. The school is provided with scales and regular weighings were made throughout the year.

Many thanks are extended to the leader, the teachers, nurses, doctors, parents and pupils for the assistance and cooperation given in carrying on the Keep Growing demonstrations this year.

Recommendations for the coming year:

1. Continue the health and nutrition instruction in the school.
2. Stress the importance of a hot food at noon.
3. Encourage the use of a quart of milk a day for each child.
4. Observe Child Health Day.
5. Continue to be a Gold Star community.
6. Start working to be an All-Year Gold Star community.



Fallon, West End, Churchill County  
A Gold Star Community

Number of children enrolled in the fall	86	
Number completing the demonstration	76 or 88%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	66.27%	77.63%
Number in Fair Nutritional Condition	16.27	13.15
Number in Poor Nutritional Condition	17.44	9.21
	<u>99.98%</u>	<u>99.99%</u>
Number having Good Posture	56 or 65%	61 or 80%
Number having Poor Posture	7 or 8%	5 or 6%

Again West End school in Fallon ranks as a Gold Star community and it is to be congratulated upon it's achievement. This school comprises the fourth grade of the Consolidated B. school district.

At the opening of the school year 66.27% of the children were in Good Nutritional Condition, and at the close of school 77.63% had attained this goal, thus exceeding the ultimate state goal of 75%. In the fall 17.44% of the children were in Poor Nutritional Condition and by spring the number had been reduced to 9.21%, the state goal being 10% or less. Thus both annual state goals of 5% improvement were decidedly exceeded. This is excellent progress.

Similar improvements were also made in posture. The year closed with 80.26% of the children being rated as having Good Posture, and only 6.57% having Poor Posture. It is hoped that the posture work will continue to be emphasized next year.

The children living in town went home for a hot lunch, while those from the rural districts were encouraged to bring milk or a hot food in thermos bottles as a supplement to their noon lunch. The supervision given the children during the lunch period was very beneficial. Correct food and health habits, cleanliness and care of teeth were also stressed as necessary for good growth and development.

Physical inspections were given by the public health nurses and assistance was also given by Dr. Wilson, the county health physician, especially during the epidemic of chicken pox. This school has scales so that regular weighings were held throughout the year.

The Extension Service wishes to thank the teachers, Miss Gerjets and Mrs. Burton, also the nurses, doctors, parents and pupils for their interest in promoting the Keep Growing demonstrations.

Recommendations for the coming year:

1. Continue the health and nutrition program in the classroom.
2. Stress posture improvement.
3. Emphasize the importance of a hot food at noon.
4. Observe Child Health Day.
5. Continue to be a Gold Star community.
6. Start working to be an All-Year Gold Star community.



Fallon, Oats Park, Churchill County  
A Gold Star Community

Number of children enrolled in the fall	269	
Number completing the demonstration	270 or 101%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	65.42%	81.11%
Number in Fair Nutritional Condition	17.10	11.85
Number in Poor Nutritional Condition	<u>17.47</u>	<u>7.03</u>
	99.99%	99.99%
Number having Good Posture	188 or 69%	224 or 82%
Number having Poor Posture	26 or 9%	14 or 5%

Oats Park Grammar school is another community to be congratulated on achieving a Gold Star rating this year. This school comprises the fifth, sixth, seventh and eighth grades of the Consolidated B school district, the children from the rural districts being transported in school busses. They have carried on Keep Growing demonstrations for many years.

Excellent cooperation for the health and nutrition program was given by Superintendent Best and his teaching staff, Miss Mills serving as local leader. Classroom instruction was given relative to proper food and health habits, correct posture, care of the teeth, and cleanliness. The children who ate their lunches at school were urged to bring milk or a hot food in thermos bottles as a supplement to the noon lunch. A supervised lunch period was also held during the noon hour. This all helped to keep up interest and effort.

At the close of school 81.11% of the children were in Good Nutritional Condition, which considerably exceeded the state goal of 75%. Only 7.03% of the children were in Poor Nutritional Condition, the state goal being 10% or less. Posture work was stressed with the result that 82.96% of the children were rated as having Good Posture at the close of school; the state goal is 75%, and only 5.18% had Poor Posture. This is indeed a fine record for the year's work.

Health inspections were given frequently to guard against contagious diseases, and the cooperation of the doctors and the public health nurses was greatly appreciated. Scales were provided at the school so that the children were weighed regularly. Ninety-three children, under the supervision of Miss Laura Mills and Miss Laurella Toft, made health booklets and the best one entered in the state health booklet contest.

The Extension Service wishes to thank the doctors, nurses, teachers, parents, and children for their fine cooperation in carrying on the Keep Growing project. We feel they should take real pride in this year's results.

Recommendations for the coming year:

1. Continue the health and nutrition classroom instruction.
2. Continue the hot supplement and supervised lunch activity.
3. Keep up the Good Posture campaign.
4. Enter the health booklet contest.
5. Observe Child Health Day.
6. Continue to be a Gold Star community.
7. Start working to be an All-Year Gold Star community.



Harmon, Churchill County  
A Gold Star Community

Number of children enrolled in the fall	32	
Number completing the demonstration	29 or 90%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	62.50%	89.65%
Number in Fair Nutritional Condition	28.12	6.89
Number in Poor Nutritional Condition	<u>9.37</u>	<u>3.44</u>
	99.99%	99.98%
Number having Good Posture	24 or 75%	26 or 89%
Number having Poor Posture	4 or 12%	0

Harmon made a fine record this year, and has fulfilled all the requirements for a Gold Star rating. At the close of school 89.65% of the children were in Good Nutritional Condition, the state goal being 75%; and the number in Poor Nutritional Condition was only 3.44%, the goal being 10% or less. Thus both annual goals of 5% improvement were surpassed.

At the beginning of the school year 75% of the pupils had Good Posture, while at the close of school 89.65% had reached this goal, which is an increase of 14.65%. This is a fine achievement, and the classroom instruction regarding posture improvement was a big help in securing these good results.

The Harmony Homemakers Club sponsored the hot lunch project which was carried on during the winter months. Also prizes were awarded to the boy and the girl in each room making the best health improvement during the year and for the best health booklets to be entered in the state contest. The teachers, Miss Grace Perry and Mr. Gordon McCaw, were very cooperative and assisted the leader, Mrs. Louis Freeman, with regular monthly weighings, scales having been previously secured for that purpose. Supervised school lunch periods were also held at the noon hour.

Splendid cooperation was secured from the public health nurses who inspected the physical condition of the children, notified the parents of any apparent defects, and also made follow-up home visits. A Child Health Day program was held in connection with the closing day exercises.

The Extension Service wishes to thank the teachers, the local leaders, the Public Health nurses, the Homemakers Club and the pupils and parents for their splendid cooperation in carrying on the health program and for the excellent results obtained this year. May the good work continue.

Recommendations for the coming year:

1. Continue the health and nutrition instruction as now carried on.
2. Continue the hot lunch and supervised lunch projects.
3. Hold a Child Health Program.
4. Continue the fine community cooperation.
5. Continue to be a Gold Star community.
6. Start trying to be an All-Year Gold Star community.



Hazen, Churchill County  
A Gold Star Community

Number of children enrolled in the fall	19			
Number completing the demonstration	30 or 157%			
		<table border="0" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;"><u>Fall 1939</u></td> <td style="text-align: center;"><u>Spring 1940</u></td> </tr> </table>	<u>Fall 1939</u>	<u>Spring 1940</u>
<u>Fall 1939</u>	<u>Spring 1940</u>			
Number in Good Nutritional Condition	78.94%	83.33%		
Number in Fair Nutritional Condition	10.52	10.00		
Number in Poor Nutritional Condition	10.52	6.66		
	<u>99.98%</u>	<u>99.99%</u>		
Number having Good Posture	14 or 73%	24 or 80%		
Number having Poor Posture	2 or 10%	2 or 6%		

Hazen has again attained the honor of ranking as a Gold Star community, and is to be congratulated upon its achievements. Hazen is a small railroad town and has a shifting population which accounts for the 157% completions at the close of school, due to the population increase.

The teachers, Miss Josephine Erickson and Mr. James A. Schultz, served as local leaders and carried on classroom instruction in nutrition, health and posture. 83.33% of the children were in Good Nutritional Condition in the spring which exceeded the state goal of 75%, and only 6.66% were declared to be in Poor Nutritional Condition, the state goal being 10% or less. The number of children having Good Posture was increased from 73.68% in the fall to 80% in the spring, thus exceeding the state goal of 75%.

Since most of the children live in town they were privileged to go home for a hot lunch at noon. The majority of those remaining at school had a hot food by use of thermos bottles. A supervised lunch period was also held at the noon hour. This is a big help in helping children relax.

Other supplementary activities carried on included scales at school with regular weighings at least five times during the year. Physical inspections were made at least twice by the public health nurses with reports and home visits being made to the parents. A Health Day celebration was held in connection with a tea for the mothers and with the closing day exercises. This is an excellent way to arouse home cooperation and community cooperation.

We wish to thank the teachers, public health nurses, the parents, pupils, and the community for their cooperation in making the Keep Growing project a success. We are all proud of this record.

Recommendations for the coming year:

1. Continue the health and nutrition classroom instruction.
2. Continue the work on posture improvement. A little more improvement in posture should make Hazen an All-Year Gold Star community.
3. Encourage the children to drink a quart of milk a day.
4. Enter the health booklet contest.
5. Hold a Child Health Day program.
6. Continue to be a Gold Star community.
7. Start working to be an All-Year Gold Star community.



Island, Churchill County  
A Gold Star Community

Number of children enrolled in the fall	14	
Number completing the demonstration	11 or 78%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	<u>64.27%</u>	<u>100.00%</u>
Number in Fair Nutritional Condition	28.57	0.00
Number in Poor Nutritional Condition	7.14	0.00
	<u>99.98%</u>	<u>100.00%</u>
Number having Good Posture	11 or 78%	10 or 90%
Number having Poor Posture	1 or 7%	0

Congratulations! Island is a Gold Star community again this year.

One hundred per cent or all of the children in the school are now in Good Nutritional Condition, which leaves none in Poor Nutritional Condition. Also 90.90% have Good Posture. The ultimate state goals are to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and at least 75% with Good Posture. The Island school exceeded all of these goals and we hope they will be able to keep up the excellent record. It is a real achievement.

A hot lunch project, under the direction of the teacher, Mrs. Edith St. Cyr, was carried on during the winter months with provisions being secured through the W.P.A. Surplus Commodity Division. The boys and girls took turns in preparing and serving a hot dish each day; then to put their <sup>skill</sup> to further practice they served refreshments at a Farm Bureau meeting. This hot noon meal at school has been very beneficial and has contributed a great deal toward the fine health improvement made this year.

Class instruction was given in health and nutrition, a supervised lunch period has held each day, hand washing preceded the noon meal, and each child supplied his own individual drinking cup. The number of children having Good Posture increased from 78% to 90% during the year, which is a fine record and only results when real effort is made.

The Extension Service wishes to thank the Public Health nurses for making health inspections, also the teacher, Mrs. St. Cyr, who also acted as local leader and who deserves much credit for the interest and cooperation she developed among the pupils and their parents.

Recommendations for the coming year:

1. Continue the excellent school and community cooperation.
2. Continue the hot lunch project.
3. Keep up the Good Posture campaign.
4. Enter the health booklet contest.
5. Hold a Child Health Day program.
6. Continue to be a Gold Star community.
7. Start working for an All-Year Gold Star record.



Lone Tree, Churchill County

Number of children enrolled in the fall	17	
Number completing the demonstration	17 or 100%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	52.94%	70.58%
Number in Fair Nutritional Condition	17.64	17.64
Number in Poor Nutritional Condition	29.41	11.76
	<u>99.99%</u>	<u>99.98%</u>
Number having Good Posture	12 or 70%	14 or 82%
Number having Poor Posture	2 or 11%	1 or 5%

The Lone Tree community decidedly improved the nutritional condition of its school children during the year, although it did not quite meet all of the state goals for the year. Improvement is the thing that counts, so this community deserves much praise.

The number of children in Good Nutritional Condition increased from 52.94% in the fall to 70.58% in the spring, the state goal being 75%. The number in Poor Nutritional Condition was 11.76% instead of the goal of 10% or less. 82.35% of the children had Good Posture at the close of the school which exceeded the 75% goal. Perhaps next year Lone Tree can reach these state goals and be rated as a Gold Star community.

Classroom instruction in health, nutrition and posture was given as a part of the regular school work by the teacher, Mrs. Alice Kane. A supervised lunch period was held at noon and it is hoped that some method for serving a hot food at noon may be worked out for next year.

The school has scales and the children were weighed each month by the leader, Mrs. Ralph McDonald. Physical inspections were made by the Public Health Nurses and reports made to the parents of indications of defects. This is an important factor in securing good nutritional and posture results.

A Child Health Day program was given in connection with the closing day exercises at which time prizes, awarded by the school trustees, were presented to the boys and girls making the best health improvement during the year. This is the type of community cooperation that keeps up interest and produces permanent results.

We wish to thank Mrs. Kane, the teacher, and Mrs. McDonald, the leader, the school trustees, also the parents and pupils for their cooperation in carrying on the Keep Growing program in this community. They certainly all contributed to the good results.

Recommendations for the coming year:

1. Continue the health and nutrition classroom instruction.
2. Serve a hot food at noon, and continue the supervised lunch period.
3. Enter the health booklet contest.
4. Hold a Child Health Day program.
5. Strive to be a Gold Star community.



Northam, Churchill County  
A Gold Star Community

Number of children enrolled in the fall 28  
Number completing the demonstration 27 or 96%

	Fall 1939	Spring 1940
Number in Good Nutritional Condition	75.00%	81.48%
Number in Fair Nutritional Condition	10.71	11.11
Number in Poor Nutritional Condition	14.28	7.40
	99.99%	99.99%
Number having Good Posture	18 or 64%	22 or 81%
Number having Poor Posture	3 or 10%	1 or 3%

Congratulations Northam! Another year's work completed with a fine record of achievement. The excellent cooperation given to the program by the teachers, Mrs. Lura Gamble and Mrs. Esther Oar, contributed greatly toward the attainment of the record made this year. (May we also pause to pay tribute to the late Mrs. Elizabeth Willis, primary teacher at Northam who passed away at Christmas time. She was a splendid teacher and heartily in favor of the Keep Growing program).

At the opening of the school term 75% of the children were in Good Nutritional Condition. During this year this increased to 81.48%. (The state goal is 75%). The number for those in Poor Nutritional Condition decreased from 14.28% to 7.40% during the year, exceeding the state goal of 10% or less. At the close of school 81.48% of the children were declared to have Good Posture which exceeded the state goal of 75%. This is indeed a fine record of which all can be proud.

Physical inspections were made by the Public Health nurses. Supervision was given to the children at lunch time, and the children brought food in jars to be heated at school during the winter months. These supplementary activities all helped greatly to improve the nutrition of the children.

Classroom instruction was given by the teachers on proper health and nutrition habits and on posture improvement. The use of a quart of milk a day for each child was especially stressed as being necessary for good growth and development. Some excellent health booklets were received for the state health booklet contest and a fine Health Day program was given in connection with the eighth grade graduation exercises.

We wish to thank the teachers, the nurses, and the parents and children for their cooperation in carrying on this fine health and nutrition demonstration. Thanks are also extended to the school trustees for purchasing scales this year. They are a big help.

Recommendations for the coming year:

1. Continue the health and nutrition classroom instruction.
2. Stress the use of a quart of milk a day.
3. Serve a hot food during the winter months, and have a supervised lunch period.
4. Hold a Child Health Day program.
5. Continue to be a Gold Star community.
6. Start trying to be an All-Year Gold Star community.



St. Clair, Churchill County  
A Gold Star Community

Number of children enrolled in the fall	32	
Number completing the demonstration	26 or 81%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	62.50%	84.61%
Number in Fair Nutritional Condition	15.62	7.69
Number in Poor Nutritional Condition	21.88	7.69
	<u>100.00%</u>	<u>99.99%</u>
Number having Good Posture	21 or 62%	20 or 80%
Number having Poor Posture	6 or 18%	1 or 3%

Congratulations, St. Clair, on a Gold Star rating. This community increased the number of children in Good Nutritional Condition from 62.50% in the fall to 84.61% in the spring, which is 9% more than the annual goal of 5% improvement. At the beginning of the year there were 21.88% in Poor Nutritional Condition and only 7.69% at the end of the year, the state goal being 10% or less. This is certainly a fine improvement and is over twice the annual goal of 5% improvement.

The number of children having Good Posture increased from 62.50% to 80.76%, which exceeded the state goal of 75%. Posture work as well as other health and nutrition phases, was given in connection with the regular classroom instruction by the teachers, Mrs. Nellie Mayette and Miss Gwendolyn Shearer, who also served as local leaders.

A supervised lunch period was held at noon and a hot supplement to the noon lunch supplied by the children bringing milk or a hot food in thermos bottles during the winter months.

St. Clair has no scales at school but we hope that some arrangements can be made for securing them next year. The children were weighed at least five times by the extension agent and the Public Health nurses who made physical inspections at least twice during the year. They also made follow-up home visits to consult with the parents regarding the correction of apparent defects. A booklet was made and entered in the health booklet contest.

For the excellent results attained this year we extend thanks to the teachers, the nurses, the parents and the children for their splendid cooperation.

Recommendations for the coming year:

1. Endeavor to purchase scales.
2. Continue the hot lunch and supervised lunch periods.
3. Continue the nutrition and health instruction.
4. Observe Child Health Day.
5. Enter the health booklet contest.
6. Continue to be a Gold Star community.



## Stillwater, Churchill County

Number of children enrolled in the fall	18	
Number completing the demonstration	20 or 111%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	50.00%	80.00%
Number in Fair Nutritional Condition	16.66	10.00
Number in Poor Nutritional Condition	33.33	10.00
	99.99%	100.00%
Number having Good Posture	11 or 61%	15 or 75%
Number having Poor Posture	2 or 11%	1 or 5%

Stillwater decidedly improved the nutritional condition of its school children during the year although it did not meet all of the state goals, inasmuch as no hot lunch was served this year. If it only had served a hot supplement to the school lunch it would have received a Gold Star rating.

In the fall only 50% of the children were in Good Nutritional Condition, but by spring this had been increased to 80%, the state goal being 75%. The number of children in Poor Nutritional Condition decreased from 33.33% to 10% during the year, the state goal being 10% or less at the close of school. This is indeed a fine record, both annual goals of 5% improvement being exceeded many times.

Posture work was stressed by the teachers Miss Ruth Doan and Miss Rose Boggio with the result that the number of children having Good Posture increased from 61.11% to 75% which is the state goal. Class instruction in other health and nutrition practices was also given as part of the regular school work. A supervised lunch period was held at the noon hour, and it is hoped that some form of hot lunch may be served next year to help raise the nutritional standing of the school children.

Scales were provided at the school so that regular weighings were made at least five times during the year. The Public Health nurses made physical inspections at least twice and advised parents of apparent defects found. No Child Health Day program was held and no health booklets were made this year. We hope these will be included next year.

We wish to thank the nurses, parents, pupils and the teachers, who also served as local leaders, for their cooperation in carrying on the Keep Growing program this year. This type of cooperation really produces results.

### Recommendations for the coming year:

1. Serve a hot food at noon by any method.
2. Continue the health and nutrition classroom instruction.
3. Observe Child Health Day.
4. Enter the health booklet contest.
5. Strive to be an All-Year Gold Star community.



Douglas County - Summary of Results  
Hellen M. Gillette, Extension Agent-at-Large  
A Gold Star County

Greetings, Douglas County and congratulations for having attained a Gold Star rating this spring. Gardnerville, Genoa and Minden communities enrolled again this year for the Keep Growing work. 173 children started the program and 180 or 104.05% completed the year's work. 127 families were represented in these demonstrations.

At the beginning of the year 63.58% of the children were in Good Nutritional Condition and at the close 76.67% were in this group, an improvement of 13.09%. The number in Poor Nutritional Condition was reduced from 10.40% last fall to 6.11% this spring, an improvement of 4.29%. The county has reached the state goal of 75% in Good Nutritional Condition and is well below the goal of not over 10% in Poor Nutritional Condition. We hope that next year this county may again be a Gold Star county.

The number of children having Good Posture was increased from 82.08% last fall to 88.89% this spring and is well above the state goal of at least 75% of the school children having Good Posture. At the close of the school year 138 children or 76.67% had earned a Gold Star rating, having Good Nutrition, Good Posture, and satisfactory food and health habits.

Minden made excellent improvements during the year; Gardnerville did very well; but Genoa youngsters have too many physical handicaps and did not attain any of the state goals in nutrition.

The W.P.A. again sponsored a hot lunch project in Genoa for the third year and also started a project in Minden this year. The entire Genoa school had a complete meal at noon and everyone has been most enthusiastic regarding the quality of the food. All except two of three children, who brought lunches to school, have enjoyed the hot supplement in the Minden school. About 90 children have participated in this program. The supervised lunch period in Gardnerville together with the hot supplement from thermos bottles has given very good results there too. We hope these efforts may be even more successful next year.

The Extension Service sincerely appreciates the cooperation and assistance given to the Keep Growing program by the Mothers' Clubs in Gardnerville and Minden, and the Parent Teachers Association in Genoa; also, the assistance given by the teaching staffs in each of these schools and the local leaders in furthering nutrition and health education work.

Recommendations for the coming year:

1. Continue the fine cooperation that has existed throughout the county.
2. Continue the effort to improve all phases of child health.
3. Observe Child Health Day with appropriate programs.
4. Try to keep Douglas County a Gold Star county.



DOUGLAS COUNTY REPORT FOR 1939 TO 1940  
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	CHILDREN			Annual State Goals		Ultimate State Goals			No. Supple- mentary activities	No. Gold Star Com- munities	No. Silver Star Com- munities
				5% increase in no. in G.N.C.	5% decrease in no. in P.N.C.	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
	#Ex.	#Comp.	%Comp.								
Gardnerville	71	77	108	15.95	- 4.56	77.92	3.89	81.82	5	1	0
Genoa	21	20	95	7.38	- 8.33	55.00	25.00	90.00	8	0	0
Minden	81	83	102	11.59	- 2.56	80.72	3.61	95.18	7	1	0
County Totals	173	180	104	13.09	- 4.29	76.67	6.11	88.89	20	2	0



Gardnerville Grade School, Douglas County  
A Gold Star School

Number of children enrolled in the fall	71	
Number completing the demonstration	77 or 108.45%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	61.97%	77.92%
Number in Fair Nutritional Condition	29.58	18.18
Number in Poor Nutritional Condition	8.45	3.89
	<u>100.00%</u>	<u>99.99%</u>
Number having Good Posture	52 or 73%	63 or 81%
Number having Poor Posture	2 or 2%	2 or 2%

Well done, Gardnerville! The Keep Growing nutrition demonstration was opened in the Gardnerville school last fall with 71 children enrolled. This spring 77 children completed the demonstration. 51 families were represented in this group. Last fall 44 children, or 61.77%, were in Good Nutritional Condition; but at the close of the school year 60, or 77.92%, were in this group, an increase of 15.93%. The number of children in Poor Nutritional Condition was reduced by half. Six, or 8.45%, were in this group last fall; this spring there were only three, or 3.89%, in Poor Nutritional Condition.

Considerable improvement was made in posture. Last fall 52 children or 73.24% of the school had Good Posture. This spring this number was 63 or 81.82%, an improvement of 8.58%. Only 2 children or 2.59% had Poor Posture at the close of the school year.

At the close of the demonstration 60 children were awarded Gold Stars in recognition of Good Nutrition, Good Posture, and good food and health habits.

Excellent cooperation was given to the program by Superintendent Clayton Phillips and his staff of teachers. The Gardnerville Mothers Club sponsored the Keep Growing program. One of the grade school girls assisted with the weighing of the children. The supervision given to the children during lunch periods, together with the encouragement to bring a warm beverage or soup, has been very beneficial. Better lunches are being carried to school, and adequate time is taken to eat these lunches as a result of this supervision. All this helps to relax tension and prevent over-fatigue.

The Extension Service desires to express its appreciation of the fine cooperation received in this community and to thank the Mothers Club, and the teachers for the encouragement their help has given the boys and girls in their efforts toward better posture and better nutrition.

Recommendations for the coming year:

1. Have a local leader assist with the program.
2. Continue the supervised lunch period in the school.
3. Encourage bringing warm supplement with the school lunch.
4. Hold a Child Health Day program.
5. Try to be an All-Year Gold Star community.



## Genoa, Douglas County

Number of children enrolled in the fall	21	
Number completing the demonstration	20 or 95.24%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	47.62%	55.00%
Number in Fair Nutritional Condition	19.05	20.00
Number in Poor Nutritional Condition	<u>33.33</u>	<u>25.00</u>
	100.00%	100.00%
Number having Good Posture	19 or 90%	18 or 90%
Number having Poor Posture	0	0

Genoa was enrolled for its third year in the Keep Growing demonstration last fall, with the teachers, Mrs. Margaret Gossi and Miss Tobener as local leaders. The Genoa Parent Teachers Association sponsored the work in this community. There is a scales in the school and the children were weighed regularly each month. This regular weighing, together with the emphasis placed on better posture and better food habits, did much to encourage the children and keep up their interest in the Keep Growing work which reached 12 homes.

There were 10 children, or 47.62%, in Good Nutritional Condition last fall. This number was increased to 11, or 55.00%, during the year, an improvement of 7.38%. The number in Poor Nutritional Condition was decreased from 7, or 33.33%, to 5, or 25%, during the year. Both these improvements exceed the state goal of 5% for annual improvements. Last fall 90.48% of this group had Good Posture. This spring there were 90% of the children in this group. At no time during the year did any child have definitely Poor Posture, and effort has been made to improve the posture of all the school.

The children have a number of handicaps to good nutrition. Many have serious physical defects and their parents do not have the finances to have these corrected. As the children get older these seem to affect their general nutrition and, as indicated in this year's results, are detrimental to the children's well-being. We sincerely hope these may be corrected to some extent in the near future.

A hot lunch was provided throughout the year under the direction of the W.P.A. and in cooperation with the Parent Teachers Association. This hot meal has been very beneficial, and we hope it will be continued.

The Extension Service sincerely appreciates the fine cooperation given to the Keep Growing program by this community, the teaching staff, and the Parent Teachers organization.

### Recommendations for the coming year:

1. Continue the fine community cooperation with the health education program.
2. Continue the supervised hot lunch period in the school.
3. Try to have serious physical defects corrected.
4. Hold a Child Health Day program.
5. Try to be a Gold Star community.



Minden, Douglas County  
A Gold Star Community

Number of children enrolled in the fall	81	
Number completing the demonstration	83 or 102.47%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	69.13%	80.72%
Number in Fair Nutritional Condition	24.69	15.66
Number in Poor Nutritional Condition	6.17	3.61
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	71 or 87%	79 or 95%
Number having Poor Posture	0	0

Congratulations, Minden! Another year's demonstration completed with a splendid record of achievement. The excellent cooperation given to the program by Superintendent Harold Curran and his staff of teachers, together with the support of the Mothers' Club which sponsors the program, and the assistance of the local leader, Mrs. Ruth Achard, have contributed directly toward the attainment of the record made this year which reached 64 families.

At the opening of the school year 56 children, or 69.13%, were in Good Nutritional Condition. During the year this increased to 67, or 80.72%, an improvement of 11.59%. This is more than twice the annual goal of 5% improvement. The record for those in Poor Nutritional Condition shows that last fall 5 children, or 6.17%, were in this group. This spring the number was 3 or 3.61%.

During the year the number having Good Posture increased from 71, or 87.65%, to 79, or 95.18%, an improvement of 8.53%. At no time this year did any child have Poor Posture. Gold Star awards were made to 67 children at the close of the year in recognition of Good Nutrition, Good Posture and good food and health habits.

The W.P.A. started a hot lunch project in this school this year with the Minden Mother's Club sponsoring the program. One hot dish and a hot drink have been served to about 65 children, supplementing the sandwiches from home. The children and parents are almost unanimous in their praise of this better school lunch, and certainly the hot supplement has had an excellent effect on the nutrition of the children.

The Extension Service sincerely appreciates the fine community and school cooperation during the past year and especially the assistance of Mrs. Ruth Achard, the local leader.

Recommendations for the coming year:

1. Continue the supervised hot lunch period in the school.
2. Hold a Child Health Day program.
3. Continue to be a Gold Star community.
4. Try to be an All-Year Gold Star community.



Elko County - Summary of Results  
Helen S. Tremewan, County Extension Agent  
An All-Year Gold Star County

This is the second consecutive year Elko County has been declared an All-Year Gold Star county. Twenty-four of the twenty-five communities enrolled won Gold Star recognition. This is a record for which Elko County should be proud. 677 pupils entered the project and 658 completed or 97.19%. 87.29% of these pupils were in Good Nutritional Condition at the close of school and only 1.83% in Poor Nutritional Condition.

91.48% of the pupils had Good Posture at the close of school. This is a high figure we admit; nevertheless, we sincerely believe it to be a true one. At the beginning of the year special emphasis was placed on posture both with the pupils and the teachers. During the winter bulletins were sent out to the teachers on posture exercises. Many teachers conducted posture exercises regularly both in the schoolroom and on the playground. There were some excellent results by the close of school.

All but one school had a hot food at noon, either a WPA school lunch, hot food in thermos bottles, or the pupils went home for lunch, which helped maintain a high nutritional standard.

Twenty schools conducted supervised lunch periods. All schools either had their own scales or borrowed neighborhood scales. Eleven schools had at least five regular weighings during the year. All but one of the rest had at least three. All 25 schools had regular classroom instruction in nutrition and posture. All schools had a local leader. Six of the larger communities (where there were community organizations) had a community organization to sponsor the work.

Nine schools entered the county and state health booklet contests. Sixty-two booklets were submitted.

The agent visited the larger communities at least four times during the year, most of them five times. Almost all of the other areas were visited three times during the school year.

For the splendid cooperation and results we wish to thank community organizations, leaders, teachers, parents and children.

Recommendations for the coming year:

1. Have at least five regular weighings during the school year.
2. Keep up the effective posture campaign.
3. Continue the fine cooperation of the local community organizations, leaders, teachers, parents and children.
4. Continue to be an All-Year Gold Star county.



ELKO COUNTY REPORT FOR THE YEAR 1939 TO 1940  
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	CHILDREN			Annual State Goals		Ultimate State Goals			No. Supple- mentary activities	Gold Star Com- munities	Silver Star Com- munities
				5% increase in no. in G. N. C.	5% decrease in no. in P. N. C.	75% in G.N.C.	10% or less in P.N.C.	75%having Good Posture			
	#Ex.	#Comp.	%Comp.								
Beowawe	29	29	100	0.00	0.00	96.55	0.00	86.20	6	1*	0
Boulder	6	7	116	/ 2.38	0.00	85.71	0.00	100.00	7	1*	0
Carlin	146	146	100	/ 5.48	/ 0.69	85.61	2.05	89.04	6	1*	0
Clover Valley	5	6	120	0.00	0.00	100.00	0.00	100.00	5	1*	0
Contact	13	14	107	- 6.59	0.00	85.71	0.00	85.71	5	1*	0
Deeth	10	7	70	0.00	0.00	100.00	0.00	100.00	5	1*	0
Elburz	8	9	112	/ 26.38	0.00	88.88	0.00	77.77	5	1	0
Halleck	6	4	66	0.00	0.00	100.00	0.00	100.00	5	1*	0
Humboldt	5	5	100	0.00	0.00	100.00	0.00	100.00	8	1*	0
Jack Creek	2	1	50	0.00	0.00	100.00	0.00	100.00	5	1*	0
Jiggs	13	13	100	0.00	0.00	92.30	0.00	100.00	5	1	0
Lamoille	21	20	95	- 0.95	0.00	80.00	0.00	100.00	8	1*	0
Lee	14	19	135	- 3.38	0.00	89.47	0.00	84.21	6	1*	0
Meadow Creek	5	3	60	0.00	0.00	100.00	0.00	100.00	5	1	0
Metropolis	10	8	80	0.00	0.00	100.00	0.00	87.50	5	1*	0
Midas	19	17	89	/ 4.64	/ 0.62	94.11	5.88	88.23	5	1*	0
Montello	103	98	95	/ 1.10	- 0.82	82.65	3.06	89.79	6	1*	0
Mountain City	46	37	81	/ 0.56	0.00	91.89	0.00	94.59	5	1*	0
North Starr	8	8	100	0.00	0.00	87.50	0.00	100.00	4	0	0
Rabbit Creek	4	3	75	0.00	0.00	100.00	0.00	100.00	7	1*	0
Rowland	12	12	100	/ 8.34	0.00	100.00	0.00	100.00	6	1*	0
Ryndon	7	8	114	0.00	0.00	100.00	0.00	87.50	5	1	0
Spanish Ranch	4	4	100	0.00	0.00	100.00	0.00	100.00	4	0	1**
South Fork	5	5	100	0.00	0.00	100.00	0.00	100.00	6	1*	0
Wells	176	175	99	- 4.64	/ 0.58	83.42	2.85	92.57	6	1*	0
County Totals	677	658	97	- 1.98	/ 0.21	87.23	1.83	91.48	140	23	1

\* All-Year Gold Star communities.

\*\* All-Year Silver Star community.



Beowawe, Eureka County  
An All-Year Gold Star Community

Number of children enrolled in the fall	29	
Number completing demonstration	29 or 100%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	96.55%	96.55%
Number in Fair Nutritional Condition	3.44	3.44
Number in Poor Nutritional Condition	0.00	0.00
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	28 or 89%	25 or 86%
Number having Poor Posture	0	0

This is the second year Beowawe (which is largely a railroad settlement) has carried on this project in cooperation with Elko County.

Also this is the second year Beowawe has been declared an All-Year Gold Star community. Congratulations, Beowawe, on the splendid results you have achieved.

This year Beowawe started the year with 96.55% of the pupils in Good Nutritional Condition and maintained this standard throughout the year. On the surface this may <sup>not</sup> appear to be much of an achievement; but when it is realized there is always a decided turnover of railroad population in this community during the year it can be seen there must be a great effort to maintain this excellent standard.

Beowawe has its own scales. The primary room had nine weighings by their leader Mrs. Sylvia Upwall. The upper grade room only had two. We hope next year there will be at least five weighings in this room.

W.P.A. school lunch was served which undoubtedly helped maintain the high standard. A hot well-balanced lunch at noon is always a great help in keeping children gaining.

Good Posture declined slightly during the year, but this was due chiefly to new pupils who came in during the year. The interest in regard to posture is definitely being kept up.

Beowawe entered both the county and state booklet contest. These health booklets are a real help in keeping up interest and effort.

For the splendid results in Beowawe we wish to thank the leader and teacher Mrs. Sylvia Upwall, and parents and children. We feel that they have secured excellent results.

Recommendations for the coming year:

1. Have at least 5 weighings for all pupils in the school.
2. Continue the hot lunch project.
3. Keep up the posture and health booklet activities.
4. Continue to be an All-Year Gold Star school.



Boulder, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	6	
Number completing the demonstration	7 or 116.6%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	83.33%	85.71%
Number in Fair Nutritional Condition	16.66	14.28
Number in Poor Nutritional Condition	0.00	0.00
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	5 or 83%	7 or 100%
Number having Poor Posture	0	0

For the sixth year Boulder has been declared a Gold Star community and this year it maintained this high standard throughout the year. For this splendid work we extend heartiest congratulations.

As is shown in the above statistics Boulder had 85.71% of the pupils in Good Nutritional Condition at the close of the school year and none in Poor Nutritional Condition throughout the year. Those in Good Nutritional Condition increased 2.38% during the year. Although this is not 5%, the state goal, it is hard to reach this after 80% of the pupils are in Good Nutritional Condition.

Evidently work was done on posture throughout the year because those having Good Posture increased 16.67%. At the close of the school year all pupils had Good Posture which is excellent.

During the winter months the children had a hot food with their lunch. There was classroom instruction in nutrition. There was a total of five weighings throughout the year.

Boulder entered the county and state health booklet contest. In fact, in all possible ways this little rural community showed whole-hearted interest and cooperation in demonstrating just how well its children can Keep Growing.

Recommendations for the coming year:

1. Continue the fine nutrition and health program in the school.
2. Keep up the excellent home and community cooperation.
3. Keep Boulder an All-Year Gold Star school.



Carlin, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	146	
Number completing the demonstration	146 or 100%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	91.09%	85.61%
Number in Fair Nutritional Condition	7.53	12.32
Number in Poor Nutritional Condition	1.36	2.05
	<u>99.98%</u>	<u>99.98%</u>
Number having Good Posture	128 or 87%	130 or 89%
Number having Poor Posture	0	0

For the seventh year Carlin has been declared a Gold Star community. For a number of years Carlin has had excellent leadership which has had a great bearing on these splendid results. Also, the Parent Teachers Association, (the only one in Elko County), has sponsored this demonstration and has done much to make it a success. It is this sort of community interest and cooperation that produces real and permanent results.

The WPA furnished lunches for those who might not get a hot lunch. This helped much in keeping up a good nutritional standard.

It will be noted that those in Good Nutritional Condition dropped slightly during the year. Carlin is a railroad community, which means there is considerable "turnover" of school population. Also, road construction in the vicinity of Carlin brought new children in the community the last of the school year who had not been under a nutritional program before. This brought down slightly Carlin's high average.

Excellent posture results were also secured. Despite the slight decrease in nutritional condition there was a 1.37% improvement in posture and by the end of the year 89.04% of the children were rated as having Good Posture. Such improvement does not "just happen"; they are always the result of persistent effort.

Congratulations, Carlin, on your excellent results during this year. We wish to thank all those who made this project a success.

Recommendations for the coming year:

1. Continue the fine nutritional and health program in the school.
2. Keep up the fine community cooperation.
3. Keep Carlin an All-Year Gold Star community.



Clover Valley (Signal), Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	5	
Number completing the demonstration	6 or 120%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	100.00%	100.00%
Number in Fair Nutritional Condition	0.00	0.00
Number in Poor Nutritional Condition	<u>0.00</u>	<u>0.00</u>
	100.00%	100.00%
Number having Good Posture	5 or 100%	6 or 100%
Number having Poor Posture	0	0

This is the second year the Keep Growing demonstrations have been carried on in Clover Valley (last year the report was recorded under the community name of Signal). This is also the second year that this locality has achieved an All-Year Gold Star standard. Congratulations, Clover Valley, on this splendid record.

During the entire year all pupils in this group were in Good Nutritional Condition and all year all pupils had Good Posture. This is indeed a splendid record.

Each child brought a hot food in a thermos bottle for noon lunch. Perhaps this helped obtain such excellent results.

We only hope scales can be purchased for this school this coming year. Because of the lack of scales there were only three weighings (when the agent could get into visit this area). There should be at least five weighings and if possible regular monthly weighings to keep up interest and effort. Bathroom scales are inexpensive and if possible should be purchased for the school. Why not give a dance or entertainment to raise the funds?

All pupils entered the county and state health booklet contests.

For these outstanding results we wish to thank Mrs. Lois Burr (the teacher), the parents and the children. We know this community must feel proud of the excellent results they have achieved, and the whole county is proud of them.

Recommendations for the coming year:

1. Continue the fine nutrition and posture program in the school.
2. Purchase bathroom scales for use of the school.
3. Keep up the home and community interest and cooperation.
4. Keep Clover Valley (Signal) an All-Year Gold Star community.



Contact, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	13	
Number completing the demonstration	14 or 107.69%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	92.30%	85.71%
Number in Fair Nutritional Condition	7.69	14.28
Number in Poor Nutritional Condition	0.00	0.00
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	13 or 100%	12 or 85%
Number having Poor Posture	0	0

This is the fifth consecutive year Contact has been declared a Gold Star community and the second year that the group has won an All-Year Gold Star rating. Congratulations! We feel because of the difficult living conditions in Contact this means a real effort on the part of everyone concerned, teachers, parents and children.

The proportion of those in Good Nutritional Condition dropped 6.59% during the year. This was due to a severe epidemic of sore throats just before the final check-up. Because there is no doctor in the community it is difficult to get rid of such epidemics.

Although the percentage of Good Posture decreased 14.29%, it was not because those who began the project in the fall became careless. It was caused by the fact that some pupils moved away and others moved in during the school year; and, of course, the new ones had to start in at the beginning in their effort to reach Contact's high posture standards.

The WPA maintained a school lunch which everyone reported as being excellent. There are not too many vegetables in Contact. The WPA tried to put plenty of vegetables in the lunches for these children, which undoubtedly helped them maintain a Good Nutritional average during the sore throat epidemic. Other supplementary activities were; a supervised lunch period, scales at school, regular monthly weighings, classroom instruction, and a local leader.

Mrs. Mayme Hildebrand, teacher, acted as leader. She is a local person and understands existing conditions, and her enthusiasm and efforts have been appreciated. Sincere thanks is extended to all who have assisted with this nutrition and health demonstration, including parents, children, teacher, and the WPA. Their fine cooperation has made possible these excellent results under very difficult local conditions. This thanks goes especially to Mrs. Mayme Hildebrand, teacher and leader.

Recommendations for the coming year:

1. Continue the effort to include more milk and vegetables in the diet.
2. Keep up the WPA hot lunch project.
3. Carry on the nutrition and health instruction in the school.
4. Continue the home and community cooperation.
5. Keep Contact an All-Year Gold Star community.



Deeth, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	10	
Number completing the demonstration	7 or 70%	
		<u>Fall 1939</u> <u>Spring 1940</u>
Number in Good Nutritional Condition	100.00%	100.00%
Number in Fair Nutritional Condition	0.00	0.00
Number in Poor Nutritional Condition	0.00	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	9 or 90%	7 or 100%
Number having Poor Posture	0	0

For the second year Deeth had all children in Good Nutritional Condition throughout the year. This is to be commended very highly. Few schools have such a fine record. It didn't "just happen" but is the result of effort and wholehearted cooperation.

Also those having Good Posture increased 10%, which is also excellent. At the close of the school year 100% had Good Posture which is decidedly above the state goal of 75% having Good Posture.

Mrs. Ben Logan acted as leader. She is a representative of the Starr Progressive Club. Miss Clota Ritchey, the teacher, has had considerable teaching experience in schools in Elko County which had the Keep Growing demonstration so is fully acquainted with the project. Therefore she was interested and able to give excellent assistance through her regular school program. Mrs. William Tavello, a retired nurse of Deeth, always aids this project and the health of the community whenever possible. Undoubtedly all this fine cooperation has a bearing on the excellent results.

The children in this school go home for lunch so have a hot food at noon.

This school has their own scales so had regular weighings during the year.

We wish to thank Mrs. Ben Logan, Mrs. William Tavello, Miss Clota Ritchey, the parents and children for the excellent record secured. We are just as proud as they are of these excellent results.

Recommendations for the coming year:

1. Continue the close correlation of nutrition and health work with the regular school program.
2. Continue the regular weighing to keep up interest.
3. Keep up home and community cooperation.
4. Keep Deeth an All-Year Gold Star community.



Elburz, Elko County  
A Gold Star Community

Number of children enrolled in the fall	8		
Number completing the demonstration	9 or 112.5%		
		<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition		62.50%	88.80%
Number in Fair Nutritional Condition		37.50	11.11
Number in Poor Nutritional Condition		0.00	0.00
		<u>100.00%</u>	<u>99.99%</u>
Number having Good Posture	7 or 87%		7 or 77%
Number having Poor Posture	0		0

For the third consecutive year Elburz has received a Gold Star rating. May we congratulate this school on this excellent result.

The number of children in Good Nutritional Condition increased 26.38% during the year, or more than five times the state goal of 5%. This is an unusually fine improvement. The best of this community's good record is the fact that throughout the year no children were in Poor Nutritional Condition.

We are sorry to have to record the fact that there are evidences of several cases of bad tonsils which need correcting. These tonsils undoubtedly have a bearing on the decrease in Good Posture. (The percentage of Good Posture decreased 9.73%). Bad tonsils often create a tired feeling which makes it difficult to maintain Good Posture. We sincerely hope these physical defects will receive medical attention this summer so that these children will be "free to gain" and to maintain Good Posture as they should.

Most of the pupils in this school go home for lunch, thereby receiving a hot food. Those eating at school bring a hot food in a thermos bottle during the winter months. All this is a decided help in helping these children to Keep Growing.

Elburz has scales so they can have regular weighings and this helps decidedly in keeping up interest.

We wish to thank Mrs. Caroline Yetter, teacher and leader for her cooperation and also the parents and the children.

Recommendations for the coming year:

1. Try to have all physical defects corrected.
2. See that every child has hot food at noon.
3. Have regular monthly weighings.
4. Try to make Elburz an All-Year Gold Star community.



Halleck, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	6		
Number completing the demonstration	4 or 66.66%		
		Fall 1939	Spring 1940
Number in Good Nutritional Condition		<u>100.00%</u>	<u>100.00%</u>
Number in Fair Nutritional Condition		0.00	0.00
Number in Poor Nutritional Condition		0.00	0.00
		<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	6 or 100%		4 or 100%
Number having Poor Posture	0		0

For the third year Halleck has ranked as an All-Year Gold Star community. All three years this school started with 100% of the pupils in Good Nutritional Condition and completed in the same excellent condition. Because of this excellent record we extend our heartiest congratulations. It is really an outstanding Keep Growing record.

Posture of all pupils was good throughout the year. This is another unusually fine record, and is the result of real effort.

One of the mothers loaned her oil stove to the school and cocoa was prepared every noon for the pupils. This undoubtedly has a bearing on the excellent results in this school.

Although Halleck has its own scales there was only a total of three weighings. Therefore, regular weighings could not be counted as the sixth supplementary activity, as the requirements specify five regular weighings. The five supplementary activities were; hot lunch at noon, supervised lunch periods, scales at school, classroom instruction, and a local leader. The teacher acts as local leader in this school. If this teacher is busy undoubtedly one of the older pupils would be glad to take charge of a regular weighing period under the instruction of the teacher. We hope this suggestion will be carried out this coming year, as regular weighings have a real educational value.

We wish to thank Mrs. Golda Morganroth, teacher and leader, as well as the parents for the excellent results in this school. Work throughout the years on this project certainly shows results as seen at the present time.

Recommendations for the coming year:

1. Have regular monthly weighings.
2. Continue to have a hot food at noon.
3. Keep up the interest and effort of all; children, parents, school, and community.
4. Keep Halleck an All-Year Gold Star community.



Humboldt, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	5		
Number completing the demonstration	5 or 100%		
		<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition		100.00%	100.00%
Number in Fair Nutritional Condition		0.00	0.00
Number in Poor Nutritional Condition		0.00	0.00
		<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	5 or 100%		5 or 100%
Number having Poor Posture	0		0

All the school children in Humboldt community were in Good Nutritional Condition throughout the year. Best of all, there were no children in Poor Nutritional Condition. This is a decided victory for Humboldt. For years they strived for this goal.

All pupils had Good Posture throughout the year. This is another goal towards which Humboldt has been striving throughout the years. It is the result of long persistent effort and the children involved deserve much credit.

During the cold winter months pupils brought hot foods in thermos bottles, which undoubtedly had a great effect on the results. Hot food is a big help in preventing over-fatigue, and therefore helps both weight and posture.

There was a total of three weighings. The Lamoille Homemakers furnishes a pair of bathroom scales for use of all three schools in the valley. Mrs. Marion Blume, a mother took it upon herself to weigh the children one month, getting the scales from the Lamoille school.

These homemakers also sponsor a Child Health Day at which all schools in the valley take part. There was a local Keep Growing health booklet contest with small cash prizes given for each group. The booklets we then entered in the county and state contests. It is this type of community and inter-community cooperation that develops interest and produces results.

We wish to thank Miss Ruth Sauer, teacher and leader, Mrs. Marion Blume, the other parents and the children for their fine cooperation in this demonstration.

Recommendations for the coming year:

1. Continue the fine nutrition, posture, and health program.
2. Continue the regular weighings.
3. Continue to keep Humboldt an All-Year Gold Star community.



Jack Creek, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	2	
Number completing the demonstration	1 or 50%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	100.00%	100.00%
Number in Fair Nutritional Condition	0.00	0.00
Number in Poor Nutritional Condition	0.00	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	2 or 100%	1 or 100%
Number having Poor Posture	0	0

Throughout the school year Jack Creek had 100% of its pupils in Good Nutritional Condition and 100% with Good Posture. Jack Creek is the smallest community in school population which the agent visits. This means a swing of one person one way or the other <sup>and</sup> makes a large percentage change in figures. However, this year both these children maintained excellent records.

The teacher, Mrs. Pio Achabal, also acts as leader. She brought her own bathroom scales to school to weigh the children. There was a total of five weighings. It is this type of persistent follow-up that produces excellent results.

This small school had a hot food brought from home in a thermos bottle, which undoubtedly had a bearing on the excellent results. Hot food at noon is certainly a big help in getting children to Keep Growing.

Unless something unforeseen happens there will be no school at Jack Creek next year. This final record is certainly an excellent way for a community to close its school, and we wish to say, congratulations, Jack Creek!

For the excellent results this year we wish to thank Mrs. Pio Achabal, teacher and leader; also the parents and children.

Recommendations for the coming year:

1. If the school is continued, keep up the former excellent work and keep Jack Creek an All-Year Gold Star community.



Jiggs, Elko County  
Gold Star Community

Number of children enrolled in the fall	13	
Number completing the demonstration	13 or 100%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	92.30%	92.30%
Number in Fair Nutritional Condition	7.69	7.69
Number in Poor Nutritional Condition	0.00	0.00
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	9 or 69%	13 or 100%
Number having Poor Posture	0	0

With 92.3% of the children in Good Nutritional Condition at the beginning of the year, it is very difficult to increase this percentage. A community is doing mighty well to maintain this high level. Congratulations, Jiggs! There were no pupils in Poor Nutritional Condition throughout the year. Two girls were considerably overweight, but are now decidedly improving.

Miss Norma Larsen acted as teacher and leader. She gave a course of supervised playground work which undoubtedly helped these overweight girls to reduce 13 pounds and eight pounds respectively. These girls claim they feel much better. Other children built up. This also had an effect on Good Posture, raising it 30.77%.

All but two of these children went home to a hot lunch. We are sorry these two boys did not have a hot lunch. We are sure if they had a hot food they would feel better and could think better in the afternoon.

This school has its own bathroom scales. There was a total of six weighings, which helped decidedly in keeping up interest.

We wish to thank Miss Norma Larsen, teacher and leader, for these excellent results. We also wish to thank the parents and children for their fine cooperation.

Recommendations for the coming year:

1. Every pupil in school have a hot food at noon.
2. Continue the regular weighings.
3. Keep Jiggs a Gold Star community and strive to become an All-Year Gold Star community.



Lamoille, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	21	
Number completing the demonstration	20 or 95.23%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	<u>80.95%</u>	<u>80.00%</u>
Number in Fair Nutritional Condition	19.04	20.00
Number in Poor Nutritional Condition	0.00	0.00
	<u>99.99%</u>	<u>100.00%</u>
Number having Good Posture	19 or 90%	20 or 100%
Number having Poor Posture	1 or 4%	0

Evidently Lamoille has been giving special attention to posture, because without exception the posture of every pupil was exceptionally good at the close of the school year.

All the pupils either went home to lunch or brought a thermos bottle of food which probably had much to do with the excellent nutritional results.

80% of the children in Good Nutritional Condition is very good and there were none in Poor Nutritional Condition throughout the year. This is an excellent record.

The Lamoille Homemakers always hold a Child Health Day celebration for all the surrounding schools. In connection with this Child Health Day a local health booklet contest is held. Small cash prizes are given. All pupils of all the valley schools entered the contest. This year the Child Health Day featured folk dancing which was very well done by the pupils. Refreshments followed the program. This inter-community health festival is a powerful influence in stimulating interest and cooperation in nutrition and health progress. The whole valley and the Extension Service is grateful to the Lamoille Homemakers for their effective sponsorship.

Mrs. C. C. Hinton, local homemaker, acted as leader and weighed the children three times, making a total of five weighings.

We wish to thank Mrs. C. C. Hinton, leader, Lamoille Homemakers, teacher and parents for making this Keep Growing demonstration a success.

Recommendations for the coming year:

1. Continue the fine community and inter-community cooperation.
2. Keep up the hot lunches either at home or school.
3. Continue to emphasize posture.
4. Keep Lamoille an All-Year Gold Star community.



Lee, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	14	
Number completing the demonstration	19 or 135.71%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	92.85%	89.47%
Number in Fair Nutritional Condition	7.14	10.52
Number in Poor Nutritional Condition	0.00	0.00
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	13 or 92%	16 or 81%
Number having Poor Posture	0	0

Lee started the school year with 92.85% of the pupils in Good Nutritional Condition and closed with 3.38% less in Good Nutritional Condition. This was because the school population increased during the year. Last year Lee began to be changed to an Indian Reservation. More families are being moved in all the time. This explains the reason why the number in Good Nutritional Condition dropped. However 89.47% of the pupils in Good Nutritional Condition at the close of the school year is exceptionally high. There were none in Poor Nutritional Condition throughout the year.

Lee was fortunate to have a WPA school lunch project which undoubtedly had a great bearing in helping the school maintain a high level of those in Good Nutritional Condition.

Any physical defects found in the Indian children are referred to the proper Indian health authorities.

Child Health Day wasn't celebrated this year. Perhaps when the school again gets down to a steady school population this day can again be celebrated.

We wish to thank Mrs. Archie Dewar, leader, parents and teachers for making this project a success.

Recommendations for the coming year:

1. Celebrate Child Health Day.
2. Continue the school lunch project.
3. Continue to be an All-Year Gold Star community.



Meadow Creek, Elko County  
A Gold Star Community

Number of children enrolled in the fall	5		
Number completing the demonstration	3 or 60%		
		<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition		100.00%	100.00%
Number in Fair Nutritional Condition		0.00	0.00
Number in Poor Nutritional Condition		0.00	0.00
		<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	3 or 60%		3 or 100%
Number having Poor Posture	0		0

This is the first year Meadow Creek took part in the Keep Growing demonstration. Last summer it happened Mrs. Mary S. Buol was visiting in the community. A party was being held to which both Mrs. Buol and the agent were invited. All the children of this community and Rowland came to the party. All were checked by Mrs. Buol and the agent which gave the Keep Growing project a start in these two communities. In the fall we found 100% of the children in Good Nutritional Condition. This continued throughout the year which was excellent.

At the beginning of the year 60% or three of the children had Good Posture. During the year the two children having Fair Posture moved away. This then made the rating 100% with Good Posture.

All children went home to a hot lunch which undoubtedly helped keep the children in excellent nutritional condition.

A pair of neighborhood scales helped in weighing.

For this excellent work we wish to thank Mrs. John Scott, mother and Miss Orpha Robbins for their faithful cooperation in making this project a success.

Recommendations for the coming year:

1. Continue regular weighings.
2. Keep up having a hot lunch at noon.
3. Try hard to be an All-Year Gold Star community next year.



Metropolis, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	10	
Number completing the demonstration	8 or 80%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	<u>100.00%</u>	<u>100.00%</u>
Number in Fair Nutritional Condition	0.00	0.00
Number in Poor Nutritional Condition	0.00	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	9 or 90%	7 or 87%
Number having Poor Posture	0	0

Metropolis started the school year with 100% of the school children in Good Nutritional Condition, and closed with 100% in Good Nutritional Condition. This is excellent. In years past Metropolis had a most difficult time to even get a Gold Star by the end of the school year. They now seem to have made a permanent improvement in their nutrition and health conditions.

The number of children having Good Posture decreased 2.5%. However, this is not due to those enrolled at the beginning of the school year actually being worse at the close of school. It's due to two less pupils in total attendance which of course makes a change in percentage. There was only one pupil throughout the year with Fair Posture. His percentage of the group was 10% in the fall and 12.5% in the spring due to change in total attendance.

Most of the pupils brought hot food in thermos bottles which helped them maintain a good nutritional condition.

There were but four total weighings during the year. Another weighing could easily be done when good scales are right at school. We urge that this be done next year so as to meet the state requirement for this supplementary activity. The other five supplementary activities were; hot food at noon, supervised lunch period, scales at school, classroom instruction, and a local leader.

We wish to thank Miss Mary Hill, leader, the teachers, parents and children for the excellent results. Such results are only secured by persistent effort. Let's keep up this fine record next year.

Recommendations for the coming year:

1. Have at least five weighings during the year.
2. Continue drinking milk and the hot food for the noon lunch in the winter.
3. Enter health booklet contest.
4. Keep Metropolis an All-Year Gold Star community.



Midas, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	19	
Number completing the demonstration	17 or 89.47%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	89.47%	94.11%
Number in Fair Nutritional Condition	5.26	0.00
Number in Poor Nutritional Condition	<u>5.26</u>	<u>5.88</u>
	99.99%	99.99%
Number having Good Posture	17 or 89%	15 or 88%
Number having Poor Posture	0	0

Midas improves a little more each year. At the beginning of last year (1938-39), there were but 71.42% in Good Nutritional Condition. By the close 82.35% were in Good Nutritional Condition. At the beginning of this school year 89.47% were in Good Nutritional Condition while at the close of school 94.11% reached this goal, or an increase of 4.64%. This is excellent progress. The greater the number of those in Good Nutritional Condition the harder to increase the percentage.

This year there was but one pupil in Poor Nutritional Condition throughout the year. One girl was always in Poor Nutritional Condition from the time the project began in the school. But she has never ceased trying to reach the goal of a good "nutritioner". At the close of this school year she was much pleased to learn she had made the goal. This is a fine example of the persistent, earnest effort year after year that is the foundation of success in these Keep Growing demonstrations. It is a real community, as well as a personal achievement to solve one of these individual Keep Growing problems in this way, and the community, home, and the individual girl deserve much credit.

Posture exercises were given throughout the year, and had much to do with the excellent posture results. Midas is now thoroughly posture conscious; therefore, the posture problem is well on the way to be solved.

Most pupils went home for lunch. The rest brought pint jars and heated the food on stoves at school. This hot food at noon is a great help in relaxing tension, preventing over-fatigue, and thereby improving both the ability to gain and to maintain Good Posture.

We wish to thank Mrs. Lois Pursell, teacher and leader, also the parents and children for the splendid results.

Recommendations for the coming year:

1. Continue the fine nutrition and health program in the school.
2. Keep on with the posture campaign.
3. Continue the hot lunch work.
4. Continue to be an All-Year Gold Star community.



Montello, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	103	
Number completing the demonstration	98 or 95.14%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	81.55%	82.65%
Number in Fair Nutritional Condition	14.56	14.28
Number in Poor Nutritional Condition	3.88	3.06
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	99 or 96%	88 or 89%
Number having Poor Posture	0	0

This is the second consecutive year Montello has won an All-Year Gold Star rating. This year the final standing at the end of the school year was 82.65% in Good Nutritional Condition, only 3.06% in Poor Nutritional Condition, and 89.79% having Good Posture. All these figures decidedly exceed the state ultimate goals. Nutrition annual goals (5% improvement) were not reached. There was only a 1.10% improvement in the number in Good Nutritional Condition and a .18% decrease in those in Poor Nutritional Condition. This is a very natural situation. After a community reaches the state goals it is almost impossible to make more than a very small improvement each year.

Montello has a consolidated school, pupils coming in from Loray, Cobre and Valley Pass. This necessitates a long journey to school each day. But a WPA school lunch was maintained which gave all these children and others who needed it a hot food at noon. Undoubtedly, this school lunch helped maintain the good nutritional standard throughout the year, by relaxing tension, and preventing over-fatigue. We sincerely hope it will be continued next year.

At the close of the year a new leader came into the project from the LDS Relief Society. We are sure she will be a big help. Good organization sponsorship and a devoted local leader are foundation stones in a successful Keep Growing demonstration. It is a real community service for which Montello community and the Extension Service are sincerely grateful.

The chief suggestion to offer for next year is to place more emphasis on good posture. This fell 6.32% during the school year. Posture problems can easily be solved when children are in Good Nutritional Condition. Therefore, we suggest a posture campaign for next year.

For all the splendid cooperation in this project, we wish to thank teachers, parents and leader.

Recommendations for the coming year:

1. Continue the hot lunch project.
2. Emphasize posture through a posture campaign.
3. Continue to be an All-Year Gold Star community.



Mountain City, Elko County  
An All-Year Gold Star Community

Number of children enrolled in fall	46	
Number completing the demonstration	37 or 81.73%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	91.33%	91.89%
Number in Fair Nutritional Condition	8.66	8.10
Number in Poor Nutritional Condition	0.00	0.00
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	39 or 84%	35 or 94%
Number having Poor Posture	0	0

This is another community to be congratulated on being an All-Year Gold Star community. And Mountain City surely improves year by year. Last year they began the school year with 86.11% in Good Nutritional Condition and closed with 82.85% in Good Nutritional Condition. But by this fall 91.33% were in Good Nutritional Condition, while in the spring 91.89% were in Good Nutritional Condition. This is an excellent record and the improvement during the summer is positive proof that Keep Growing ideals are permanently influencing food and health habits in this community. The improvement secured in this community is particularly commendable because Mountain City has many problems to cope with. There is a shifting population due to the nearby mining camp. There is not enough fresh milk or green vegetables. This situation of food supply is improving and eventually will be conquered. The homes that are working to improve their local food supply deserve special praise.

The number of children with Good Posture increased 9.81% during the year. There were posture exercises and encouragement of Good Posture throughout the year. This community can now really be proud of the posture of its school children.

Most pupils go home to lunch. A few bring hot foods in thermos-bottles. This undoubtedly aids greatly in the fine nutritional and posture results because hot food at noon helps prevent over-fatigue. Other supplementary activities were; supervised lunch periods, scales at school, regular weighings, classroom instruction, and a local leader.

We wish to thank Mrs. P. W. Davidson, the leader, the teacher, parents and children on these fine results.

Recommendations for the coming year:

1. Continue the fine program of health and nutrition in the school program.
2. Continue the posture campaign.
3. Keep up the hot food at noon.
4. Continue to be an All-Year Gold Star community.



North Starr, Elko County

Number of children enrolled in the fall	8	
Number completing the demonstration	8 or 100%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	<u>87.50%</u>	<u>87.50%</u>
Number in Fair Nutritional Condition	12.50	12.50
Number in Poor Nutritional Condition	0.00	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	7 or 87%	8 or 100%
Number having Poor Posture	0	0

North Starr had a high nutritional average of 87.50% throughout the year, with none of the pupils in Poor Nutritional Condition. This is an excellent record of which this community is justly proud.

There was decided improvement in posture this year. The number of children having Good Posture increased 12.50% during the year, making a 100% average. This was due to "harping" on the subject of posture, and also posture exercises carried on as part of the school program.

We are sincerely sorry that North Starr can't be awarded a star this year, because they only carried on four supplementary activities this year. The state goal is five such activities. The activity that was dropped this year, and therefore kept this community from getting a star was a hot food at noon. Heretofore, this school has had a hot plate where a hot food was made or food re-heated for noon. It produced excellent results and we deeply regret that this activity was not carried on this year. We hope that next year the hot lunch project can be re-established. It will take wholehearted cooperation on the part of both school and home, but the "lift" that hot food at noon gives to growing active school children makes the effort involved decidedly worthwhile. The other supplementary activities carried on were; scales at school, classroom instruction, a local leader, and a sponsoring organization.

There should be at least five weighings during the year. This year there were but three. There are scales at school. One of the older pupils could aid the teacher in this. We earnestly suggest that regular weighings be carried on next year. It is of much value in keeping up interest and effort.

The teacher has acted as leader in this school because of the distances of homes from the school. We hope that a local leader can be secured next year to assist the teacher, as it is a valuable help.

We wish to thank the teacher and leader, Mrs. L. A. Couch, the parents, and children for their cooperation.

Recommendations for the coming year:

1. Have at least five weighings.
2. Have a hot food for noon.
3. Continue to emphasize food and health habits in the school program.
4. Be sure to become a Gold Star school.



Rabbit Creek, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	4	
Number completing the demonstration	3 or 75%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	100.00%	100.00%
Number in Fair Nutritional Condition	0.00	0.00
Number in Poor Nutritional Condition	0.00	0.00
	100.00%	100.00%
Number having Good Posture	4 or 100%	3 or 100%
Number having Poor Posture	0	0

And again we declare Rabbit Creek an All-Year Gold Star community. Last year they completed with 100% in Good Nutritional Condition. They repeated this excellent record again this year. Congratulations, Rabbit Creek, on achieving these splendid results.

Also, everyone had Good Posture throughout the year. This is another excellent result, due to both Good Nutritional Condition, and real effort to improve posture habits.

Everyone had a hot food at noon because the schoolhouse is right in the yard of one of the ranch homes, and this interested ranch mother prepared a good hot lunch for all the children every day. This fine cooperation was, we believe, a big factor in keeping up nutritional and posture standards.

The Rabbit Creek children took part in the Child Health Day celebration sponsored by the Lamoille Homemakers. Their health booklets were entered in the local, county and state health booklet contests. Both these activities did much to keep up the group's enthusiasm.

Other supplementary activities were; a supervised lunch period, and having a local leader.

Scales should be brought up to this school for regular weighings, or the children should be weighed when they are at the Lamoille schoolhouse. The new Keep Growing rules ask for at least five weighings each year. There were but three this year.

For the excellent results we wish to thank Mrs. Jane Winter, teacher; Mrs. Gordon Drown, leader; Lamoille Homemakers; parents and children. They are all fine cooperators.

Recommendations for the coming year:

1. Be sure to get weighed at least five times.
2. Continue the hot lunch and supervised lunch period.
3. Carry on the usual fine school health program.
4. Continue to be an All-Year Gold Star community.



Rowland, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	12	
Number completing the demonstration	12 or 100%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	<u>91.66%</u>	<u>100.00%</u>
Number in Fair Nutritional Condition	8.33	0.00
Number in Poor Nutritional Condition	0.00	0.00
	<u>99.99%</u>	<u>100.00%</u>
Number having Good Posture	10 or 83%	12 or 100%
Number having Poor Posture	0	0

This is Rowland's first year in the Keep Growing demonstrations. Last summer Mrs. Mary S. Buol, Assistant Director of Extension Service, was visiting in this community when everyone was invited to an inter-community party. All the children came. Mrs. Buol and the agent checked the weights and nutritional condition of all the children, which encouraged them to take up the Keep Growing demonstration. As a result of the interest aroused at that time a number of defects were corrected by fall, so that all could be "free to gain". All children were taken to Mountain City in August when the dental unit was there. So they started school with corrected teeth. This shows splendid home and community cooperation.

91.66% of the children were in Good Nutritional Condition in the fall. By the close of school 100% of them gained up to this classification. This is an unusually rapid improvement and deserves sincere praise. The few pupils who were somewhat below nutritional standards moved away. Therefore, this group completed the school year with 100% in Good Nutritional Condition, and 100% with Good Posture. This gave a 16 2/3% improvement in posture in one year, which is another real achievement.

Some of the pupils went home for lunch and the rest brought thermos bottles full of hot food. This was a great aid to both good nutrition and good posture as hot food helps prevent over-fatigue. Also a supervised lunch period was held.

There was a total of seven weighings through the year. These pupils received unusual health instruction in their school program through the teacher and leader, Miss Alma Plumb. She is clever enough to write "health plays" for them, and this greatly stimulated interest and effort. This group also made health booklets.

For these excellent results we wish to thank Miss Alma Plumb teacher and leader, the parents and children. We are proud of this excellent first year record.

Recommendations for the coming year:

1. Continue the fine health and nutritional programs.
2. Keep up the regular weighings.
3. Be sure to have hot food at noon.
4. Continue to be an All-Year Gold Star community.



Ryndon, Elko County  
A Gold Star Community

Number of children enrolled in the fall	7	
Number completing the demonstration	8 or 114.28%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	100.00%	100.00%
Number in Fair Nutritional Condition	0.00	0.00
Number in Poor Nutritional Condition	0.00	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	4 or 57%	7 or 87%
Number having Poor Posture	0	0

Again Ryndon had 100% of its pupils classified as being in Good Nutritional Condition throughout the year. This is an exceedingly fine record to keep up for two years.

At the beginning of the year only 57.14% of the pupils had Good Posture. Therefore, this group could not get the All-Year Gold Star rating. However, by the close there were 87.5% with Good Posture, or an increase of 30.1%. This was undoubtedly due to some fine posture work on the part of the pupils and teacher. Congratulations.

Most of the pupils go home for lunch. However, a few bring thermos bottles. This certainly does help to maintain good nutrition and Good Posture because it helps these children to relax and rest during the noon hour. This helps growth, posture and the afternoon's school work.

Pupils were weighed 8 times. They have scales at school.

Our only regret is that Ryndon did not have some health booklets in the county and state contests. In previous years some fine booklets have come from this community. We hope they will enter this contest again next year.

For the excellent results of this year we wish to thank Mrs. B. B. Erickson, teacher and leader, as well as parents and children.

Recommendations for the coming year:

1. Continue the fine health and nutrition program.
2. Keep up the hot food at noon.
3. Enter the health booklet contest.
4. Try to be an All-Year Gold Star community.



Spanish Ranch, Elko County  
An All-Year Silver Star Community

Number of children enrolled in the fall	4		
Number completing the demonstration	4 or 100%		
		<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition		100.00%	100.00%
Number in Fair Nutritional Condition		0.00	0.00
Number in Poor Nutritional Condition		0.00	0.00
		<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	3 or 75%		4 or 100%
Number having Poor Posture	0		0

Again, for the second year, Spanish Ranch had the proud distinction of having 100% of the pupils in Good Nutritional Condition throughout the school year. This is a most excellent record which deserves much praise.

They also had a good posture record. 75% of the children had good posture at the beginning of the year, and by the close of school all had good posture, or 100%. This is splendid progress and means there must have been much work on this phase of the program.

All pupils ate a supervised hot lunch at a nearby ranch house, and this helped both nutritional condition and posture.

Lack of scales and regular weighings were the only things that kept this group from winning an All-Year Gold Star rating. There were no weighings this year except when the agent visited the community. At least 5 weighings are required for a Gold Star award. We sincerely hope someone will loan this group a pair of bathroom scales next year.

We wish to thank the teacher and leader, Mrs. Ralph Helth, as well as the parents and children for the excellent results this year. We sincerely hope they will make a special effort to maintain this excellent standing during the summer, so that next fall they can start out on another 100% year.

Recommendations for the coming year:

1. Try to get a pair of scales and have regular weighings.
2. Keep up the hot noon lunch.
3. Maintain the present 100% posture record.
4. Try hard to be an All-Year Gold Star community.



South Fork, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	5		
Number completing demonstration	5 or 100%		
		Fall 1939	Spring 1940
Number in Good Nutritional Condition		100.00%	100.00%
Number in Fair Nutritional Condition		0.00	0.00
Number in Poor Nutritional Condition		0.00	0.00
		<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	4 or 80%		5 or 100%
Number having Poor Posture	0		0

After several years withdrawal from the Keep Growing demonstrations South Fork again came back into the project. They began the school year with 100% in Good Nutritional Condition and closed with the same perfect record. This is a splendid demonstration that these children really live up to the Keep Growing food and health habit rules.

This group also had an enviable posture record. They began the school year with 80% having Good Posture and closed the year with 100% in this classification. This improvement shows posture consciousness and real effort.

Thermos bottles provided hot foods during the cold winter months, which always helps both growth and posture, as well as school work.

Nearby scales were used for weighings. This school also entered some excellent health booklets in the county and state contest.

For this enviable record we wish to thank Mrs. Ruth Stevens teacher and leader, also the parents and children. This community can certainly be proud of this 100% record.

Recommendations for the coming year:

1. Continue the fine health and nutrition program.
2. Keep up the hot lunches.
3. Continue to be an All-Year Gold Star community.



Wells, Elko County  
An All-Year Gold Star Community

Number of children enrolled in the fall	176	
Number completing the demonstration	175 or 99.43%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	88.06%	83.42%
Number in Fair Nutritional Condition	9.65	13.71
Number in Poor Nutritional Condition	2.27	2.85
	<u>99.98%</u>	<u>99.98%</u>
Number having Good Posture	162 or 92%	162 or 92%
Number having Poor Posture	0	0

This is the second consecutive year Wells has been declared an All-Year Gold Star community. It is difficult for so large a school to reach such a high standard of 88.06% of the school children in Good Nutritional Condition. Once reached the decline or upward trend is not great. There was a decline of 4.64% this year. Wells is mostly a railroad community and has some turnover in school population during the year. This accounts for some of the decline. Another reason was an epidemic of measles in the spring. However, throughout the year this group exceeded by a considerable margin the ultimate state goals of 75% in Good Nutritional Condition and 10% or less in Poor Nutritional Condition. This is an unusually fine record for so large a school group.

A WPA school lunch was maintained for children who might not get a hot food at noon. A few children who brought lunches did not eat at the lunch room. But they did bring a hot food in a thermos bottle. Most of the children went home for a hot lunch at noon.

Wells has a new leader, Mrs. John Toombs, this year who was furnished by the L.D.S. Relief Society. Having a local leader and the active support of a local organization aids materially in obtaining good results.

We wish to thank the leader, the L.D.S. Relief Society, the teachers, parents and children for their splendid cooperation.

Recommendations for the coming year:

1. Continue the fine community cooperative program.
2. Keep up the hot lunches at noon.
3. Continue to emphasize Good Posture.
4. Continue to be an All-Year Gold Star community.



Diamond Valley, Eureka County

Number of children enrolled in the fall	4	
Number completing the demonstration	4 or 100%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	50.00%	50.00%
Number in Fair Nutritional Condition	25.00	25.00
Number in Poor Nutritional Condition	25.00	25.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Fair Posture	4 or 100%	3 or 75%
Number having Poor Posture	0	1 or 25%

After an absence of two years, Diamond Valley entered the Keep Growing demonstrations again this year. We sincerely welcome back this group and only wish that this year's report had been a more successful one. This is a small, isolated community with all the school children coming from one family. Therefore, group enthusiasm is hard to keep up. Also Eureka County has no regular home demonstration service and has to depend on the small amount of help that can be given from the state extension office. Perhaps both these factors were the important reasons for the poor results secured this year.

When the Keep Growing demonstration started last fall only 50% of Diamond Valley's school children were in Good Nutritional Condition, and 25% were in Poor Nutritional Condition. At the end of the year's demonstration the situation was just the same, 50% in Good Nutritional Condition and 25% in Poor Nutritional Condition.

A series of spring colds caused decided loss in weights just before the last reweighings. The best total gain made during the year was four pounds and other gains ranged from one pound to two and three-fourths pounds.

Despite the seeming lack of results, considerable improvement in food habits was made. We sincerely hope the effort to improve nutritional condition will be continued next year, and believe better results will then be obtained.

Recommendations for the coming year:

1. Emphasize food and health habits in the school program.
2. Supplementary feeding at morning and afternoon recess.
3. Rest periods to relax tension and prevent over-fatigue.
4. The use of cod liver oil during the winter months.
5. A medical examination to determine if there are any physical conditions responsible for the failure to gain.
6. Enter the health booklet contest to stimulate interest and effort.



EUREKA COUNTY REPORT FOR THE YEAR 1939 TO 1940  
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITY	CHILDREN			Annual State Goals		Ultimate State Goals			No. Supplementary activities	No. Gold Star Communities	No. Silver Star Communities
				5% increase in no. in G.N.C.	5% decrease in no. in P.N.C.	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
	#Ex.	#Comp.	%Comp.								
Diamond Valley	4	4	100	0.00%	0.00%	50.00%	25.00%	0.00%	3	0	0
County Total	4	4	100	0.00%	0.00%	50.00%	25.00%	0.00%	3	0	0



Paradise Valley, Humboldt County  
A Silver Star Community

Number of children enrolled in the fall	55	
Number completing the demonstration	53 or 91%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	61.81%	75.47%
Number in Fair Nutritional Condition	25.45	18.86
Number in Poor Nutritional Condition	12.72	5.66
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	10 or 18%	14 or 26%
Number having Poor Posture	7 or 12%	5 or 9%

Paradise Valley came back into the Keep Growing demonstrations again this year after a lapse of one year. When it completed its last demonstration in the spring of 1937, 70.58% of its children were in Good Nutritional Condition, and only 9.80% in Poor Nutritional Condition. During the next year (1938-39) when no Keep Growing demonstration work was being carried on everyone grew a little careless so the group standing declined considerably. When school opened in the fall of 1939 only 61.81% of the children were in Good Nutritional Condition and 12.72% were in Poor Nutritional Condition. But everyone tried extra hard during this year to make up this lost ground and very good results were secured.

The number of children in Good Nutritional Condition increased 13.66%. This is over twice the annual goal of 5% improvement. The number in Poor Nutritional Condition decreased 7.06% which also exceeds the annual goal of 5% improvement. Therefore, this group completed this year's demonstration with 75.47% in Good Nutritional Condition and only 5.66% in Poor Nutritional Condition. This more than meets the ultimate state goals regarding nutritional standards of 75% in Good Nutritional Condition and 10% or less in Poor Nutritional Condition. Therefore, Paradise Valley has been declared a Silver Star community.

We regret to say that the situation in regard to posture is not nearly so good. At the beginning of the year only 18.18% of these children could be classified as having Good Posture, although only 12.72% had really Poor Posture. This means that a vast majority of these Paradise Valley children had just allowed themselves to "slump". During the year some improvement was made and the year ended with 26.41% with Good Posture and only 9.43% with Poor Posture. This later figure is quite good. But 26% with Good Posture is a long way from the state goal of 75% having Good Posture. This lack of good posture was the only thing that kept Paradise Valley from being a Gold Star community this year. Insufficient sleep and lack of interest in appearing one's best by having Good Posture are the two reasons for the present posture condition. We suggest that a posture campaign be started in this school next year and closely correlated with the classroom instruction and physical education activities.

Under the sponsorship of the PTA and the excellent leadership of Mrs. Velma Nelson, monthly weighings were regularly carried on. Classroom instruction in food and health habits were emphasized by the teachers as a part of the regular school program. Some of the children brought milk to school for supplementary feeding. Most of the pupils went home for a hot noon meal and some of the rest brought hot food in thermos bottles. No health booklets were made and Child Health Day was not celebrated, we are sorry to say.



We wish to highly praise Mrs. Velma Nelson for her excellent leadership, and the teachers and the Parent Teachers Association for their cooperation.

Recommendations for the coming year:

1. Put on a posture campaign.
2. Develop wholehearted home and community cooperation for more sleep to prevent over-fatigue.
3. Have a supervised lunch period with a hot supplement for those children eating lunch at school.
4. Secure the cooperation of the Public Health Nursing Service in regard to inspections for physical defects.
5. Celebrate Child Health Day.
6. Make Paradise Valley a Gold Star community.



HUMBOLDT COUNTY REPORT FOR 1939 TO 1940  
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITY	CHILDREN			Annual State Goals		Ultimate State Goals			No. Supple- mentary activities	No. Gold Star Com- munities	No. Silver Star Com- munities
				5% increase in no. in G.N.C.	5% decrease in no. in P.N.C.	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
	#Ex.	#Comp.	%Comp.								
Paradise Valley	55	53	96	13.66	- 7.06	75.47	5.66	26.41	5	0	1
County Total	55	53	96	13.66	- 7.06	75.47	5.66	26.41	5	0	1



Smokey Valley, Lander County  
A Gold Star Community

Number of children enrolled in the fall	4		
Number completing the demonstration	4 or 100%		
		Fall 1939	Spring 1940
Number in Good Nutritional Condition		100.00%	100.00%
Number in Fair Nutritional Condition		0.00	0.00
Number in Poor Nutritional Condition		0.00	0.00
		<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	2 or 50%		3 or 75%
Number having Poor Posture	0		0

After many years of absence Smokey Valley is welcomed back into the Keep Growing demonstrations. This group has made an unusually fine record by winning a Gold Star rating in the first year of re-establishing a Keep Growing demonstration. During the entire year 100% of these children were in Good Nutritional Condition, none were in Poor Nutritional Condition, and by the end of the year 75% had Good Posture. The ultimate state goals are to have 75% in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% with Good Posture.

6 supplementary activities, (local leader, hot lunch, supervised lunch periods, classroom instruction, scales, and regular monthly weighing) were carried on. The requirements for a Gold Star community are to maintain at least five supplementary activities.

The only thing that kept Smokey Valley from being an All-Year Gold Star school was the fact that only 50% of these children had Good Posture at the beginning of the demonstration. We expect Smokey Valley to win this highest rating next year.

We suppose the reason for this fine record is that Mrs. Schmedtlein, the local leader and mother of half of these children is a former Nevada home demonstration agent; so, of course, Keep Growing ideals and practices have been made popular in this community for a number of years. Therefore, these children all entered the school year in very good condition. Mrs. Schmedtlein and the teacher, Mrs. Velma Malmson both gave much time and thought to arousing interest and cooperation in Keep Growing efforts. A WPA hot lunch was prepared and greatly enjoyed. Also Good Posture was emphasized. These children and the whole community take real pride in this excellent Keep Growing record, and we hope they keep up the good work next year.

Recommendations for the coming year:

1. Continue to emphasize Good Posture.
2. Keep up the hot lunch.
3. Enter the health booklet contest.
4. Try to be an All-Year Gold Star community.



LANDER COUNTY REPORT FOR 1939 TO 1940  
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITY	CHILDREN			Annual State Goals		Ultimate State Goals			No. supplementary activities	Gold Star Communities	Silver Star Communities
				5% increase in no. in G.N.C.	5% decrease in no. in P.N.C.	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
	#Ex.	#Comp.	%Comp.								
Smokey Valley	4	4	100	0.00	0.00	100.00	0.00	75.00	6	1	0
County Total	4	4	100	0.00	0.00	100.00	0.00	75.00	6	1	0



Lyon County - Summary of County Results  
Hellen M. Gillette, Extension Agent at Large  
A Gold Star County

Five schools carried on the Keep Growing nutrition program in Lyon County this past year; Barrett, Gallagher, Silver City, Smith Valley and Wabuska participating. A total of 127 children started the demonstration and 130 or 102.36% completed the year's work. These children represented 87 different families.

At the beginning of the year 83 children or 65.35% were in Good Nutritional Condition. At the close 98 or 75.38%, an improvement of 10.03% which is over twice the annual state goal of 5% improvement. The number in Poor Nutritional Condition was reduced by 8.09%, from 22 or 17.32% in the fall to 12 or 9.23% in the spring. Again this exceeds the annual goal of 5%.

Many improvements in posture were made. The number having Good Posture was increased from 100 or 78.71% last fall to 124 or 95.38% this spring, an improvement of 16.64%. The number having definitely Poor Posture was reduced from 11 or 8.66% to 2 or 1.51% during the year, an improvement of 7.12%. By the close of the school year 98 children or 75.38% had earned a Gold Star rating for Good Nutrition, Good Posture, and reasonably good food and health habits.

Supervised school lunches are customary in most of these schools. These need to be encouraged to insure adequate time being taken out to eat the lunch. Since most of the children bring their lunches a hot supplement to the cold lunch is recommended in all rural schools. This year the Wabuska school, through the efforts of the teacher, Miss Annie Lucas, maintained a hot supplement all year as a 4-H project. The other teachers encouraged the children to bring hot soup or beverage from home and during the cold weather the children in the Gallagher school had some warm food at noon. Many children in the Barrett school did this too. It is hoped that next year every rural school in the county will make definite plans for a hot supplement for the cold lunches which the children bring from home. Hot food at noon is a decided help in preventing over-fatigue and benefit growth, posture, and the ability to do good school work.

This year, the Barrett, Gallagher, and Wabuska schools attained Gold Star ratings through reaching the ultimate state goals for Good Nutrition and posture, and by meeting the minimum requirements for community participation in the health and nutrition program.

The teaching staff in each of the schools, and the local leaders in various communities have been very cooperative. We wish to thank them, and the homemakers clubs in Mason and Smith Valleys for the assistance they have given in furthering the Keep Growing demonstrations.

Recommendations for the coming year:

1. Encourage community cooperation with health and nutrition education.
2. Try to have supervised hot lunches in each school.
3. Encourage schools to purchase scales.
4. Hold Child Health Day programs.
5. Try to be an All-Year Gold Star county.



LYON COUNTY REPORT FOR 1939 TO 1940  
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	CHILDREN			Annual State Goals		Ultimate State Goals			No. Supple- mentary activities	No. Gold Star Com- munities	No. Silver Star Com- munities
				5% increase in no. in G.N.C.	5% decrease in no. in P.N.C.	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
	#Ix.	#Comp.	%Comp.								
Barrett	25	24	96	19.83	- 8.00	95.83	0.00	100.00	5	1*	0
Gallagher	7	7	100	14.28	-28.57	85.71	0.00	100.00	6	1	0
Silver City	23	24	104	9.96	-21.92	70.83	4.17	91.66	2	0	0
Smith Valley	58	61	105	0.05	0.79	65.57	18.03	93.44	7	0	0
Wabuska	14	14	100	35.71	-14.29	85.71	0.00	100.00	6	1	0
County totals	127	130	102	10.03	- 8.09	75.38	9.23	95.38	26	3	0

\* All-Year Gold Star community.



Barrett School, Lyon County  
An All-Year Gold Star Community

Number children enrolled in the fall	25	
Number completing the demonstration	24 or 96%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	76.00%	95.83%
Number in Fair Nutritional Condition	16.00	4.17
Number in Poor Nutritional Condition	8.00	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	19 or 76%	24 or 100%
Number having Poor Posture	3 or 12%	0

The Barrett community was enrolled last fall for its third year in the Keep Growing program and has made encouraging improvements during this year. Ultimate state goals for both nutrition and posture are now exceeded by a considerable margin.

The number of children in Good Nutritional Condition was increased from 19 or 76.00% last fall to 23 or 95.83% this spring, an improvement of 19.83%. This is nearly four times the annual goal of 5% improvement. The number having a Poor Nutritional Condition rating was reduced from 2 or 8.00% last fall to zero, an improvement of 8.00%. This decidedly exceeds the annual goal of 5% improvement.

At the opening of the school year 19 children, or 86.00%, had Good Posture; and at its close 24 children, or 100%, were in this class, an improvement of 21%. This is an excellent record.

Gold Star ratings were earned by all children having Good Nutrition, Good Posture and good food and health habits. During the year this group was increased to 24 or 95.83% of the school.

The teachers, Mrs. Florence Mayes, and Mrs. Lida Richardson, encouraged the children to bring milk or hot soup with their lunches and continually emphasized the importance of good habits of eating. The Extension Service appreciates their interest as well as the help of the parents in encouraging the children to carry out the health program.

Since most of the children bring their lunches we would suggest a hot supplement as well as supervised lunch periods be made a part of the program next year.

Recommendations for the coming year:

1. Encourage interest in the health and nutrition program.
2. Try to have a hot supplement to the school lunch.
3. Try to purchase scales for the school.
4. Hold a Child Health Day program.
5. Continue to be an All-Year Gold Star community.



Gallagher School, Lyon County  
A Gold Star Community

Number of children enrolled in the fall	7	
Number completing the demonstration	7 or 100%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	71.43%	85.71%
Number in Fair Nutritional Condition	0.00	14.29
Number in Poor Nutritional Condition	28.57	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	7 or 100%	7 or 100%
Number having Poor Posture	0	0

Gallagher community started last fall with 7 school children enrolled in the Keep Growing demonstration, representing 4 different families. Five of these, or 76.43% were in Good Nutritional Condition. At the close of the school year, 6 or 85.71%, were in this group; an improvement of 14.28% which is nearly three times the annual state goal of a 5% improvement. At no time during the year did any children have Poor Posture. This is a record of which we can all be proud.

Mrs. Arletta Kast, the teacher and local leader for the Keep Growing work, has cooperated in furthering the interest in nutrition and health work in the community. Her interest and help has been greatly appreciated.

Through Mrs. Kast's efforts the children have been encouraged to bring hot supplements for their cold lunches. These have been hot soups or beverages in thermos bottles, or in jars so they could be reheated at school.

This school group has contributed a great deal to the interest in the Farm Center meetings in this part of the valley by assisting with entertainment and recreation programs. The efforts of both Mr. and Mrs. Kast in community activities is very much appreciated. It is an excellent way of developing home interest and community cooperation.

Recommendations for the coming year:

1. Continue the fine community cooperation.
2. Buy scales for the school.
3. Put on a Child Health Day program at a Farm Center meeting.
4. Keep Gallagher a Gold Star community.
5. Try to be an All-Year Gold Star community.



Silver City School, Lyon County

Number of children enrolled in the fall	23	
Number completing the demonstration	24 or 104.35%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	60.87%	70.83%
Number in Fair Nutritional Condition	13.04	25.00
Number in Poor Nutritional Condition	26.09	4.17
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	13 or 56%	22 or 91%
Number having Poor Posture	4 or 17%	1 or 4%

Congratulations, on the encouraging record this year, which marks the first year of the Keep Growing nutrition program in the Silver City community. The 24 children completing this year's work, represent 19 different families.

Last fall 14 children, or 60.87%, were in Good Nutritional Condition. This spring 17 children, or 70.83%, were in this group, an improvement of 9.91%. This is nearly twice the annual goal of 5% improvement. The number in Poor Nutritional Condition last fall was 6, or 26.09%. This was reduced to 1, or 4.17%, an improvement of 21.92%. This is over four times the annual goal of 5% improvement, and shows real effort.

Posture improvements were very good. Last fall only 13 children, or 56.52%, had Good Posture. This spring 22 children, or 91.66%, were in this group, an improvement of 35.14%. The number having Poor Posture was reduced from 4 or 17.39% last fall to 1, or 4.17%, this spring, an improvement of 13.22%. Both of these records are excellent, and testify to the efforts of the teachers, Mrs. Martha Gruss and Mrs. Kathryn Dyer in awakening interest and posture consciousness.

This is a mining community and, as is often the case, milk is scarce. This lack is one of the nutrition factors we hope may be corrected next year. That this nutritional improvement could have been secured in spite of this handicap is a demonstration of the fact that "where there's a will there's a way".

The Extension Service desires to thank the teachers and parents for their help in encouraging the children to carry on the nutrition program and attain these encouraging results this year.

Recommendations for the coming year:

1. Try to increase the milk supply for the community.
2. Continue the nutrition and health instruction as a part of the school program.
3. Try to purchase a scales for the school.
4. Try to have a hot lunch at noon.
5. Try hard to make Silver City a Gold Star community.



Smith Valley (Union School District), Lyon County

Number of children enrolled in the fall	58	
Number completing the demonstration	61 or 105.17%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	65.52%	65.57%
Number in Fair Nutritional Condition	17.24	16.39
Number in Poor Nutritional Condition	17.24	18.03
	100.00%	99.99%
Number having Good Posture	52 or 89%	57 or 93%
Number having Poor Posture	3 or 5%	1 or 1%

Smith Valley started the school year with 38 children, or 65.52%, in Good Nutritional Condition; and ended with 40, or 65.57%, in this group, an improvement of only 0.05%. Last fall 10 children or 17.24% were in Poor Nutritional Condition. This group increased to 11 or 18.03%, or 0.79% higher than in the fall. The 61 children completing the project represented 42 families.

Last fall 52 children, or 89.66% had Good Posture. This spring this number was 57 or 93.44%, an improvement of 3.78%. The number having Poor Posture was reduced from 3 or 5.17% to 1 or 1.61%. At the close of the year the number of children receiving Gold Stars in recognition of Good Nutrition, Good Posture, and good food and health habits totaled 40.

This school group, living in one of the nicest valleys of western Nevada presents a challenge to the community. A real nutrition and health problem exists. Many of the families do not have adequate finances but they do have, or can easily get, the adequate food supply. A few families are not using an adequate amount of whole milk. The children reflect this condition. Whole cereal breads and nourishing sandwiches and desserts could well replace many of the store cookies and cakes, to say nothing of candy, consumed by all these children.

Practically all the children carry their lunches to school, but very few ever have anything warm. A hot supplement to the cold lunch from home would be a boon to all these Smith Valley children. We suggest that Smith Valley as a community try to solve this local nutrition and health situation. Since practically all the children in this school bring their lunches to school, it is suggested that a supervised lunch period and a hot supplement to the school lunch be inaugurated next year, if possible, as one of the surest means toward improving the nutrition of the children.

Mrs. Hugh Bernecker, the local leader, deserves a great deal of thanks for her unflinching cooperation in furthering the program in the community. Superintendent Bernecker and the staff of teachers in Smith Valley have also given excellent cooperation in carrying on the nutrition program in the community. This fine assistance is greatly appreciated and is bound in time to bring about more encouraging results.

Recommendations for the coming year:

1. Provide for a supervised school lunch and a warm supplement.
2. Increase the use of milk, and reduce the amount of sweets.
3. Continue the fine cooperation in the school and community.
4. Hold a Child Health Day program.
5. Try to be a Gold Star community.



Wabuska School, Lyon County  
A Gold Star Community

Number of children enrolled in the fall	14	
Number completing the demonstration	14 or 100%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	50.00%	85.71%
Number in Fair Nutritional Condition	35.71	14.29
Number in Poor Nutritional Condition	14.29	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	9 or 64%	14 or 100%
Number having Poor Posture	1 or 7%	0

Congratulations! Wabuska entered the Keep Growing demonstrations again last fall with 7 children or 50.00% in Good Nutritional Condition. During the year this number increased to 12, or 85.11%, a gain of 35.71%. This is over seven times the 5% improvement set in the annual goal. Last fall 2 children were in Poor Nutritional Condition but this spring no one was in this group, an improvement of 14.29%. This is nearly three times the annual goal of 5%.

The posture ratings were improved throughout the year. Nine children, or 64.29%, had Good Posture last fall, and this spring all 14 were good.

Twelve children earned Gold Star ratings with Good Nutrition, Good Posture, and reasonably good food and health habits. The 14 children in this school represent 8 different families.

Miss Annie Lucas, the teacher, who also acted as local leader, has worked untiringly and encouraged the children in their efforts toward better nutrition. Through her efforts a hot supplement to the lunches brought from home was served again this year at school. This was prepared by a group of girls and boys as a 4-H project and carried on throughout the year. It has been most interesting and very valuable to this group of children and they say they want to 'cook' again next year. The supervised lunch periods helped materially to insure adequate time being taken for eating the lunch. It is hoped the parents will cooperate with this effort again next year, not only so far as the hot supplement is concerned but also in providing better home lunches for these growing boys and girls.

The Extension Service sincerely appreciates the efforts of Miss Lucas and the parents, who encouraged and cooperated with her, in furthering the better nutrition of this group of children.

Recommendations for the coming year:

1. Maintain the fine community and parent cooperation.
2. Continue the hot supplement to the school lunch.
3. Hold a Child Health Day program.
4. Try to purchase scales for the school.
5. Try to become an All-Year Gold Star community.



Carson City, Ormsby County  
Hellen M. Gillette, Extension Agent at Large  
A Gold Star Community

Number of children enrolled in the fall	304	
Number completing the demonstration	310 or 101.31%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	72.70%	81.93%
Number in Fair Nutritional Condition	17.76	14.19
Number in Poor Nutritional Condition	9.54	3.87
	<u>100.00%</u>	<u>99.99%</u>
Number having Good Posture	270 or 88%	300 or 96%
Number having Poor Posture	4 or 1%	2 or 0.64%

Congratulations! Carson City is again a Gold Star community. 310 school children from 202 different families completed this tenth successive year of Keep Growing demonstrations.

Since all children in the county attend the Carson City schools, we are proud that Ormsby County is a Gold Star county, with at least 75% of the children in Good Nutritional Condition, less than 10% in Poor Nutritional Condition and over 75% having Good Posture. The actual figures for this group discloses that 221, or 72.70%, were in Good Nutritional Condition last fall, and this spring 254, or 81.93% were in this group, an improvement of 9.23%. The number of children in Poor Nutritional Condition was reduced from 29, or 9.54%, to 12, or 3.87%, during the year. The number having Good Posture was increased from 270, or 88.81%, last fall to 300, or 96.77%, this spring, an improvement of 7.96%. The Gold Star children are those having Good Nutrition, Good Posture and reasonably good food and health habits. At the close of the school year, 254 were in this group. The fourth and sixth grades particularly have been outstanding in their improvements.

The parents of the children in this school, the Parent Teachers Association, Superintendent Priest, the principal, Mrs. Gleason, and her staff of teachers, Mrs. George Dodson, the local leader, and the youngsters themselves are all deserving of praise for maintaining this fine record throughout the year. It is indicative of the excellent results that may be obtained when unflinching cooperation is given. Mrs. Mary Williams, Public Health nurse, has given valuable assistance in furthering the Keep Growing nutrition program in this community.

The W.P.A. has carried on a hot lunch project this year, sponsored by the Parent Teachers Association. Nearly all the children in the school who could not go home for a hot lunch have taken part in this program. Many excellent improvements were directly attributable to these lunches. Where the parents have been unable to pay for these lunches the Parent Teachers Association has given material assistance. About 65 children have had this hot lunch since early this year.

The Parent Teachers Association provided supplementary feedings of milk for malnourished children whose parents were unable to pay for it. This has been of great benefit to these children and has further encouraged them to establish proper food habits and improve their general nutrition.



Considerable attention has been given to the improvement of posture this year and the splendid attainment of the school in this respect testifies to the success of this endeavor.

The Extension Service sincerely appreciates the efforts of all these people, and the help and encouragement they have given to the boys and girls who have tried so constantly to attain a Good Nutritional Condition.

Special thanks should be given to Mrs. George Dodson, the local leader, appointed by the Carson City Parent Teachers Association which is the organization sponsoring the Keep Growing work in the community. Mrs. Dodson, assisted by high school girls, has weighed the children every month and has, by her thoughtful encouragement, given them real help toward better health.

Our only recommendation for next year is that the splendid work in this community and the fine cooperation of the Parent Teachers Association and the teaching staff, as well as parents and children be continued. And we hope Ormsby County will be an All-Year Gold Star county next year.



ORMSBY COUNTY REPORT FOR 1939 TO 1940  
 COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITY	CHILDREN			Annual State Goals		Ultimate State Goals			No. Supple- mentary Activities	No. Gold Star Com- munities	No. Silver Star Com- munities
	#Ex.	#Comp.	%Comp.	5% increase in no. in G.N.C.	5% decrease in no. in P.N.C.	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
Carson City	304	310	101	✓ 8.23	- 5.67	81.93	3.87	96.77	8	1	0
County Total	304	310	101	✓ 8.23	- 5.67	81.93	3.87	96.77	8	1	0



Washoe County - Summary of County Results  
M. Gertrude Hayes, County Extension Agent

The Keep Growing project was carried on in 16 communities in Washoe County during 1939-1940. 298 children were enrolled in the fall and 273, or 91%, completed the work.

The two annual state goals were reached again this year and even exceeded. The number of children in Good Nutritional Condition was increased 8.36%. The number of children in Poor Nutritional Condition was decreased 9.14%. The annual state goal is to increase the number of children in Good Nutritional Condition 5% and decrease the number of children in Poor Nutritional Condition 5%.

The ultimate state goal, to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% having Good Posture, was not reached this year. At the end of the school year only 63.73% of the children were in Good Nutritional Condition, 19.05% were still in Poor Nutritional Condition, and 92.67% had Good Posture. We are proud of this last figure. Although the ultimate state goals were not reached, great improvement was made in the nutritional condition of the children during the school year. The schools have had so many transients the last few years, that permanent progress is very hard to secure. Many of the children in these families come into the county in Poor Nutritional Condition. Severe colds were frequent. These colds cause the children to lose weight; then it takes them a long time to gain what they lost.

The WPA hot lunch project was carried on in two rural schools in the county, Cox and Verdi schools, with a total participation of about 65. The children showed great improvement in their school work as well as gaining in weight. We sincerely hope this hot lunch project can be continued and if possible expanded.

Washoe County has three communities fulfilling the requirements for a Gold Star community, Cox, Franktown, and Glendale. 16 schools served one hot dish during the cold weather, 16 schools hold a supervised lunch period, 3 schools served milk at recess, 8 schools have scales, 6 schools weighed the children regularly, 16 schools gave classroom instructions on health, 4 schools were given physical inspection by the health nurse, 16 schools held Health Day celebrations with 559 people attending, 9 schools made health booklets with 97 booklets made, 16 schools have local leaders, 7 schools have organizations sponsoring the Keep Growing project. All these activities are a decided help.

We wish to express our appreciation to the Washoe County Farm Bureau, the Homemakers Clubs, the Maternal and Child Health Nursing Service, the teachers, local leader and the local newspapers for their cooperation in creating interest and cooperation in these Keep Growing demonstrations.

Recommendations for the coming year:

1. Secure scales for the schools that do not have them.
2. Conduct regular monthly weighings to keep up interest.
3. Continue to stress serving milk at recess.
4. Continue to serve hot food during the winter months.
5. Try hard to make Washoe a Gold Star county.



WASHOE COUNTY REPORT FOR THE YEAR 1939 TO 1940  
COMMUNITY AND COUNTY RESULTS COMPARED TO STATE GOALS

COMMUNITIES	CHILDREN			Annual State Goals		Ultimate State Goals			No. Supple- mentary activities	No. Gold Star Com- munities	No. Silver Star Com- munities
				5% increase in no. in G.N.C.	5% decrease in no. in P.N.C.	75% in G.N.C.	10% or less in P.N.C.	75% having Good Posture			
	#Ex.	#Comp.	%Comp.								
Anderson	43	42	98	1.22	-10.91	52.38	30.95	88.00	7	0	0
Brown	13	14	107	33.51	-24.18	64.28	14.28	92.00	8	0	0
Cox	5	4	80	20.00	0.00	100.00	0.00	100.00	7	1*	0
Empire	18	14	77	15.88	-15.08	71.43	7.14	92.00	8	0	0
Flanigan	5	4	80	30.00	-60.00	50.00	0.00	100.00	6	0	0
Franktown	7	7	100	57.15	-28.57	100.00	0.00	100.00	9	1	0
Galena Creek	7	4	114	3.57	-3.57	75.00	25.00	100.00	7	0	0
Gerlach	52	40	77	4.04	-5.00	67.50	20.00	92.00	8	0	0
Glendale	12	9	75	33.34	-24.99	100.00	0.00	88.00	9	1	0
Lakeside	6	4	66	-16.66	16.67	50.00	50.00	100.00	5	0	0
Lockwood	7	8	114	7.15	-16.07	50.00	12.50	100.00	5	0	0
Sutcliff	6	8	133	-16.66	-20.83	50.00	12.50	100.00	5	0	0
Verdi	71	68	96	2.49	0.92	58.82	22.05	93.00	9	0	0
Vista	7	8	114	32.15	-3.57	75.00	25.00	100.00	7	0	0
Wadsworth	25	24	96	10.83	-11.84	60.00	4.16	87.00	7	0	0
Washoe	14	11	79	2.60	-13.64	45.45	36.36	90.00	9	0	0
County Totals	298	273	91	8.36	-9.14	63.73	19.05	92.67	116	3	0

\*All-Year Gold Star community.



Anderson, Washoe County

Number of children enrolled in the fall	43	
Number completing the demonstration	42 or 98%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	51.16%	52.38%
Number in Fair Nutritional Condition	6.98	16.67
Number in Poor Nutritional Condition	41.86	30.95
	100.00%	100.00%
Number having Good Posture	38 or 88%	37 or 88%
Number having Poor Posture	5 or 11%	0

The Keep Growing demonstrations in Anderson community has suffered from "growing pains" this year. The enrollment has been decidedly increased (72%) due to new settlers who have established homes in the Airport and Peckham Lane additions, (small acreage developments in this section of the county). This sudden increase in school population has made Anderson school into a two-room school, and presented many new problems in regard to nutrition and health habits. A majority of these new children came from outside the state and were in a decidedly malnourished condition. They and their families lacked the usual Nevada Keep Growing traditions. Therefore, much patient, persistent educational work in regard to good food and living habits had to be carried on. Complete success could not be expected in one year, but encouraging progress has been made.

The number of children in Poor Nutritional Condition was decreased 10.91%. This is over twice the annual state goal of 5% decrease. The group in Fair Nutritional Condition also improved 10%. This is a really good improvement considering conditions at the beginning of the year.

The Anderson school held a supervised lunch period and during the cold weather the children brought a hot supplement. Classroom instruction on nutrition was a part of the regular school program. The school has scales, a local leader, and a community organization sponsoring the project.

It is hoped that the new children will remain for a while and attend school regularly so that their nutritional condition will continue to improve. If this happens continued effort, we are sure, will produce much better results next year.

The school did not make health booklets because they lost so much time while the school was being repaired and the new room added. The Health Day program was given at the last day of school.

We wish to thank the teachers, Mrs. Lucas and Mrs. Zunnino, for their help in keeping the children interested in the Keep Growing project.

Recommendations for the coming year:

1. Continue the intensive educational work in nutrition and health habits.
2. Make a special effort to encourage the children to drink milk.
3. Try hard to make Anderson a Gold Star school.



Brown, Washoe County

Number of children enrolled in the fall	13	
Number completing the demonstration	14 or 107%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	<u>30.77%</u>	<u>64.28%</u>
Number in Fair Nutritional Condition	30.77	21.43
Number in Poor Nutritional Condition	<u>38.46</u>	<u>14.28</u>
	100.00%	99.99%
Number having Good Posture	11 or 84%	13 or 92%
Number having Poor Posture	1 or 7%	0

The Brown community had 13 school children enrolled in the Keep Growing demonstration in the fall and 14 or 107% completed the project. Regular class instruction in nutrition and health was carried on in the school. The children brought a hot dish during the cold weather. They also brought milk to drink with their lunch most every day. A supervised lunch period was held. The children eat more lunch when they all eat together and eat slowly. The school has scales and the children were weighed each month. The Homemakers Club gave cash prizes to the children showing the most improvement during the year. A health program was observed on the last day of school. The children did not make health booklets this year.

The nutritional condition of the children was greatly improved as shown by the following report. The number of children in Good Nutritional Condition was increased 33.51% and the number of children in Poor Nutritional Condition was decreased 24.18%. The annual state goal is to increase the number of children in Good Nutritional Condition 5% and decrease the number in Poor Nutritional Condition 5%. Therefore, we consider that excellent results were secured in this community this year.

The ultimate state goal is to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition and 75% having Good Posture. Brown community did not reach all the goals this year, 64.28% of the children are in Good Nutritional Condition, 14.28% are in Poor Nutritional Condition and 92% have Good Posture. Next year this community should have a good chance of reaching a Gold Star rating.

We wish to thank Mrs. MacGillvray for the splendid work done in carrying on the health program in this school. We also wish to thank the Homemakers Club. Their sponsorship did much to increase interest and effort on the part of both parents and children.

Recommendations for the coming year:

1. Continue the nutrition and health instruction in the school as now carried on.
2. Continue to encourage the children to drink milk.
3. Continue the sponsorship of the Homemakers Club.
4. Make Brown a Gold Star community.



Cox, Washoe County  
An All-Year Gold Star Community

Number of children enrolled in the fall	5	
Number completing the demonstration	4 or 80%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	80.00%	100.00%
Number in Fair Nutritional Condition	20.00	0.00
Number in Poor Nutritional Condition	0.00	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	5 or 100%	4 or 100%
Number having Poor Posture	0	0

Congratulations! This year the Cox community is an All-Year Gold Star community in the Keep Growing demonstrations.

This little community is located 35 miles north of Reno in the Red Rock district. The school room is in the home of the teacher. The teacher and pupils prepared a hot noon meal each day. W.P.A. surplus commodities were contributed and the teacher furnished the other foods. Well balanced meals were served. A supervised lunch period was held each day and classroom instruction given on nutrition and good health habits. The school does not have scales. The children were weighed three times by the agent.

As a result of all this cooperative effort the number of children in Good Nutritional Condition was increased 20% (which is four times the state goal of 5% increase) and by the end of the year 100% of the children were in Good Nutritional Condition. Better still, no one in the school was in Poor Nutritional Condition throughout the entire school year. Also, all children had good posture throughout the year. This is a splendid record.

At the close of the school year a health program was given by the pupils. Health booklets were made by each child in the school. Mrs. Eda Carlson, W.P.A., hot lunch supervisor, Mrs. Coulson of the Red Cross, and the agent were asked to have lunch with the children and attend the Child Health Day program. It was a very enjoyable and interesting occasion.

This school had a short term. It is hoped that if this school is continued, funds will be available for a nine months' school.

We wish to thank Mrs. Ruth Jutilla, the teacher, for her fine cooperation in carrying on the nutrition and health work in the school.

Recommendations for the coming year:

1. Continue the hot lunch project.
2. Continue to stress the value of drinking milk.
3. Keep Cox an All-Year Gold Star community!



## Empire, Washoe County

Number of children enrolled in the fall	18	
Number completing the demonstration	14 or 77%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	55.55%	71.43%
Number in Fair Nutritional Condition	22.22	21.43
Number in Poor Nutritional Condition	22.22	7.14
	<u>99.99%</u>	<u>100.00%</u>
Number having Good Posture	15 or 83%	13 or 92%
Number having Poor Posture	1 or 5%	0

The Empire community is located in northern Washoe County at a gypsum plant. The 18 children enrolled in the school are from homes of employees of the plant.

Most of the children live near the school and go home for a noon meal. The school provided milk for the children which was served at the morning recess. We wish all schools in the county would follow this fine example. A nutritional and health program was carried on as part of the regular school program. Health booklets were made by the pupils and a Health Day program held.

Empire just missed being a Gold Star community this year. To be a Gold Star community 75% of the children must be in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% have Good Posture. 71.43% of these Empire children were in Good Nutritional Condition, 7.14% were in Poor Nutritional Condition and 92% had Good Posture, at the end of the school year. This is a good record, but not quite good enough to secure the Gold Star rating.

The annual state goals, to increase the number of children in Good Nutritional Condition 5% and decrease the number in Poor Nutritional Condition 5%, were more than reached. The number of children in Good Nutritional Condition was increased 15.88% and the number in Poor Nutritional Condition decreased 15.08%. In the fall 22.22% of the children were in Poor Nutritional Condition and in the spring only 7.14%. This fine record shows that this Keep Growing demonstration was really a success.

We wish to thank Miss Crosby (the teacher), the local leader, school board, and parents for their interest in improving the nutrition and health habits of these children, and the children for their own efforts.

### Recommendations for the coming year:

1. Buy scales for the school and have regular monthly weighings.
2. Continue to serve milk at recess.
3. Keep up the fine community cooperation.
4. Make Empire a Gold Star community.



## Flanigan, Washoe County

Number of children enrolled in the fall	5	
Number completing the demonstration	4 or 80%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	20.00%	50.00%
Number in Fair Nutritional Condition	20.00	50.00
Number in Poor Nutritional Condition	60.00	0.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	3 or 60%	4 or 100%
Number having Poor Posture	1 or 20%	0

Flanigan is a small railroad community in northern Washoe County, located on the Southern and Western Pacific railroads. The children attending the school are from the surrounding ranches and the homes of railroad employees. The number of children enrolled in the school remains about the same but they are not the same children, as there was a considerable shift in the railroad population. This, of course, is a handicap in securing improvement in nutritional and health conditions.

Despite this difficulty the Keep Growing demonstration was carried on very successfully again this year. At the beginning of the school year only 20% of the children were in Good Nutritional Condition and 60% were in Poor Nutritional Condition. At the close of the year 50% were in Good Nutritional Condition and not any were in Poor Nutritional Condition. Also, 100% had Good Posture. The ultimate state goal is to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% having Good Posture. Therefore, Flanigan reached two of these goals this year.

The annual state goal (to increase the number of children in Good Nutritional Condition 5% and decrease the number in Poor Nutritional Condition 5%) was more than reached. The number of children in Good Nutritional Condition was increased 30% and the number in Poor Nutritional Condition was decreased 60%. This is an excellent improvement.

Class instructions in nutrition and health habits were carried on as a part of the regular school program. Most of the children go home for a hot noon meal. Health booklets were made by the school and entered in the state contest. A health program was given at the last day of school. The school does not own scales. Therefore, the children could only be weighed when the extension agent visited the school.

We wish to thank Mrs. Milne, her pupils, and the parents for their fine cooperation in making this Keep Growing demonstration a real success.

### Recommendations for the coming year:

1. Continue to encourage the children to drink milk.
2. Buy scales for the school.
3. Continue the excellent correlation with the regular school work.
4. Try hard to make Flanigan a Gold Star community.



Franktown, Washoe County  
A Gold Star Community

Number of children enrolled in the fall	7	
Number completing the demonstration	7 or 100%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	42.85%	100.00%
Number in Fair Nutritional Condition	28.57	0.00
Number in Poor Nutritional Condition	28.57	0.00
	<u>99.99%</u>	<u>100.00%</u>
Number having Good Posture	6 or 66%	7 or 100%
Number having Poor Posture	0	0

Congratulations! Franktown is again a Gold Star community. 100% of the children in the school are in Good Nutritional Condition and not any are in Poor Nutritional Condition. 100% of the children have Good Posture. This means that this community exceeded all the ultimate state goals, which are to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition and at least 75% having Good Posture.

The annual goals are to increase the number of children in Good Nutritional Condition 5% and decrease the number in Poor Nutritional Condition 5%. The number in Good Nutritional Condition was increased 57.15% and the number in Poor Nutritional Condition was decreased 28.57%. The whole community is to be commended for this excellent record.

A special milk campaign was conducted by the school. Each child and the teacher brought milk to drink for lunch. A milk booklet was made with a calendar for each month. A gold star was given each child every day milk was brought with the lunch. The project proved to be very successful as shown by the improvement made in the nutritional condition of the children. A supervised lunch period was held and a hot dish was brought during the cold weather. The homemakers club furnished paper towels for the school so the children could wash their hands before eating. Class instruction in health, nutrition, and good posture was a part of the regular school program.

Mrs. Fred Cliff, the local leader, weighed the children each month. Prizes were given for the best gains made. The homemakers club gave cash prizes for the health booklets. A very fine health program was given at the April Farm Center which was of real educational value to the community.

We wish to thank Miss Ghiglieri, the teacher; Mrs. Fred Cliff, the leader; the parents; the Homemakers Club; the children; and the community for their help in making this Keep Growing demonstration a real success.

Recommendations for the coming year:

1. Continue the milk project.
2. Keep up the fine wholehearted community cooperation.
3. Make Franktown an All-Year Gold Star community.



Galena Creek, Washoe County

Number of children enrolled in the fall	7	
Number completing the demonstration	8 or 114%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	71.43%	75.00%
Number in Fair Nutritional Condition	0.00	0.00
Number in Poor Nutritional Condition	28.57	25.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	7 or 100%	8 or 100%
Number having Poor Posture	0	0

Galena Creek community had 7 pupils enrolled in the Keep Growing demonstration in the fall and 8 or 114% completing the work.

By spring 75% of these children were in Good Nutritional Condition and 25% in Poor Nutritional Condition, and 100% had Good Posture. The ultimate state goal is to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition and 75% having Good Posture. Therefore, this group reached only two out of the three ultimate state goals. We hope they will reach all these goals next year and win a Gold Star rating.

The annual state goals, to increase the number of children in Good Nutritional Condition 5% and decrease the number in Poor Nutritional Condition 5%, were not quite reached. The number in Good Nutritional Condition was increased 3.57% and the number in Poor Nutritional Condition was decreased 3.57%. We hope for better results next year.

The children live near the school and go home for a hot lunch. Classroom instruction in nutrition and health habits was given as a part of the school program. The teacher worked very hard to encourage the children to follow the nutrition and health rules.

The state health nurse visited the school and arranged for the children to be brought into Reno to the dental clinic to have their teeth inspected.

The Homemakers Club offered cash prizes to the pupils making the most improvement in their health condition. A health program was given by the pupils at the last day of school. The pupils did not make health booklets this year. We hope they will do this next year to keep up interest.

We wish to thank the teacher, the Homemakers Club, parents, and the community for their help and cooperation in this Keep Growing demonstration.

Recommendations for the coming year:

1. Continue to encourage the children to drink milk.
2. Enter the health booklet contest.
3. Continue the good cooperation shown this year.
4. Try hard to make Galena Creek a Gold Star community.



Gerlach, Washoe County

Number of children enrolled in the fall	52	
Number completing the demonstration	40 or 77%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	63.46%	67.50%
Number in Fair Nutritional Condition	11.54	12.50
Number in Poor Nutritional Condition	25.00	20.00
	<u>100.00%</u>	<u>100.00%</u>
Number having Good Posture	47 or 90%	37 or 92%
Number having Poor Posture	2 or 3%	0

Gerlach had 52 pupils enrolled in the Keep Growing project during the year and 40 or 77% completing the demonstration.

Milk was purchased by the school board again this year and served to the children at recess. This is the second year the board has furnished milk and we hope it will be made a permanent program. It is a decided help in this locality where a milk supply is limited.

Classroom instruction in nutrition and health was given as a part of the school program. Most of the children go home for a hot noon meal but a supervised lunch period was held for the ones who brought their lunch. The school has new scales which were also a big help in keeping up interest and effort. The P.T.A. sponsored the Keep Growing demonstration and stimulated community cooperation. Health booklets were not made by the school. A Keep Growing program was given on the last day of school which always helps in arousing community and home understanding and cooperation.

As a result of this joint effort, by the end of the school year 67.50% of the pupils were in Good Nutritional Condition, 20.00% were in Poor Nutritional Condition, and 92% had Good Posture. The ultimate state goals are to have 75% of the pupils in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% having Good Posture. Perhaps in another year this community will be able to meet these goals. In the spring of 1939, only 60.52% of the children were in Good Nutritional Condition, and 31.58% were in Poor Nutritional Condition, so it is evident that real progress is being made.

We wish to thank the teachers, the leader, the school board, and the parents for their cooperation in making the Keep Growing demonstrations in Gerlach a success.

Recommendations for the coming year:

1. Continue to serve milk at recess.
2. Make Gerlach a Gold Star community.
3. Weigh the children each month.



Glendale, Washoe County  
A Gold Star Community

Number of children enrolled in the fall	12	
Number completing the demonstration	9 or 75%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	66.66%	100.00%
Number in Fair Nutritional Condition	8.33	0.00
Number in Poor Nutritional Condition	24.99	0.00
	<u>99.98%</u>	<u>100.00%</u>
Number having Good Posture	10 or 83%	8 or 88%
Number having Poor Posture	0	0

Congratulations! Glendale is a Gold Star community for the third year.

The school year started with 66.66% of the children in Good Nutritional Condition, 24.99% in Poor Nutritional Condition and 83% having Good Posture. By spring 100% of the children were in Good Nutritional Condition, not any were in Poor Nutritional Condition and 88% had Good Posture. The pupils and teacher worked hard to accomplish this excellent record, and deserve much credit in reaching and exceeding all the ultimate state goals which are to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% having Good Posture.

The annual state goal to increase the number of children in Good Nutritional Condition 5% and decrease the number in Poor Nutritional Condition 5% was much more than reached. The number in Good Nutritional Condition was increased 33.34% and the number in Poor Nutritional Condition was decreased 24.99%. This is unusually good progress for one year.

Half of the children live near the school and go home for a hot noon meal. The children eating their lunch at school brought a hot dish during the winter months and had milk to drink. A supervised lunch period was also conducted. Classroom instruction in nutrition was given as a part of the program. All these things helped produce these good results.

The Glendale P.T.A. and the North Truckee-Glendale Homemakers Club sponsored the Keep Growing work. The mothers club gave cash prizes for the health booklets. A very fine health program was given at the Farm Center meeting in April. We wish to thank Mrs. Reed, the teacher, the P.T.A., Homemakers Club, and parents for their encouragement in making this nutrition and health demonstration a success.

Recommendations for the coming year:

1. Continue to urge the children to drink milk.
2. Weigh the children five times a year.
3. Try to make Glendale an All-Year Gold Star community.



Lakeside, Washoe County

Number of children enrolled in the fall	6	
Number completing the demonstration	4 or 66%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	66.66%	50.00%
Number in Fair Nutritional Condition	0.00	0.00
Number in Poor Nutritional Condition	33.33	50.00
	<u>99.99%</u>	<u>100.00%</u>
Number having Good Posture	5 or 83%	4 or 100%
Number having Poor Posture	0	0

Lakeside is a tiny community located on the shore of Pyramid Lake, 50 miles from Reno. The school is held in one-half of a baggage coach, switched onto a side-track. The other half of the coach provides living quarters for the teacher. The rooms are very comfortable and make a satisfactory school building.

The children attending the school are usually from families of railroad employees, which frequently means a considerable shift in population. This increases the difficulty of establishing good food and health habits. This fall 6 children, from one family were enrolled. In the middle of the year the family was moved to another section, and our new children moved in to take their place. Therefore, the children starting the work are not the same as the ones completing, which accounts for the decrease in the number of children in Good Nutritional Condition and the increase in the number in Poor Nutritional Condition.

As a result of the change in population neither of the annual state goals (to increase the number of children in Good Nutritional Condition 5%, and decrease the number in Poor Nutritional Condition 5%) were reached. Instead the number of children in Good Nutritional Condition decreased 16.66% and the number in Poor Nutritional Condition increased 16.67%. Also, the ultimate state goals (to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% having Good Posture) was not reached. Only 50% of the children were in Good Nutritional Condition, 50% were in Poor Nutritional Condition, and 100% had Good Posture at the end of the school year.

The children live near the school and go home for a hot noon meal. The milk supply for the community is not always adequate. Health booklets were not made by the school this year because of the many changes in the pupils. A health program was given at the close of the year. The school does not own scales; therefore, the children cannot be weighed each month.

We wish to thank Miss Venturino, the pupils, and the parents for their help in promoting the health work in the school. In spite of the poor statistics they really did good work.

Recommendations for the coming year:

1. Continue to encourage the children to drink milk.
2. Emphasize daily health habits at home and school.
3. Try hard to get scales and have regular weighings.
4. Try hard to make Lakeside a Gold Star community.



Lockwood, Washoe County

Number of children enrolled in the fall	7	
Number completing the demonstration	8 or 114%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	42.85%	50.00%
Number in Fair Nutritional Condition	28.57	37.50
Number in Poor Nutritional Condition	28.57	12.50
	<u>99.99%</u>	<u>100.00%</u>
Number having Good Posture	7 or 100%	8 or 100%
Number having Poor Posture	0	0

Lockwood community started this year's Keep Growing demonstration with seven pupils and finished with 8 or 114%.

The number of children in Good Nutritional Condition was increased 7.15% and the number in Poor Nutritional Condition was decreased 16.07%. This is much better than the annual state goals of 5% improvement in each of these groups.

By the end of the school year 50% of the children were in Good Nutritional Condition, only 12.50% remained in Poor Nutritional Condition and 100% had Good Posture. The ultimate state goal is to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition and 75% having Good Posture. Therefore, the ultimate state goals were not reached but decided improvement was made.

The pupils all brought their lunch to school. Some of them walk four miles a day. They brought a hot dish during the cold weather and all brought milk to drink with their lunch. A supervised lunch was held. Class instruction in nutrition and health was a part of the regular program. A health program was given at the close of the school.

The school does not own scales; therefore, the pupils can not be weighed five times a year unless the agent can visit the school that often. Health booklets were not made this year.

We wish to thank Mrs. Flagg, the teacher, the pupils, and the parents for thier interest and cooperation in carrying on the Keep Growing program in the school. Another year's effort should bring this community up to or quite near a Gold Star rating.

Recommendations for the coming year:

1. Continue to encourage the children to drink milk.
2. Try to secure a pair of scales for monthly weighings.
3. Try hard to make Lockwood a Gold Star community.



Suteliff, Washoe County

Number of children enrolled in the fall	6	
Number completing the demonstration	8 or 133%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	66.66%	50.00%
Number in Fair Nutritional Condition	0.00	37.50
Number in Poor Nutritional Condition	33.33	12.50
	<u>99.99%</u>	<u>100.00%</u>
Number having Good Posture	6 or 100%	8 or 100%
Number having Poor Posture	0	0

Suteliff is located 35 miles from Reno, on the shore of Pyramid Lake. The school is made from a remodeled baggage coach. Half of the coach is used for the school and the other half provides living quarters for the teacher.

Six children were enrolled in the fall and 8 or 133% completed the demonstration. The children all live near the school and go home for a hot noon meal. The milk supply for the community is not always adequate. Fresh fruits and vegetables have to be purchased at Reno. All these handicaps make it difficult to keep growing.

The annual state goals, to increase the number of children in Good Nutritional Condition 5% and decrease the number in Poor Nutritional Condition 5%, were not reached. The number in Good Nutritional Condition was decreased 16.66% but the number in Poor Nutritional Condition was decreased 20.83% which is a splendid record. The number of children in Fair Nutritional Condition was increased 37.50%. Perhaps next year the school will reach both goals.

By the end of school 50% of the children in the school were in Good Nutritional Condition, 12.50% were in Poor Nutritional Condition, and 100% had Good Posture. The ultimate state goals are to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition and 75% having Good Posture, so this group still has quite a way to go.

The school does not have scales. The children were not weighed five times during the year. Classroom instruction in nutrition was given as a part of the school program. Health booklets were not made this year but a health program was given at the close of the school.

We wish to thank the teacher, Mrs. Canonic, the pupils, and the parents for their cooperation in carrying on the Keep Growing project.

Recommendations for the coming year:

1. Buy scales for the school and have regular weighings.
2. Continue to encourage the children to drink milk.
3. Try very hard to make Suteliff a Gold Star community.



Verdi, Washoe County

Number of children enrolled in the fall	71	
Number completing the demonstration	68 or 96%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	56.33%	58.82%
Number in Fair Nutritional Condition	22.53	19.12
Number in Poor Nutritional Condition	21.13	22.05
	<u>99.99%</u>	<u>99.99%</u>
Number having Good Posture	61 or 86%	63 or 93%
Number having Poor Posture	5 or 7%	1 or 1%

Verdi started the school year with 71 pupils enrolled and 68 or 96% completed the year.

Many children attending the school are from transient families. These children are often in Poor Nutritional Condition and bring down the record for the school. The regular pupils showed a decided improvement but it is hard to secure permanent improvement for this group where so many children are frequently moving in and out of the community.

The W.P.A. hot lunch project was carried on again this year. As a result many of the children made good gains and an improvement was noticed in their school work. We hope the hot lunch project will be continued next year, as it is really needed in the school.

The ultimate state goals are to have 75% of the children in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% having Good Posture. Verdi's record at the end of the school year was 58.82% of the children in Good Nutritional Condition, 22.05% in Poor Nutritional Condition, and 93% having Good Posture. This record does not do justice to the good work done in the school. Of the children enrolled a decided proportion made good gains, then moved away, and new skinny ones moved in and again brought down the group record.

Classroom instruction was given by the teachers. The school owns scales and part of the pupils were weighed each month. Health booklets were made by one room. A health program was given at the school. Mrs. Christie Thompson, the state Public Health nurse, spoke. Moving pictures were shown by the Extension Service. Awards were made to the children making the most improvement during the school year.

We wish to thank the Verdi P.T.A., the teachers, and parents for their cooperation in making the health project in the school a success, and sincerely wish them more apparent success next year.

Recommendations for the coming year:

1. Continue the hot lunch project.
2. Be sure to weigh all the children each month.
3. Emphasize good food and health habits in the school program.
4. Try to secure more permanent improvement next year.



Vista, Washoe County

Number of children enrolled in the fall	7	
Number completing the demonstration	8 or 114%	
	<u>Fall 1939</u>	<u>Spring 1940</u>
Number in Good Nutritional Condition	42.85%	75.00%
Number in Fair Nutritional Condition	28.57	0.00
Number in Poor Nutritional Condition	28.57	25.00
	<u>99.99%</u>	<u>100.00</u>
Number having Good Posture	7 or 100%	8 or 100%
Number having Poor Posture	0	0

Seven pupils were enrolled in the Vista School in the fall and 8 or 114% completed the project.

Vista did not quite reach the requirements for a Gold Star school this year. By spring 75% of the children were in Good Nutritional Condition and 100% had Good Posture. But alas, 25% were still in Poor Nutritional Condition. To be a Gold Star community 75% of the children must be in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and 75% have Good Posture. We must all try hard to improve this underweight group next year.

In some respects excellent progress was made. The number of children in Good Nutritional Condition was increased 32.15%, which is over seven times the annual goal of 5% increase. The number in Poor Nutritional Condition was decreased only 3.57%, instead of the 5% set as the annual goal. New children entered the school this year and the usual fine record was <sup>not</sup> made. Perhaps next year the school will again be a Gold Star community.

The children all live near the school and go home for a hot noon meal. Class instruction in nutrition was a part of the school program. The school hopes to buy scales next year. The schoolhouse is broken into so often that it seems best not to buy scales until better locks are put on the building. Health booklets were made by the pupils as a part of their regular school work. A Health Day program was given at the close of the school.

We wish to thank Mrs. Crosby, the teacher; the parents; and the pupils for the fine support they have given the health work, and wish them roal success next year.

Recommendations for the coming year:

1. Buy scales for the school.
2. Continue to encourage the children to drink milk.
3. Make Vista a Gold Star community.



Wadsworth, Washoe County

Number of children enrolled in the fall	25	
Number completing the demonstration	24 or 96%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	60.00%	70.83%
Number in Fair Nutritional Condition	24.00	25.00
Number in Poor Nutritional Condition	16.00	4.16
	100.00%	99.99%
Number having Good Posture	20 or 80%	21 or 87%
Number having Poor Posture	3 or 12%	0

The school children in Wadsworth made very good gains during the school year and it seemed for a time that the community might reach the goals for a Gold Star community. However, this spring the children were real sick with bad colds and were not able to regain the weight lost. We hope this group will be able to reach all the goals next year.

This spring 70.83% of the children were in Good Nutritional Condition, (the state goal is 75%). 4.16% were in Poor Nutritional Condition. (This is decidedly better than the state goal of 10%). 87% had Good Posture. (This is 12% better than the state goal of 75%). Thus the school reached two of the three ultimate state goals.

Wadsworth more than reached the two annual state goals (to increase the number of children in Good Nutritional Condition 5% and decrease the number in Poor Nutritional Condition 5%). The number in Good Nutritional Condition was increased 10.83% and the number in Poor Nutritional Condition was decreased 11.84% which is more than twice the annual state goals. This shows real effort.

Most of the children live near the school and go home for a hot lunch. A hot supplement was brought by the rest during the winter months and a supervised lunch period was held. Classroom instruction in nutrition was a part of the regular school program. Health booklets were made by the school. The booklets were displayed at the local Health Day celebration and were entered in the state contest. Mrs. Christie Thompson, of the State Department of Health, spoke at the health program.

We wish to thank the teachers, parents, and leaders for their cooperation in keeping the children interested in improving nutrition and health conditions and thereby helping them to Keep Growing.

Recommendations for the coming year:

1. Continue to stress the drinking of milk.
2. Weigh the children at least five times a year.
3. Make Wadsworth a Gold Star community.



Washoe, Washoe County

Number of children enrolled in the fall	14	
Number completing the demonstration	11 or 79%	
	Fall 1939	Spring 1940
Number in Good Nutritional Condition	42.85%	45.45%
Number in Fair Nutritional Condition	7.15	18.18
Number in Poor Nutritional Condition	50.00	36.36
	100.00%	99.99%
Number having Good Posture	11 or 71%	10 or 90%
Number having Poor Posture	0	0

That Washoe community made decided progress this year is shown by the fact that the number of children in Poor Nutritional Condition decreased 13.64% during the school year. This is considerably over twice the state annual goal of 5% decrease. The improvement in the number in Good Nutritional Condition was not so great, being only 2.60%, while the annual goal calls for a 5% increase.

At the end of the school year only 45.45% of the children were in Good Nutritional Condition and 36.36% were still in Poor Nutritional Condition. 90% had Good Posture. These figures do not do justice to the earnest effort put into this project by the teacher, Miss Doris Chestnut, who tried in every way to arouse interest and cooperation in good nutritional and health habits that would help these children to Keep Growing. We sincerely hope that next year the children and their parents will join with this devoted teacher in reaching the state Gold Star goals of 75% in Good Nutritional Condition, 10% or less in Poor Nutritional Condition, and at least 75% with Good Posture. We suggest that every effort be made this summer to Keep Growing so that all children can enter school in better condition in the fall. This will be a big help in winning a Gold Star standing.

Most of the children live near the school and go home for a hot noon meal. The rest of the children brought their lunch and had a hot dish during the winter months. A supervised lunch period was held. The Homemakers Club furnished paper towels to the school. Class instruction in nutrition was given as a part of the regular school work. Health booklets were made by each pupil and displayed at the health program held at the Farm Center meeting. Cash prizes were awarded the booklets by the Homemakers Club. The school has scales and the children were weighed regularly.

We wish to thank Miss Doris Chestnut, the teacher; Mrs. F. Sauer, the leader; the Homemakers Club; and the parents for their interest and cooperation in carrying out the Keep Growing demonstration in the community.

Recommendations for the coming year:

1. Continue to carry on the Keep Growing project as now conducted.
2. Continue to encourage the children to drink milk.
3. Make Washoe a Gold Star community.