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

State: Colorado
County: Alamosa
Report of: Marie A. ---
County: Home Demon. Agent
From: December 15, 1930 to December 1, 1930

If agent has not been employed entire year, indicate exact period. Agents resigning during the year should make out this report before quitting the service.

READ DEFINITIONS, PAGE 3

Approved:
Date: 12/20/30

Date: DEC 26 1930
SUGGESTIONS RELATIVE TO THE PREPARATION OF THE COUNTY EXTENSION AGENT'S ANNUAL REPORT

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

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

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

NARRATIVE SUMMARY

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

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

SUGGESTIVE OUTLINE OF ANNUAL NARRATIVE REPORT

I. Cover and title page.
II. Table of contents.
III. Status of county extension organization.
   (1) Form of organization—changes and development.
   (2) Function of local people, committees, or project leaders in developing the program of work.
   (3) General policies, including relationships to other organizations.
IV. Program of work; listing goals set up, methods employed, and results achieved.
   (1) Factors considered and methods used in determining program of work.
   (2) Project activities and results.
      (a) Cereals.
      (b) Legumes and forage crops.
      (c) Potatoes, Irish.
      (d) Cotton.
      (e) Tobacco and other special crops.
      (f) Home gardens and home beautification.
      (g) Market garden and truck crops.
      (h) Fruits.
      (i) Forestry.
      (j) Rodents and miscellaneous insects.
      (k) Agricultural engineering and home engineering.
      (l) Poultry.
      (m) Dairy.
      (n) Other livestock.
      (o) Farm management.
      (p) Marketing, farm and home.
      (q) Foods and nutrition.
      (r) Child training and care.
      (s) Clothing.
      (t) Home management.
      (u) Home furnishings.
      (v) Home health and sanitation.
      (w) Community activities.
      (z) Miscellaneous.
V. Outlook and recommendations, including suggestive program of work for next year.
VI. Summary of activities and accomplishments, preferably of one or two typewritten pages only, placed at the beginning or end of the narrative report.
STATISTICAL SUMMARY

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

DEFINITIONS OF TERMS USED IN THIS REPORT

1. A program of work is a statement of the specific lines of extension work to be undertaken by the extension agent during a year or a period of years.

2. A plan of work is a definite outline of procedure for carrying out the different phases of the program of work. Such a plan provides specifically for the means to be used and the methods of using them. It also shows what, how much, when, and where the work is to be done.

3. A community is a more or less well-defined group of rural people with common interests and problems. Such a group may include those within a township, trade area, or similar limits. For the purpose of this report a community is one of the several units into which a county is divided for conducting organized extension work.

4. A project leader, local leader, or committeeman is a person who, because of special interest and fitness, is selected to serve as a leader in advancing some phase of the local extension program. A project leader may be either an organization or a subject-matter leader.

5. Demonstrations as contemplated in this report are of two kinds—method demonstrations and result demonstrations. A method demonstration is a demonstration given by an extension worker or other trained leader for the purpose of showing how to carry out a practice. Examples: Demonstrations of how to can fruits and vegetables, mix spray materials, and cull poultry. A result demonstration is a demonstration conducted by a farmer, home maker, boy, or girl under the direct supervision of the extension worker, to show locally the value of a recommended practice. Such a demonstration involves a substantial period of time and records of results and comparisons, and is designed to teach others in addition to the person conducting the demonstration. Examples: Demonstrating that the application of fertilizer to cotton will result in more profitable yields, that underweight of certain children can be corrected through proper diet, or that the use of certified seed in growing potatoes is a good investment.

The adoption of a farm or home practice resulting from a demonstration or other teaching activity employed by the extension worker as a means of teaching is not in itself a demonstration.

6. A result demonstrator is an adult, boy, or girl who conducts a result demonstration as defined above.

7. A cooperator is a farmer or home maker who agrees to adopt certain recommended practices upon the solicitation of an extension worker. The work is not directly supervised by the extension agent and records are not required, but reports on the success of the practices may be obtained.

8. A 4-H Club is an organized group of boys and/or girls with the objectives of demonstrating improved practices in agriculture or home economics, and of providing desirable training for the members.

9. 4-H Club members enrolled are those boys and girls who actually start the work outlined for the year.

10. 4-H Club members completing are those boys and girls who satisfactorily finish the work outlined for the year.

11. A demonstration meeting is a meeting held to give a method demonstration or to start, inspect, or further a result demonstration.

12. A training meeting is a meeting at which project leaders, local leaders, or committeemen are trained to carry on extension activities in their respective communities.

13. An office call is a call in person or by telephone by an individual or group seeking agricultural or home-economics information, as a result of which some definite assistance or information is given.

14. A farm or home visit is a call by the agent at a farm or home at which some definite information relating to extension work is given or obtained.

15. Days in office should include time spent by the county extension agent in his office, extension conferences, and any other work directly related to office administration.

16. Days in field should include all days spent on official duty other than those spent in office.

17. Letters written should include all original letters on official business. (Duplicated letters should not be included.)

18. An extension school is a school usually of two to six days' duration, arranged by the extension service, where practical instruction is given to persons not resident at the college. An extension short course differs from an extension school in that it is usually held at the college or other educational institution and usually for a longer period of time.

19. Records consist of definite information on file in the county office that will enable the agent to verify the data on extension work included in this report.
GENERAL ACTIVITIES

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

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

   Name: ____________________________
   Title: ____________________________
   Months of service this year: ______

2. County extension organization or association.
   (a) Name: ____________________________
   (b) Number of members:
      (1) Men: __________
      (2) Women: __________

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

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

5. Number of different voluntary county or community local leaders or committeemen actively engaged in forwarding the extension program.
   (a) Adult work:
      (1) Men: __________
      (2) Women: __________
   (b) 4-H Club work:
      (1) Older club boys: __________
      (2) Older club girls: __________
      (3) Older club boys: __________
      (4) Older club girls: __________

6. Number of clubs or other groups organized to carry on adult home demonstration work: ____________________________

7. Members in above clubs or groups: ____________________________

8. Number of 4-H Clubs: ____________________________

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

10. Number of different 4-H Club members completing: ____________________________
    (a) Boys: __________
    (b) Girls: __________

11. Number of members now enrolled in 4-H Club work for:

    | 1st Year | 2d Year | 3d Year | 4th Year | 5th Year | 6th Year and Over |
    |----------|---------|---------|----------|----------|------------------|
    (a) Boys  |         |         |          |          |                  |
    (b) Girls |         |         |          |          |                  |

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

    | Age | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
    |-----|----|----|----|----|----|----|----|----|----|----|----|
    Boys|    |    |    |    |    |    |    |    |    |    |    |
    Girls| 3  | 3  | 5  | 7  | 4  | 3  | 6  | 3  |    |    |    |   |

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

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

<table>
<thead>
<tr>
<th>Number of 4-H Club members in school</th>
<th>Out of school</th>
<th>13</th>
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</thead>
<tbody>
<tr>
<td>Number of 4-H Club teams trained</td>
<td>(a) Judging</td>
<td>14</td>
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<td></td>
<td>(b) Demonstration</td>
<td>1</td>
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<tr>
<td>Number of groups organized for extension work with rural young people above the 4-H Club age</td>
<td>(a) Young men</td>
<td>15</td>
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<tr>
<td></td>
<td>(b) Young women</td>
<td>16</td>
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<tr>
<td>Total number of farm visits made in conducting extension work</td>
<td>(a) Office</td>
<td>20</td>
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<tr>
<td>Number of different homes visited</td>
<td>(b) Telephone</td>
<td>17</td>
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<tr>
<td>Total number of farm visits made in conducting extension work</td>
<td>(c) Office</td>
<td>22</td>
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<td></td>
<td>(d) Telephone</td>
<td>23</td>
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<td>Number of different circular letters prepared (not total copies mailed)</td>
<td>(f) Office</td>
<td>24</td>
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<tr>
<td>Number of bulletin distributed</td>
<td>(g) Office</td>
<td>25</td>
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<td></td>
<td>(h) Office</td>
<td>26</td>
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<tr>
<td>Number of radio talks made</td>
<td>(i) Office</td>
<td>27</td>
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<td>(j) Office</td>
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<td></td>
<td>(p) Office</td>
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</table>

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

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8—5146
### GENERAL ACTIVITIES—Continued

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

35. **Encampments held**
   - (a) Farm women
     - (1) Number
     - (2) Total members attending
     - (3) Total others attending
   - (b) 4-H Club
     - (1) Number
     - (2) Total boys attending
     - (3) Total girls attending
     - (4) Total others attending

36. **Other meetings of an extension nature participated in and not previously reported**
   - (a) Number
   - (b) Total attendance

37. **Meetings held by local leaders or committeemen not participated in by agent and not reported elsewhere**
   - (a) Adult work
     - (1) Number
     - (2) Total attendance
   - (b) 4-H Club
     - (1) Number
     - (2) Total attendance
**PROGRAM SUMMARY**

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

<table>
<thead>
<tr>
<th>Line of work</th>
<th>Number of communities or other units participating</th>
<th>Number of leaders or committee men assisting</th>
<th>Days specialists helped with line of work</th>
<th>Days agent devoted to line of work</th>
<th>Number of meetings held in relation to line of work</th>
<th>Number of news stories published</th>
<th>Number of circular letters issued</th>
<th>Number of farm or home visits made</th>
<th>Number of office calls received</th>
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<tbody>
<tr>
<td>38. Cereals (page 8)</td>
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<td>39. Legumes and forage crops (pages 9, 10)</td>
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<td>40. Potatoes, Irish (page 11)</td>
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<td>41. Cotton (page 11)</td>
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<td>42. Tobacco and other special crops (page 11)</td>
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<td>43. Home gardens and home beautification (page 12)</td>
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<td>44. Market garden and truck crops (page 12)</td>
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<td>45. Fruits (page 12)</td>
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<td>46. Forestry (page 13)</td>
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<td>47. Rodents and miscellaneous insects (page 13)</td>
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<td>48. Agricultural engineering and home engineering (page 14)</td>
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<td>51. Other livestock (page 15)</td>
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<td>52. Farm management (page 16)</td>
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<td>53. Marketing—farm and home (page 17)</td>
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<td>55. Child training and care (page 19)</td>
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<td>56. Clothing (page 20)</td>
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<td>57. Home management (page 21)</td>
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<td>58. House furnishings (page 22)</td>
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<td>59. Home health and sanitation (page 23)</td>
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<td>60. Community activities (page 24)</td>
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<td>61. Miscellaneous (page 24)</td>
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<td>62. Building extension program of work 1</td>
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<td>63. Organization—extension association and committee 2</td>
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<td>6</td>
<td>14</td>
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<td>48</td>
<td>18</td>
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</tbody>
</table>

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

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

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

<table>
<thead>
<tr>
<th>Item</th>
<th>(a)</th>
<th>(b)</th>
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</table>

64. Number of method demonstration meetings held... 64
65. Number of adult result demonstrations completed or carried into the next year... 65
66. Total number of acres included in adult result demonstrations... 66
67. Average increased yield per acre on adult result demonstrations due to recommended practices... bu. bu. bu. bu. bu. bu. 67
68. Number of 4-H Club members enrolled... (1) Boys... (2) Girls... 68
69. Number of 4-H Club members completing... (1) Boys... (2) Girls... 69
70. Number of acres grown by club members completing... 70
71. Total yields of cereals grown by club members completing... bu. bu. bu. bu. bu. bu. 71

(Use space below for State questions not listed above)

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1 Report fall-sown crops the year they are harvested.
2 Indicate crop by name.
## LEGUMES AND FORAGE CROPS

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

<table>
<thead>
<tr>
<th>Item</th>
<th>(a) Alfalfa</th>
<th>(b) Sweet clover</th>
<th>(c) Clover (red, white)</th>
<th>(d) Vetch</th>
<th>(e) Lespedeza</th>
<th>(f) Pastures</th>
</tr>
</thead>
</table>

72. Number of method demonstration meetings held

73. Number of adult result demonstrations completed or carried into the next year

74. Total number of acres included in adult result demonstrations

75. Average increased yield per acre on adult result demonstrations due to recommended practices

76. Number of 4-H Club members enrolled

77. Number of 4-H Club members completing

78. Number of acres grown by club members completing

79. Total yield of crops grown by club members completing

(Use space below for State questions not listed above)

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1 Indicate whether yield is bushels of seed or tons of cured forage.
### LEGUMES AND FORAGE CROPS—Continued

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Soy beans</th>
<th>Cowpeas</th>
<th>Velvet-beans</th>
<th>Field beans</th>
<th>Peanuts</th>
<th>Other 1</th>
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<tbody>
<tr>
<td>72. Number of method demonstration meetings held</td>
<td></td>
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<tr>
<td>73. Number of adult result demonstrations completed or carried into the next year</td>
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<td>74. Total number of acres included in adult result demonstrations</td>
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<td>75. Average increased yield per acre on adult result demonstrations due to recommended practices</td>
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<tr>
<td>76. Number of 4-H Club members enrolled</td>
<td>(1) Boys</td>
<td>(2) Girls</td>
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<tr>
<td>77. Number of 4-H Club members completing</td>
<td>(1) Boys</td>
<td>(2) Girls</td>
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<td></td>
</tr>
<tr>
<td>78. Number of acres grown by club members completing</td>
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</tr>
<tr>
<td>79. Total yield of crops grown by club members completing</td>
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</tbody>
</table>

(Use space below for State questions not listed above)

---

1 Indicate crop by name.

2 Indicate whether yield is bushels of seed or tons of cured forage.
## POTATOES, COTTON, TOBACCO, AND OTHER SPECIAL CROPS

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

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

(Use space below for State questions not listed above)

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1. Indicate crop by name.
## FRUITS, VEGETABLES, AND BEAUTIFICATION OF HOME GROUNDS

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

<table>
<thead>
<tr>
<th>Item</th>
<th>(a) Home gardens</th>
<th>(b) Market gardening, truck, and canning crops</th>
<th>(c) Beautification of home grounds</th>
<th>(d) Tree fruits</th>
<th>(e) Bush and small fruits</th>
<th>(f) Grapes</th>
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</thead>
<tbody>
<tr>
<td>88.</td>
<td>Number of method demonstration meetings held</td>
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<td>89.</td>
<td>Number of adult result demonstrations completed or carried into the next year</td>
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<tr>
<td>90.</td>
<td>Total number of acres included in adult result demonstrations</td>
<td>x x x x</td>
<td>x x x x</td>
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</tr>
<tr>
<td>91.</td>
<td>Average increased yield per acre on adult result demonstrations due to recommended practices</td>
<td>x x x x bu.</td>
<td>x x x x bu.</td>
<td>x qts.</td>
<td>x lbs.</td>
<td>91</td>
</tr>
<tr>
<td>92.</td>
<td>Number of 4-H Club members enrolled</td>
<td>(1) Boys</td>
<td>(2) Girls</td>
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<tr>
<td>93.</td>
<td>Number of 4-H Club members completing</td>
<td>(1) Boys</td>
<td>(2) Girls</td>
<td></td>
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</tr>
<tr>
<td>94.</td>
<td>Number of acres grown by club members completing</td>
<td>x x x x</td>
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</tr>
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</table>

(Use space below for State questions not listed above)
95. Number of method demonstration meetings held.......................... 95

96. Number of adult result demonstrations completed or carried into the next year.............. 96

97. Number of 4-H Club members enrolled
   (a) Boys................................................................. 97
   (b) Girls............................................................... 97

98. Number of 4-H Club members completing
   (a) Boys................................................................. 98
   (b) Girls............................................................... 98

99. Number of transplant beds cared for by club members completing................................. 99

100. Number of acres farm wood lot managed by club members completing............................ 100

101. Number of new forest or farm woodland areas planted according to recommendations.... 101

102. Acres involved in preceding question........................................... 102

103. Number of farms assisted in forest or wood-lot management................................. 103

104. Acres involved in preceding question........................................... 104

105. Number of farms planting windbreaks according to recommendations............................. 105

106. Number of farms following recommendations as to control of white-pine blister rust...... 106

107. Number of farms assisted in other ways relative to forestry (specify below)
    (Use space below for State questions not listed above)........................................... 107

108. Number of method demonstration meetings held.............................................. 108

109. Number of result demonstrations completed or carried into the next year...................... 109

110. Pounds of poison used..................................................................... 110
AGRICULTURAL AND HOME ENGINEERING

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

111. Number of method demonstration meetings held......................................................... 111
112. Number of adult result demonstrations completed or carried into the next year............. 112
113. Number of 4-H Club members enrolled
   (a) Boys.................................................. 113
   (b) Girls.................................................. 113
114. Number of 4-H Club members completing
   (a) Boys.................................................. 114
   (b) Girls.................................................. 114
115. Number of farms following recommendations in installing drainage systems............. 115
116. Acres drained by such systems................................................................................ 116
117. Number of farms following recommendations in installing irrigation systems......... 117
118. Acres irrigated by such systems............................................................................... 118
119. Number of farms building terraces and soil-saving dams to control erosion according to recommendations 119
120. Acres on which soil erosion was so prevented.......................................................... 120
121. Number of farms clearing land of stumps or boulders according to recommended methods.......................................................... 121
122. Number of families assisted with house-planning problems.................................... 122
123. Number of dwellings constructed according to plans furnished................................ 123
124. Number of dwellings remodeled according to plans furnished.................................. 124
125. Number of sewage-disposal systems installed according to recommendations........ 125
126. Number of water systems installed according to recommendations......................... 126
127. Number of heating systems installed according to recommendations....................... 127
128. Number of lighting systems installed according to recommendations...................... 128
129. Number of farms on which buildings other than dwellings were constructed or remodeled this year according to plans furnished.......................................................... 129
   (a) Dairy barns............................................ 130
   (b) Hog houses......................................... 130
   (c) Poultry houses...................................... 130
   (d) Silos................................................... 130
   (e) Other.................................................. 130
130. Number of buildings involved in preceding question
   (Use space below for State questions not listed above)
POULTRY, DAIRY CATTLE, BEEF CATTLE, SHEEP, SWINE, AND HORSES

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

<table>
<thead>
<tr>
<th>Item</th>
<th>(a) Poultry</th>
<th>(b) Dairy cattle</th>
<th>(c) Beef cattle</th>
<th>(d) Sheep</th>
<th>(e) Swine</th>
<th>(f) Horses and mules</th>
</tr>
</thead>
<tbody>
<tr>
<td>131. Number of method demonstration meetings held.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>131</td>
</tr>
<tr>
<td>132. Number of adult result demonstrations completed or carried into the next year</td>
<td></td>
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<td></td>
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<td>132</td>
</tr>
<tr>
<td>133. Number of animals involved in these completed adult result demonstrations</td>
<td></td>
<td></td>
<td></td>
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<td>133</td>
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<tr>
<td>134. Total profit or saving on adult result demonstrations completed.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>135. Number of 4-H Club members enrolled.</td>
<td>(1) Boys</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>135</td>
</tr>
<tr>
<td>136. Number of 4-H Club members completing.</td>
<td>(1) Boys</td>
<td></td>
<td></td>
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<td>136</td>
</tr>
<tr>
<td>137. Number of animals involved in 4-H Club work completed.</td>
<td></td>
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<td>137</td>
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<tr>
<td>138. Number of farms assisted in obtaining purebred sires.</td>
<td></td>
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<td>138</td>
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<tr>
<td>139. Number of farms assisted in obtaining high-grade or purebred females.</td>
<td></td>
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<td>139</td>
</tr>
<tr>
<td>140. Number of bull, boar, ram, or stallion circles or clubs organized</td>
<td></td>
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<td>140</td>
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<tr>
<td>141. Number of members in preceding circles or clubs</td>
<td></td>
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<td>141</td>
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<tr>
<td>142. Number of herd or flock improvement associations organized or reorganized</td>
<td></td>
<td></td>
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<td>142</td>
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<tr>
<td>143. Number of members in these associations.</td>
<td></td>
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<tr>
<td>144. Number of farms not in associations keeping performance records of animals</td>
<td></td>
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*Use space below for State questions not listed above*
<table>
<thead>
<tr>
<th>Activity Description</th>
<th>Number</th>
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<tbody>
<tr>
<td>Number of method demonstration meetings held</td>
<td>145</td>
</tr>
<tr>
<td>Number of adult result demonstrations completed or carried into the next year</td>
<td>146</td>
</tr>
<tr>
<td>Number of 4-H Club members enrolled in account work</td>
<td></td>
</tr>
<tr>
<td>Number of 4-H Club members completing</td>
<td></td>
</tr>
<tr>
<td>Number of farms keeping farm accounts throughout the year under supervision of agent</td>
<td>149</td>
</tr>
<tr>
<td>Number of farms keeping cost-of-production records under supervision of agent</td>
<td>150</td>
</tr>
<tr>
<td>Number of farms assisted in summarizing and interpreting their accounts</td>
<td>151</td>
</tr>
<tr>
<td>Number of farms assisted in making inventory or credit statements</td>
<td>152</td>
</tr>
<tr>
<td>Number of farm business or enterprise survey records taken during year</td>
<td>153</td>
</tr>
<tr>
<td>Number of farms making recommended changes in their business as result of keeping accounts or survey records</td>
<td>154</td>
</tr>
<tr>
<td>Number of other farms adopting cropping, livestock, or complete farming systems according to recommendations</td>
<td>155</td>
</tr>
<tr>
<td>Number of farms advised relative to leases</td>
<td>156</td>
</tr>
<tr>
<td>Number of farms assisted in obtaining credit</td>
<td>157</td>
</tr>
<tr>
<td>Number of different farms assisted in using outlook or other timely economic information as a basis for readjusting farm operations</td>
<td>158</td>
</tr>
<tr>
<td>Number of farms in preceding question making readjustments in—</td>
<td>159</td>
</tr>
<tr>
<td>(a) Wheat</td>
<td></td>
</tr>
<tr>
<td>(b) Corn</td>
<td></td>
</tr>
<tr>
<td>(c) Cotton</td>
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<tr>
<td>(d) Potatoes</td>
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<td>(e) Tobacco</td>
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<tr>
<td>(f) Truck crops</td>
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<tr>
<td>(g) Dairy cattle</td>
<td></td>
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<tr>
<td>(h) Beef cattle</td>
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<tr>
<td>(i) Hogs</td>
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<td>(j) Sheep</td>
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<tr>
<td>(k) Poultry</td>
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<td>(Use space below for State questions not listed above)</td>
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### MARKETING (FARM AND HOME)

Report Only This Year's Extension Activities and Results

<table>
<thead>
<tr>
<th>Item</th>
<th>(a) Grain and feed</th>
<th>(b) Cotton</th>
<th>(c) Dairy products</th>
<th>(d) Livestock</th>
<th>(e) Fruits and vegetables</th>
<th>(f) Poultry and eggs</th>
<th>(g) Home products</th>
<th>(h) Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>160. Number of cooperative-marketing associations or groups organized during the year</td>
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<tr>
<td>161. Number of cooperative-marketing associations or groups previously organized assisted by extension agent this year</td>
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<td>162. Membership in associations organized and assisted (161 and 162)</td>
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<tr>
<td>163. Value of products marketed by all associations worked with</td>
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<td>164. Value of supplies purchased by all associations worked with</td>
<td>$</td>
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<tr>
<td>Number of cooperative-marketing associations or groups assisted with problems of</td>
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<td>165. Preliminary analysis</td>
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<td>166. Organization</td>
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<td>167. Accounting and auditing</td>
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<td>168. Financing</td>
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<td>169. Business policies</td>
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<td>170. Production to meet market demand</td>
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<td>171. Reduction of market losses</td>
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<td>172. Use of current market information</td>
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<td>174. Processing or manufacturing</td>
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<td>175. Packaging and grading</td>
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<td>176. Loading</td>
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<td>177. Transporting</td>
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<td>178. Warehousing</td>
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<td>179. Keeping membership informed</td>
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<td>180. Merging into larger units</td>
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<tr>
<td>Number of farms or homes not in cooperative associations or groups assisted with problems of</td>
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<td>181. Standardizing</td>
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<tr>
<td>182. Packaging and grading</td>
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<td>183. Use of current market information</td>
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(Use space below for State questions not listed above)
184. Number of method demonstration meetings held ____________________________________________ 184

185. Number of adult result demonstrations completed or carried into the next year ___________________________________________________________ 185

<table>
<thead>
<tr>
<th>Food selection</th>
<th>Food preservation</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a)</td>
<td>(b)</td>
</tr>
<tr>
<td>(1) Girls...</td>
<td></td>
</tr>
<tr>
<td>(2) Boys...</td>
<td></td>
</tr>
</tbody>
</table>

186. Number of 4-H Club members enrolled

(1) Girls
(2) Boys

187. Number of 4-H Club members completing

(1) Girls
(2) Boys

188. Number of homes assisted in planning family food budget for a year ____________________________________________________________ 188

189. Number of homes budgeting food expenditures for a year ____________________________________________________________ 189

190. Number of homes balancing family meals for a year ____________________________________________________________ 190

191. Number of homes improving home-packed lunches according to recommendations __________________________________________________ 191

192. Number of schools following recommendations for a hot dish or school lunch ____________________________________________________ 192

193. Number of children involved in preceding question ____________________________________________________________ 193

194. Number of homes using improved methods in child feeding ____________________________________________________________ 194

195. Number of individuals adopting recommendations for corrective feeding (such as weight control, anemia, pellagra, and constipation) ____________________________________________________________ 195

196. Number of jars of canned products preserved by 4-H Club members ____________________________________________________________ 196

(Use space below for State questions not listed above)
<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>197</td>
<td>Number of method demonstration meetings held</td>
<td>197</td>
</tr>
<tr>
<td>198</td>
<td>Number of result demonstrations completed or carried into the next year</td>
<td>198</td>
</tr>
<tr>
<td>199</td>
<td>Number of groups devoting major part of program to child training and care</td>
<td>199</td>
</tr>
<tr>
<td>200</td>
<td>Membership in these groups</td>
<td>200</td>
</tr>
<tr>
<td>201</td>
<td>Number of 4-H Club members enrolled</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(a) Boys</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(b) Girls</td>
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</tr>
<tr>
<td>202</td>
<td>Number of 4-H Club members completing</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(a) Boys</td>
<td>202</td>
</tr>
<tr>
<td></td>
<td>(b) Girls</td>
<td></td>
</tr>
<tr>
<td>203</td>
<td>Number of homes improving habits of school children (other than reported under “Foods and Nutrition” and “Home Health and Sanitation”)</td>
<td>203</td>
</tr>
<tr>
<td>204</td>
<td>Number of homes substituting positive methods of discipline for negative ones</td>
<td>204</td>
</tr>
<tr>
<td>205</td>
<td>Number of homes providing recommended play equipment</td>
<td>205</td>
</tr>
<tr>
<td>206</td>
<td>Number of homes making recommended physical adjustments to better meet children's needs</td>
<td>206</td>
</tr>
<tr>
<td>207</td>
<td>Number of homes adopting better adult habits with respect to development of children</td>
<td>207</td>
</tr>
</tbody>
</table>

(Use space below for State questions not listed above)
## CLOTHING

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

<table>
<thead>
<tr>
<th>208. Number of method demonstration meetings held</th>
<th>208</th>
</tr>
</thead>
<tbody>
<tr>
<td>209. Number of adult result demonstrations completed or carried into the next year</td>
<td>209</td>
</tr>
<tr>
<td>210. Number of 4-H Club members enrolled</td>
<td>210</td>
</tr>
<tr>
<td>(a) Girls</td>
<td>210</td>
</tr>
<tr>
<td>(b) Boys</td>
<td>210</td>
</tr>
<tr>
<td>211. Number of 4-H Club members completing</td>
<td>211</td>
</tr>
<tr>
<td>(a) Girls</td>
<td>211</td>
</tr>
<tr>
<td>(b) Boys</td>
<td>211</td>
</tr>
<tr>
<td>212. Number of individuals following recommendations in improving construction of clothing</td>
<td>212</td>
</tr>
<tr>
<td>(a) Women</td>
<td>212</td>
</tr>
<tr>
<td>(b) Girls</td>
<td>212</td>
</tr>
<tr>
<td>213. Number of individuals using a clothing budget</td>
<td>213</td>
</tr>
<tr>
<td>(a) Women</td>
<td>213</td>
</tr>
<tr>
<td>(b) Girls</td>
<td>213</td>
</tr>
<tr>
<td>(c) Boys</td>
<td>213</td>
</tr>
<tr>
<td>214. Number of individuals making garments for themselves</td>
<td>214</td>
</tr>
<tr>
<td>(a) Women</td>
<td>214</td>
</tr>
<tr>
<td>(b) Girls</td>
<td>214</td>
</tr>
<tr>
<td>215. Number of individuals improving children's clothing according to recommendations</td>
<td>215</td>
</tr>
<tr>
<td>(a) Women</td>
<td>215</td>
</tr>
<tr>
<td>(b) Girls</td>
<td>215</td>
</tr>
<tr>
<td>216. Number of individuals following recommendations in improving care, renovation, and remodeling of clothing</td>
<td>216</td>
</tr>
<tr>
<td>(a) Women</td>
<td>216</td>
</tr>
<tr>
<td>(b) Girls</td>
<td>216</td>
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</table>

(Use space below for State questions not listed above)
**HOME MANAGEMENT**

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

<table>
<thead>
<tr>
<th>Question</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>217. Number of method demonstration meetings held</td>
<td></td>
</tr>
<tr>
<td>218. Number of adult result demonstrations completed or carried into the next year</td>
<td></td>
</tr>
<tr>
<td>219. Number of 4-H Club members enrolled:</td>
<td></td>
</tr>
<tr>
<td>(a) Girls</td>
<td></td>
</tr>
<tr>
<td>(b) Boys</td>
<td></td>
</tr>
<tr>
<td>220. Number of 4-H Club members completing:</td>
<td></td>
</tr>
<tr>
<td>(a) Girls</td>
<td></td>
</tr>
<tr>
<td>(b) Boys</td>
<td></td>
</tr>
<tr>
<td>221. Number of homes keeping home accounts according to a recommended plan</td>
<td></td>
</tr>
<tr>
<td>222. Number of homes budgeting expenditures in relation to income according to a recommended plan</td>
<td></td>
</tr>
<tr>
<td>223. Number of homes following recommended methods in buying for the home</td>
<td></td>
</tr>
<tr>
<td>224. Number of women following a recommended schedule for home activities</td>
<td></td>
</tr>
<tr>
<td>225. Number of kitchens rearranged for convenience according to recommendations</td>
<td></td>
</tr>
<tr>
<td>226. Number of homes following recommendations in obtaining labor-saving equipment</td>
<td></td>
</tr>
<tr>
<td>227. Number of homes adopting recommended laundering methods</td>
<td></td>
</tr>
<tr>
<td>228. Number of homes adopting recommended methods in care of house</td>
<td></td>
</tr>
<tr>
<td>229. Number of homes assisted in an analysis of their home conditions with reference to a standard of living</td>
<td></td>
</tr>
<tr>
<td>230. Number of homes assisted in making adjustments in home making to gain a more satisfactory standard of living</td>
<td></td>
</tr>
</tbody>
</table>

(Use space below for State questions not listed above)
## HOME FURNISHINGS

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

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>231. Number of method demonstration meetings held.</td>
<td>231</td>
</tr>
<tr>
<td>232. Number of adult result demonstrations completed or carried into the next year.</td>
<td>232</td>
</tr>
<tr>
<td>233. Number of 4-H Club members enrolled: (a) Girls, (b) Boys</td>
<td>233</td>
</tr>
<tr>
<td>234. Number of 4-H Club members completing: (a) Girls, (b) Boys</td>
<td>234</td>
</tr>
<tr>
<td>235. Number of individuals improving the selection of household furnishings: (a) Women, (b) Girls</td>
<td>235</td>
</tr>
<tr>
<td>236. Number of individuals following recommendations in improving methods of repairing, remodeling, or refinishing of furniture: (a) Women, (b) Girls</td>
<td>236</td>
</tr>
<tr>
<td>237. Number of individuals following recommendations in improving treatment of windows (shades, curtains, draperies): (a) Women, (b) Girls</td>
<td>237</td>
</tr>
<tr>
<td>238. Number of individuals following recommendations in improving arrangement of rooms (other than kitchens): (a) Women, (b) Girls</td>
<td>238</td>
</tr>
<tr>
<td>239. Number of individuals improving treatment of walls, woodwork, and floors: (a) Women, (b) Girls</td>
<td>239</td>
</tr>
</tbody>
</table>

(Use space below for State questions not listed above)
### HOME HEALTH AND SANITATION

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

<p>| | | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>240. Number of method demonstration meetings held</td>
<td></td>
<td>240</td>
</tr>
<tr>
<td>241. Number of adult result demonstrations completed or carried into the next year</td>
<td></td>
<td>241</td>
</tr>
<tr>
<td>242. Number of 4-H Club members enrolled</td>
<td></td>
<td>242</td>
</tr>
<tr>
<td></td>
<td>(a) Girls</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(b) Boys</td>
<td></td>
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<tr>
<td>243. Number of 4-H Club members completing</td>
<td></td>
<td>243</td>
</tr>
<tr>
<td></td>
<td>(a) Girls</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(b) Boys</td>
<td></td>
</tr>
<tr>
<td>244. Number of 4-H Club members not in special health clubs who participated in definite health-improvement work</td>
<td></td>
<td>244</td>
</tr>
<tr>
<td></td>
<td>(a) Girls</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(b) Boys</td>
<td></td>
</tr>
<tr>
<td>245. Number of individuals following recommendations as to complete health examination</td>
<td></td>
<td>245</td>
</tr>
<tr>
<td>246. Number of individuals improving health habits according to recommendations</td>
<td></td>
<td>246</td>
</tr>
<tr>
<td>247. Number of individuals improving posture according to recommendations</td>
<td></td>
<td>247</td>
</tr>
<tr>
<td>248. Number of individuals adopting recommended positive preventive measures to improve health (immunization for typhoid, diphtheria, smallpox, etc.)</td>
<td></td>
<td>248</td>
</tr>
<tr>
<td>249. Number of homes adopting better home-nursing procedure according to recommendations</td>
<td></td>
<td>249</td>
</tr>
<tr>
<td>250. Number of homes installing sanitary closets or outhouses according to recommended plans</td>
<td></td>
<td>250</td>
</tr>
<tr>
<td>251. Number of homes screened according to recommendations</td>
<td></td>
<td>251</td>
</tr>
<tr>
<td>252. Number of homes following other recommended methods of controlling flies, mosquitoes, and other insects</td>
<td></td>
<td>252</td>
</tr>
</tbody>
</table>

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

**Report Only This Year's Extension Activities**

<table>
<thead>
<tr>
<th>Item</th>
<th>(a)</th>
<th>(b)</th>
<th>(c)</th>
<th>(d)</th>
<th>(e)</th>
</tr>
</thead>
<tbody>
<tr>
<td>253. Number of communities surveyed or scored</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>254. Number of clubhouses, permanent camps, etc., built</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>255. Number of community rest rooms established</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>256. Number of community or county-wide pageants or plays presented</td>
<td></td>
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<td></td>
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<tr>
<td>257. Number of communities developing recreation according to recommendations</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>258. Number of communities assisted in improving hygienic practices</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>259. Number of school or other community grounds landscaped in accordance with plans furnished</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>260. Number of 4-H Clubs engaging in community activities such as landscaping school grounds, conducting a local fair, etc.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>261. Total number of different communities assisted in connection with the community work reported on this page</td>
<td></td>
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</tr>
</tbody>
</table>

**BEES, WEEDS, HANICRAFT, AND MISCELLANEOUS**

Under this heading report other lines of work not included in the preceding pages, such as Bees, Weeds, Handicraft, and similar work, i.e., any other information that can be reported statistically and that will help to give a complete account of the year's work.

<table>
<thead>
<tr>
<th>Item</th>
<th>(a)</th>
<th>(b)</th>
<th>(c)</th>
<th>(d)</th>
<th>(e)</th>
</tr>
</thead>
<tbody>
<tr>
<td>262. Number of method demonstration meetings held</td>
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<td></td>
</tr>
<tr>
<td>263. Number of adult result demonstrations completed or carried into next year</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>264. Number of 4-H Club members enrolled</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>(1) Boys</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>(2) Girls</td>
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<td></td>
</tr>
<tr>
<td>265. Number of 4-H Club members completing</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>(1) Boys</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2) Girls</td>
<td></td>
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</tr>
</tbody>
</table>

1 Indicate project by name.
COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

COLORADO AGRICULTURAL COLLEGE AND U. S. DEPT. OF AGRICULTURE COOPERATING

NARRATIVE REPORT OF THE HOME DEMONSTRATION AGENT

FOR

ALAMOSA COUNTY, COLORADO.

November 30, 1930.

Home Demonstration Agent.
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<td>9</td>
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<tr>
<td>a. Adult</td>
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<td>b. 4-H Club</td>
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<td>IV. Foods</td>
<td></td>
</tr>
<tr>
<td>a. Adult</td>
<td>11</td>
</tr>
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<td>b. 4-H Clubs</td>
<td>12</td>
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<td>V. Miscellaneous activities</td>
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<td>OUTLOOK AND RECOMMENDATIONS FOR 1931</td>
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</table>
I. STATUS OF COUNTY EXTENSION ORGANIZATION

(a) The County Extension organization for Alamosa County is called County Home Demonstration Council. At the time of reorganization after January 1, 1930, it was decided to organize a council, along with the plan for carrying out demonstrations through the project leader plan. This provided for a membership made up of the president and secretary of each club, a chairman, secretary and treasurer, elected by the membership. The duties of this organization were to act as an advisory board, help the home demonstration agent plan the year's program, plan contests and means of securing prizes for contests, and assist with the girls' 4-H Club work where possible.

Home Demonstration Council Members and Officers, 1930

President: Mrs. Clyde Funk, Rt. 1, Alamosa, Colorado
Secretary & Treasurer: Mrs. Don Parkinson, Rt. 3, Alamosa.
Mrs. J. H. Oliver, Hooper, President.
Mrs. John Achatz, Hooper, Secretary
Mrs. S. F. Owsley, Rt. 1, Alamosa, Stanley,
Miss Martha Keck, Rt. 1, Alamosa, Stanley
Mrs. W. E. Fountain, Rt. 3, Alamosa, Waverly,
Mrs. Don Parkinson, Rt. 3, Alamosa, Waverly
Mrs. Clyde Helms, Rt. 3, Alamosa, President
Mrs. Lester Haddon, Rt. 3, Alamosa, Secretary.
Mrs. Joe Hunt, Rt. 3, Alamosa, President, Excelsior
Mrs. John E. Reed, Rt. 3, Alamosa, Secretary "

Home Demonstration Council Members for 1931, with election of officers in December, 1930.

Mrs. Wm. Middaugh, President, Hooper, Colo.
Mrs. Secretary, Hooper, Colo.
Mrs. S. F. Owsley, President, Stanley
Mrs. E. T. Wright, Secretary, Stanley
Mrs. W. E. Fountain, President, Rt. 3, Alamosa, Waverly.
Mrs. Wm. Westenburg, Secretary, Rt. 3, Alamosa, Waverly.
Mrs. Elyda Johnson, President, Rt. 3, Alamosa, Star.
Mrs. G. V. Edgmond, Secretary, Rt. 3, Alamosa, Star.
Mrs. Allen Fennell, Sanford, Excelsior.
Mrs. D. Kennedy, Rt. 3, Alamosa, Excelsior.

The Council met on February 8, 1930, and made plans for continuing the kitchen improvement contest with the idea of having at least one complete kitchen entered in each community, and in addition one or more special kitchen improvements on the part of each club member. In addi-
tion, the Council secured prizes for the kitchen contest, five in number, by selecting unusually attractive and useful articles for kitchen and dining room use. These were paid for out of the council treasury after the merchants, from whom they were bought, made big reductions in prices.

The Council was responsible for the success of the women's recreation camp held at Masonic Park in August. The plans were made by them in joint meeting with the Conejos County Council, and all buying and securing of funds for same done by a committee consisting of Mrs. E. O. Linger and Mrs. S. P. Owsley.

The program of work as outlined by the County Council was carried out through the following projects:

1. Yard Improvement:
   a. Two landscaping demonstrations, one in the north side of the county at the home of S. P. Owsley, and one in the south side of the county at the home of W. E. Fountain.

2. Home Management:
   a. One demonstration given by the specialist, with special demonstrations by the home demonstration agent at local club meetings during February, March and April, closing with a scoring of the improved kitchens in May and a combination Farm Crop and Kitchen tour in August.
   
   b. Twenty demonstrators were secured who wished to keep the Home Accounts records.

3. Home Furnishings.
   All the members of four clubs agreed to carry out a definite demonstration in the way of making improvements in their household furnishings.

4. Adult Clothing:
   Two months spent in the study of children's clothing and some of the exercises conducive to better health of children, with demonstrations given to project leaders by Miss Nora M. Hott, State Home Agent.

5. Adult Foods and Nutrition:
   Demonstrations were given by Miss Miriam J.
Williams, Extension Nutritionist, to the project leaders in April, May and June, presenting Inexpensive Cuts of Meat, The Vegetable Plate Lunch, One Meal Dish and Summer Dessert.

6. 4-H Clothing:
   Five clothing clubs were organized in May, with over seventy-five per cent completing their work.

7. 4-H Foods:
   One new foods club was organized, with 100 per cent members completing everything.

8. Miscellaneous Activities:
   a. February 28, Economic Conference
   b. August 20-22, the Women's Recreation Camp at Masonic Park, assisted by Miss Nora M. Hott one day and Miss Mary Collopy the other.
   c. August 12 and September 2, assisted Star-Waverly Communities prepare for their annual fair.
   d. September 12, Waverly Fair.
   e. Stanley Farm Bureau Exhibit.
II. PROGRAM OF WORK.

The County Home Demonstration Council was responsible for the planning of the program of work in the county for the year 1920. The members of the Council were responsible for the expression of their communities with regard to the work best suited and most desired by them. It was the aim of the Council to so plan the program that it would fill some of the needs of each community and also carry out whatever had been planned the previous year to cover a period of years. The kitchen improvement work, which was started in 1929, was continued throughout the year, 1930, in order to more completely cover the county and to give those who had not been able to make improvement the year before an opportunity before discontinuing the project. In addition, the foods and nutrition project was added, covering the summer months. Following this, two months' work was done on children's clothing. This was brought in at the close of the year mainly to create an interest in clothing as a project for the year to follow.

1. Yard Beautification: Due to the fact that there were so many calls for assistance in the matter of outside home improvement, it was decided to do as much as was possible, while the Extension horticulturist was in the locality toward making folks more conscious of possible improvements in their yards. Arrangements were made to have a demonstration in each end of the county as the county is divided in such a way that one demonstration hardly suffices. Those who were especially in plans for landscaping their yards were notified of the dates when these demonstrations were to be given. In addition, each member of three clubs agreed to make one special planting in their yards with the idea of permancy, using perennials or native plants when possible.

During the early summer several newspaper articles were published in which suggestions were made with regard to plants that are known to thrive in this high altitude. Home visits were made when possible. Much valuable help of this nature was obtained from Mr. Vernon Lantis, Biologist of the Adams State Teachers College, who conducts experiments of this continuously.

As a result, sixty-six of the regular club members of the Hooper, Stanley and Waverly clubs report having planted trees, shrubbery or perennials during the summer of 1930 and with an additional community, Star-Carmel, making plans to have a community-wide campaign the coming spring. Also, the town of Alamosa plans to cooperate by observing Better Homes week for the first time the coming spring under the leadership of Mrs. Wilfred Moses of Alamosa.
III. HOME MANAGEMENT:

Following the Economic Conference there was a demand for some assistance with home accounts. Twenty demonstrators were secured, ten of whom were Alamosa County residents. These demonstrators were visited when possible. The most outstanding has been that of Mrs. S. P. Owaley, Rt. 2, Alamosa, Colorado. Many report that they did not realize how much they spent on the less material things until they kept account of all. Others have found it difficult to keep the accounts because the number of those in the family varies so much during different seasons. Many of the wives find that their husbands object only to the tobacco bill having to go down in the book, and some few refuse to give the cost of this one item.

The work done in home management was a follow-up of the kitchen improvement contest of 1929, but with the idea of more completely covering the county than can be done in one year. This was done by securing on demonstrator in each community to make complete improvement of their kitchens and then ask each member of the organized clubs to make one definite and needed improvement in their kitchens. This resulted in sixty-one rearranging their kitchens and making them more convenient and 110 labor saving devices being added to kitchens. The five special demonstrators are as follows:

Mrs. T. A. Duncan, First
Mrs. Geo. Wolf, Fifth
Mrs. W. E. Lutz, Fourth
Mrs. C. Y. Burson, Third
Mrs. A. C. Morrison, Second

At the close of the campaign, the ladies were asked to write stories of the work done in their kitchens and tell how the work was done, what part their families took in it and how they created interest in the work. The best story is enclosed.

The prizes for this were bought by a committee, Mrs. W. E. Fountain, Mrs. L. B. Wilson and Mrs. Don Parkinson, from funds furnished by the County Council. They selected five prizes ranging in price from $7.50 down. The merchants of Alamosa from whom they were bought let them have these at a reduced price. The ladies figured that this was much better than asking for gifts outright.
The members of the Alamosa County Clubs were asked to make at least one definite improvement in their kitchens. As a result, the following improvements were made:

No. of persons helped ........................................ 174
No. of persons moved to save steps ............................. 76
No. of working surfaces made correct height .................. 25
No. of utensils rearranged to save steps ....................... 82
Improvements in storing pots and pans ....................... 154
No. of small utensils purchased ............................... 112
Improvements in buying and care of utensils ................ 26
Improvements made in wall finish ............................ 22
Improvements made in floor finish ............................ 24
No. of small shelves added .................................... 32
No. of small cabinets added ................................... 10
No. of changes made to improve cupboard ...................... 45
Improvements made in storing fuel supply .................... 16
Improvements made in storing cleaning supplied ............. 22
No. of homemade kitchen conveniences added ................. 67
No. of small containers painted ............................. 86
No. of stoves improved ...................................... 7
BUDGET FOR FARM HOME OUTLINED BY HOME COMMITTEE CONFERENCE

Do you keep a home budget?

That farm home accounts should be kept during 1930 was stressed by the Farm Home Committee which gathered to discuss problems pertaining to the farm home during the fourth annual San Luis Valley Economic Conference held at the Adams State Teachers College Friday.

The committee adopted as its standard the amount of $1,356 as the expenditure for household expenditures during the year.

The budget was apportioned as follows:

1. Groceries ......................................................... $360.00
2. Clothing .......................................................... 450.00
3. Fuel .............................................................. 100.00
4. Lights ............................................................. 30.00
5. Health .............................................................. 100.00
6. Education ......................................................... 50.00
7. Church ............................................................. 50.00
8. Recreation ......................................................... 100.00
9. Home Furnishings .............................................. 66.00
10. Personal ........................................................ 1356.00

The committee further recommended that special emphasis be given to the improvement of home kitchens, especially in regard to the disposal of waste, improved refrigeration and other equipment and the convenient arrangement of kitchen furnishings.

It was urged that farm women should keep personal clothing accounts during the year.

Note: The home page editor recognizes that the average budget does not apply to every family and that the apportionment of that budget would not be entirely practical for every family. Please remember that the Home-Makers' page welcomes any discussion of home problems and will be glad to publish any questions or experiences in budgeting or any other topics relating to the better management of the home.
Four girls' clubs were organized and well started with their work by the middle of June, with one more ready to organize. This will be an addition of a foods club more than the year 1928, making an enrollment of 10 clubs in Alamosa and Conejos counties, and a membership of 140 girls, and with two clubs ready to organize. Most of the clubs have had the first of their special activities, Mother's Day program. Some meeting during July has been set aside by each club as their program, on "Health". At this time each girl is to give her weight, what it should be, then relate some of the things she is going to do to correct same, keeping track of all foods for two weeks during the summer in order to ascertain and correct faulty food habits. The Mosca food club planned to meet at the home of Geraldem Lord, and at that time weigh and check up on the weights of each girl.

**Summer Desserts**

A Leader's Training meeting was held on the last of May, preparing the leaders from each community for the demonstration to be given at their respective clubs during the month of June. Four clubs sent their project leaders, with only the Star-Carmel club not represented at this time. The project leaders gave the demonstration at their regular club meetings with 136 women present. The desserts were given with a view of selecting a variety of ways for using the same foods, and with foods which are especially appetizing when served cold, and finally with the idea of choosing desserts that are most especially healthful for children.

**Canning in Tin**

A demonstration was given in the home of Mrs. Ed Fair of Romeo on canning rabbit and asparagus in tin. As asparagus is so easily raised in the San Luis Valley, it seems most practical to can it for winter use. As a result of this demonstration, several communities of Alamosa county have asked for a demonstration, which will be given when vegetables are ready for canning. Owing to the fact that tin cans are so much more easily and quickly handled during the canning process, Mrs. Fair states that she is going to use it when possible. It has been found that only be canning under pressure at high altitudes can one be sure to be free from the danger of botulism, and due to the advantage of tin over glass in canning under pressure with reference to time and ease of handling, the tin is becoming very popular.

**Home Accounts Records**
HOME ACCOUNT RECORDS

Six of those who are keeping the Colorado Home Account Books were visited, and it was found that Mrs. S. P. Cowsley and Mrs. Clyde Funk, along with Mrs. D. A. Feicts and Mrs. G. F. Platt of Conejos county are keeping outstanding records. Mrs. Platt has simplified the system of keeping records by first keeping the daily records on a desk calendar, then transferring to the account book in order to have an accurate and understandable monthly and yearly record. According to Mrs Platt it is very satisfactory and helpful.

CONVENTION AND CONFERENCE

The time spent while attending the American Home Economics Convention and the conference of the Colorado Extension Workers was one of the most inspiring to all of the Home Extension agents. The opportunity of hearing methods of carrying on the work in other states was a wonderful source of inspiration. Methods of introducing work in "Child Development", was one outstanding feature. The most outstanding source of inspiration and real help was given by Miss Reese, who has charge of Extension Work of the eleven western states, and by Miss Hott, State Home Demonstration Agent of Colorado.

PRIZES OF KITCHEN CONTEST WINNERS NOW ON DISPLAY

Prizes offered for the winners of the Rural Kitchen Improvement contest, being held in Alamosa county and which will be judged between the ninth and fourteenth of July, by Mary Collopy, specialist from the Fort Collins A. & M. College are now on display in the Chamber of Commerce Window.

A set of very lovely and useful kitchen articles are being offered. The first prize is a combination in a beautifully tinted bakeware with a silver cover and plate. A new baked china casserole will be given for the second prize. A fancy teapot is being offered for third prize. The fourth prize is a pair of scales, and the fifth is a handy recipe box.

The purpose of the Rural Kitchen Improvement Contest is to improve domestic science and are in the farm homes.

KITCHEN CONTEST BRINGS ABOUT MANY CHANGES

ENTRANTS ADD CONVENIENT DEVICES TO HELP IN HOUSEWORK

Now that the kitchen improvement contest is drawing to a close, all contestants are making hammer, saw, paint and varnish fly, according to Miss Marie Neff, home demonstration agent. One of the most common improvements seem to be the changing of working surfaces in order that they may be the proper height for the individual. Table legs are taking on extensions, some have lost an inch or two, stoves have been lowered and raised, as may fit the case, but the idea is to have all such surfaces so that when the housewife stands erect she can lay the palm of her hand on the surface on which she is working.
(Kitchen Contest Brings About Many Changes, Cont'd)

A substantial work-table is essential to every kitchen. It is not necessarily found in the attractive porcelain or steel top tables, nor is it essential to have the very desirable built-in features. The coarse wooden table, painted or varnished, and covered with linoleum serves the purpose nicely. The linoleum is cemented or glued firmly to the table or cabinet and may be varnished at intervals, providing an inexpensive and durable surface where a work-table is used. Either printed or inlaid linoleum may be used.

One of the other materials which is being used is nicked zinc, which is proving more popular as a cabinet or table top metal than either galvanized iron or zinc as it is not affected by acids, although it costs approximately twice as much as zinc, it is a permanent investment. In addition, oilcloth is often used for table tops but unless it is glued to the surface, it is very unsatisfactory. The well-oiled or varnished table top is preferred by some, but hot pans must be considered in this connection.

MRS. T. A. DUNCAN RELATES TALE OF HER NEW KITCHEN

Winner of First Place Pleased With Many Improvements

New Sink Installed

Conveniences Save Many Steps; Adds to Comfort

Several of the county women who entered the kitchen improvement contest have written letters to Miss Marie Neff, home demonstration agent, telling how much nicer and convenient their kitchens are since they entered the contest.

Mrs. T. A. Duncan who won first prize in the kitchen contest, received a lovely tinted baking dish as a reward, improved her kitchen a great deal. Through Miss Neff her letter was submitted for publication:

"Oh, how I worked, and how discouraged I got, but since it is finished I have forgotten my discouragements. To start with, this house is one of the oldest in this part of the country, so you see the plastering is not very good. It is too rotten to hold oil paint and it is patched in one hundred and one places, so I decided to calcimine over the wall paper on the walls. If I were doing it again I would not try to calcimine over paper, for mine has cracked so badly that it spoiled the looks of the work. The ceiling has been calcimined and I cleaned that all off and got in trouble, for the wall had been smoked so badly. Before anything was done to it, I put on a coat of calcimine and the black coat showed through awfully. I finally used three coats on the ceiling and one on the walls.

"The thing I enjoy most is the sink, and to think we have had it here for three years, and never installed it until I entered this contest. Now the whole family wonder how we have
MRS. T. A. DUNCAN RELATES TALE OF HER NEW KITCHEN

Winner of First Place Is Pleased With Many Improvements

SINK IS INSTALLED

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"The thing I enjoy most is the sink, and to think we have had it here for three years, and never installed it until I entered this contest. Now the whole family wonders how we have done without it all this time, and it was such a short job to install it, and small expense for the lumber and nails. We are all just real proud of this corner of the kitchen.

"We got the pantry roof fixed. It has leaked for about four years. To fix it required five cents in money and about ten minutes in time. We brought crack-fix and five cents repaired the pantry roof, the kitchen porch roof, and the blacksmith bel-lies. It is queer how people will put off doing little things.

"The boy of the house has been a handy man the past month. He made me the dandiest paper rack and made a set of three drawers for the pantry and a tool box for the work stand. He put partitions for different size nails and screws, and screw-driver, pliers, wrench and one he calls the 'junk box.'

"I painted the kitchen furniture by mixing some yellow paint and some floor enamel that was left from the front room floor and varnished the woodwork. I prefer the varnished woodwork on account of the light in the kitchen. I like the rugs that were made from packing boxes; they are so restful to stand on to iron or to wash dishes.

"I am so glad I entered this contest for we have the pantry roof fixed, and of all, we have the sink—the one thing that saves so many steps. And I have a lovely paper rack and a handy set of drawers in the pantry. Best of all, I have a nice clean kitchen in general.

"Mr. Duncan says I had better enter a bedroom contest for this contest has worked such wonders on the kitchen. The bedroom roof needs fixing, and I have the paper to put on the walls, but I just can't find time.

"I am glad I entered in spite of all the hard work and discouragements, for we have finished the kitchen whether we had time or not on a certain date."
ALAMOSA COUNTY
KITCHEN CONTEST
WINNERS JUDGED

Steps Between Working
Places Are Greatly
Reduced

Having completed the kitchen improvement tour, the contest winners for Alamosa county have been announced. In selecting contest winners, the amount of improvement in appropriation to the cost was the greatest factor.

Many wonderful changes were made in the kitchens of the rural homes who entered the contest, and many steps between working surfaces were lessened.

Mrs. T. A. Duncan of Hooper was the winner of the first prize, which was a lovely tinted baking dish with a silver plate cover.

Before entering the contest, Mrs. Duncan's kitchen was of an old old type, ten foot ceilings and seven openings for doors and windows; it had neither sink nor running water.

Water Piped Into House

After she entered the contest, she had an old sink, which had been stored on the place for years, installed in the kitchen and water piped into the house from her artesian well. In addition to this improvement, for which she says that she is thankful, she refinshed her walls in ivory and pale blue and rearranged work tables in the kitchen more conveniently. She refinished an old pantry which had all the plaster off the ceiling so that it was practically impossible to keep food in a sanitary condition, and rearranged it so that things most used were nearest the door, stove, and sink. The kitchen table and chairs were also refinished, and a linoleum was transferred from another room in the house.

Mrs. Duncan's son made a very convenient magazine and newspaper rack which was placed in one corner near the stove.

Steps Lessened

Mrs. Morrison, route 2, Alamosa, was awarded the second prize, a China casserole, for her kitchen. The walls were refinished in a lovely light cream color and the woodwork and floor was varnished, and a new linoleum was placed on the floor. Mrs. Morrison, who also had a very large kitchen, completely rearranged to lessen the steps between working places. Finding that her stove fit very nicely in her pantry, she moved the stove and her cabinet into it, making it close to the sink, and leaving the kitchen to appear more like a dining room than a combination of the two. She also refinished the shades and put up new dainty curtains, and placed bright colored cretonne covering over the window seat along the group of windows on the north.

Handy Woodbox Installed

Mrs. C. Y. Burson of Hooper, winner of third place, a teapot, refinished her walls in a coat of white washable flat paint, varnished her woodwork and patched the linoleum in the places where it had worn through. She also rearranged her built-in cabinet, and put up dainty white curtains which added to the appearance but did not obstruct light from the kitchen. In addition to this, several handy shelves were built in the corner between the sink and stove, bringing many things conveniently to the places where they were used most.

Mr. Burson built a very handy woodbox behind the stove, where formerly the wood had been piled on the floor. It was built on rollers fastened to the wall so that the box may be pushed out when fuel is wanted and rolled back out of view when not wanted. It was placed high enough from the floor so that the coal basket may be set under it. One of the greatest improvements in this kitchen was the new top on the kitchen cabinet, which the sun had warped until it was hardly usable. Now it had a lovely linoleum cover cemented on its surface.

Mrs. W. E. Lutz, route 1, Alamosa, the winner of fourth place, refinished her walls in grey, rebuilt the walls, making a breakfast nook out of one of the sdeves in the kitchen. She was awarded a pair of kitchen scales.

Mrs. J. L. Wolfe of Hooper won fifth place, a handy recipe file box. Her kitchen was refinished in light cream which added greatly to the cheer and cleanliness of the room. Mrs. Wolfe's son built a small cabinet, an iceless refrigerator, and arranged a breakfast nook in the kitchen.

Kitchen Tour Soon

A tour of these kitchens and some of the yards demonstrated by George Beach this spring will be made along with the farm crop tour sometime during August.

Miss Marie Neff, home demonstration agent, wishes to remind the women of the women's recreation camp, including Alamosa and Conejos counties, which will be held August 20 to 22.

It is definitely known that we will have Miss Mary Collopy and Miss Nora M. Hott at the camp.

The exact place and the program for the camp sessions will be announced in a later issue of the Alamosa Journal.
Proper coil of resealing chain demonstrated.

Reeved as to of made from red chain.
Cooperative Extension Work
In
U.S. Dept. Agriculture
State of Colorado
College Agri.
Cooperative

Tour

Convenient Kitchens—Happy Wives!
Come and see the improvements that have been worked out by the contestants.

Also bring your husband.

Tell your neighbor about it; she will enjoy it too.

Monday July 14
(Postpone your washing)
Meet at Brown's Store—La Jara 9:00 A.M.

Pete Peterson, Sanford—-9:15
W. A. Crowther "— 9:45.
H. Nagle, Romeo 10:15
Frank Fair " 10:40
Lyle Smith " 11:00
Geo. Baldauff " 11:20
Ed. Fair " 11:45

D. A. Feitz, Antonito—-2:00
Thos. Keel, Manassa 2:30
Edwin Boice " 2:50
J. S. Holman " 3:10
W. C. Crowther " 3:20
Merle Holman " 4:00
Con Gilliland " 4:20

Bring Basket Lunch—Picnic Dinner on the Ed Fair lawn, Romeo between 12:00 and 1:00

Coffee will be served

Marie Tuff
Home Demonstration Agent.
COOPERATIVE EXTENSION WORK in AGRICULTURE AND HOME ECONOMICS State of Colorado

Colorado Agricultural College and United States Department of Agriculture Cooperating

Extension Service

Circular 1120

ALAMOSA COUNTY CARRIES ON!

Three-Year Kitchen Improvement Campaign

Brief History - Alamosa County was the first in Colorado to launch 3-year kitchen improvement contest. First contest held in 1929 under direction of Ramona W. Ryan, home demonstration agent, with the following enrolled:

Mrs. A. L. Tenant, Mrs. J. H. Oliver, Mrs. Ralph Farnham, all of Hooper, Mrs. W. E. Fountain, Mrs. L. E. Wells, Mrs. Tom Taylor, Mrs. Keith Westenburg, Mrs. Adolph Hersig, Mrs. W. E. Lutz, Mrs. Jim Ross, Mrs. Alice Burkham and Mrs. J. Calkins, of Alamosa, and Mrs. J. L. Wolfe and Miss Inez Rudd of Center.

In 1930 five demonstration kitchens were enrolled by Miss Marie Neff, home demonstration agent, to carry on the kitchen improvement demonstration work begun in 1929. These included: Mrs. W. E. Lutz, Route 3, Alamosa, Mrs. T. A. Duncan, Mrs. C. Y. Burson and Mrs. Jay L. Wolfe, of Hooper, and Mrs. A. R. Morrison, Mosca.

TOURS

In May, 1929, the contest closed with a tour of 103 miles in which nine kitchens were visited. An Achievement Day program was held in Alamosa at noon.

WINNERS

Any woman who improves her workshop is a winner, always! The basis of award has been "the greatest improvement in proportion to expense." Rearrangement to save steps has been stressed as an improvement which can often be made without any cost.

The Tenant, Oliver, Fountain, Rudd, Farnham and Wells kitchens were in the winning class in 1929. In 1930 the County Extension Club awarded prizes to each of the five demonstrators with the Duncan kitchen placing first and the Morrison kitchen second.
Highlights in 1930 Kitchens -

Duncan home - Installed sink which had been on the premises for three years; added new ceiling to "pantry which leaked," built new cupboard under sink and rearranged all utensils and supplies in pantry to save steps; moved medicine cabinet to more convenient place; made tool box; painted woodbox; repaired kitchen roof; new linoleum; made cutlery drawers in pantry, etc. The total cost was only $13.00 (large kitchen and pantry).

Morrison home - Here the greatest improvement in step-saving and back-saving was made by converting the pantry into a kitchen and the kitchen into a dining room. A wash stand with drawers was moved from the bedroom to the kitchen to take care of storage of towels, aprons, etc. A window seat, made from a box covered with cretonne, also relieved the storage problem. For a cost of only $7.60 Mrs. Morrison created an attractive dining room and a compact kitchen. As in most contest kitchens the walls were refinished. Linoleum formerly used in other parts of the house was placed in the new dining room.

Burson home - Cheer and convenience in large measure were introduced into this kitchen at a cost of only $5.16. Shades and curtains were added to the windows and an attractive plant placed in window sill. Walls were refinished with a durable, washable paint (on hand for years), the kitchen cabinet top, badly warped and unfit for use was remodeled and covered with linoleum. Partitions were put in all drawers. All pots and pans were regrouped in drawers; bins were repaired and a bread board added to the cabinet. All woodwork was refinished. A washable curtain was hung at the mop closet. A sliding woodbox (made by a handy, interested husband) was attached to the wall back of the stove. The coal pail rides on its own "chariot" - a platform on casters. Numerous small improvements were made. All for less than $6.00!

Lutz home - A dream of long standing came true for Mrs. Lutz when she "built her own pantry" out of rough lumber. The addition of this partition changed the shape and size of the Lutz kitchen materially. It made possible a new grouping of supplies and utensils. Curtains were hung, walls refinished, linoleum painted and the sink repaired. Cost $10.55.

Wolfe home - The kitchen improvement work started by Mrs. Wolfe in 1929 and finished in 1930 brought new joy and comfort to the family. For a cost of $24.67 she routed darkness out of her old kitchen and substituted light and convenience. Countless small repairs and changes were made not only by Mrs. Wolfe but by members of the family. New linoleum and lighter walls, were listed by this contestant as two of her greatest improvements. An iceless refrigerator also solves a food storage problem.

All hail to these five demonstrators who kept the good work going in this three-year campaign!

What Next?
In 1931 a bigger and better contest than ever is planned by
the County Extension organization. Entries from every community in the county will be solicited. Sentiment in favor of competition on a community basis instead of an individual basis is increasing not only in this county but throughout the state. Ask your home demonstration agent about this plan. It was a great success in Sedgwick and Lincoln counties in 1930.
III. CLOTHING:

a. Adult

The adult clothing program was given in the form of an effective project leader's training meeting on Children's Clothing in Relation to Their Health in October by Miss Nora M. Hott, State Home Agent. This work was planned to fill in at the end of the year as a stimulus to greater interest in the clothing program which is planned for the beginning of 1931.

The work was presented to ten project leaders who in turn presented it in each of the communities, reaching in all 230 homes. It was presented first from the standpoint of buying as well as pertaining to the health of the child. Smoothness of seams which come next to the body, construction so that the best posture may be induced, quality of material, stressing of cotton rather than wool underwear, and also attractiveness of construction of outer garments. In this connection, too, exercises which tend to promote better posture were given the mothers with the request that each be carried out in the home. In addition, each one was requested to make one of the garments exhibited before the next meeting. As a result, 63 garments were made and each family have been trying the exercises with the children. The women of the clubs like the exercises themselves and have reported some benefit from them.

b. 4-H Clothing

Five girls' clubs were organized in Alamosa county with a membership of 48 girls. Four of these clubs were clothing clubs and one first year foods club.

The clubs with leaders are as follows:

Hooper Clothing Club: Mrs. Corbin Cotton, Leader
Mosca Foods Club: Mrs. C. V. White, Leader
Stanley, Clothing: Mrs. A. J. Newman, Leader
Waverly, Clothing: Mrs. Wm. Heersink, Leader
Star, Clothing: Mrs. J. J. Schecter, Leader

Two of the clubs exhibited clothing at the Waverly Community Fair. This, falling just before the State Fair added incentive to the finishing of the work. Nice prizes were given to the girls by the business men of Alamosa, with the Sweepstakes going to a second year girl and one who was much in need of the prize. Thirteen girls exhibited their complete summer's work.
On September 8th, about 40 of the 4-H girls held their achievement day program in the office of the Chamber of Commerce. Exhibits were placed by 10:30 and judged by Miss Graham, Home Economics teacher in the Alamosa High School. Dinner was served by the mothers of the girls during the noon hour, hot cocoa being served by the home demonstration agent.

Immediately following dinner, a program was opened by the Mosca club who, with Geraldene Lord as song and yell leader, started the pep meeting. Each club, in turn, added something to the program. The Waverly club gave a favorite song, lead by Eva Tanaka, a little Japanese girl of that community. The Stanley girls gave a demonstration of the four most recent periods of change in style of women's clothes. The Star Club was represented by a demonstration given by Madge Schecter and Cyril Eykyn on "How a Schoolgirl can Dress Appropriately With Two Pairs of Shoes." This was particularly instructive, giving the girls ideas concerning appropriateness, care of clothing, and tips concerning buying.

Following the program, the winners were announced and plans made for sending them to the State Fair at Pueblo. The winners were:

Geraldene Lord, Mosca, First in Foods
Madge Schecter, Rt. 3, Alamosa, First in Clothing
Annabel Bresnahen, Rt. 3, Alamosa, Second in Clothing.

The 4-H Club exhibits at the State Fair seem to be one of the greatest incentives for better work. The girls return home with many ideas for general improvement of their clubs the coming year.

Two of the clubs, Mosca and Waverly, completed all of their work, completed all of the extra program for the summer and both of them completed with over 85% of their members. The Mosca club gave demonstration of "A Model 4-H Club" to practice teachers of Adams State Teachers College. All of these teachers were from rural districts and would have opportunities to get in touch with 4-H Club work.
The first project leaders’ training for the children’s clothing program for the home demonstration clubs was held at the Chamber of Commerce in Alamosa on Tuesday afternoon, October 14th, with six communities represented and two, Excelsior and Stanley, not represented. Those present were: Mrs. W. E. Fountain and Mrs. Brenahan of Wavery, Mrs. Elyea Johnson and Mrs. Schecter of Star, Mrs. J. V. Edgmond, Mrs. Cyril Eykyn of Carmen, Mrs. H. F. Lewis and Mrs. E. O. Linger of Hooper, Mrs. Swain of East Alamosa, Mrs. Inez Ehlers of the south Stanley district, and Mrs. Vernon Lantis of Alamosa.

Leaders Plan Presented

As the project leader plan is new, Miss Hott, State Home Agent and Clothing Specialist, explained to the ladies that two new leaders should be appointed from each club at the beginning of each project. These leaders would meet once each month and receive training from a specialist from Fort Collins. Each project is so outlined that it will require four months to complete, and one extra month in which to have an achievement day covering the same. The leaders should feel the responsibility of presenting the program to their clubs just as the specialist presented it to her, thus not having to give her own ideas concerning the problem. In addition, it shall be the duty of the project leader to ask definite results from each club member and to secure reports of this and mail to the home demonstration agent following each club meeting.

Club Programs Outlined

Miss Hott also presented the project leaders with the suggested outline of club programs, suggesting that each club meeting open its meeting with a song, regular order of business, report of previous months’ home work, presenting of special problems and social hour.

Children’s Clothing Problem

The children’s clothing problem, as presented by Miss Hott, is barely outlined as follows:

“Children’s clothing—shoes, hosiery, garters, undergarments, sleeping garments and rompers—should be chosen from the standpoints of health and self care.

“Undergarments should be porous to insure warmth and ventilation and should be elastic so as to allow freedom of movement, and prevent irritation or binding. Special attention should be given to the neck finishing to see that it does not irritate.

Selecting Proper Clothing

“The flat fell seam is recommended for bloomers. Elastics is not preferred because of the pressure on the body and the consequent binding of circulation. Garters should be selected with care so as not to cause pressure or contribute toward poor posture.

“It is much easier for the child to dress himself,” Miss Hott cautioned, “if the clothing is properly constructed. Certain features which make clothing easy to put on are: Sleeves and waists which fasten down the front with a few large buttons, garments which slip over the head, cloaks of soft materials with loop fastenings rather than buttonholes, zip-on sweaters and plan suits, and plackets on pants at the side front rather than under the arm.

Children Should be Trained

“Children may be trained in neatness and in the care of clothing by having attractive hangers and low-placed hooks in the closets. Shoes may be kept on low shelves. Low shelves with chests or boxes for playthings or clothes, and cupboards for books and ‘prize collections’ are a great help to the child in learning to care for his possessions.”

Miss Hott suggested that the club members suggest ideas they have found useful in training their own children. In addition, Miss Hott gave exercises useful in maintaining good posture which are especially useful to growing children. These will be given at each of the next club meetings and each mother asked to try them at the children’s bedtime and report results at the next meeting.

Miss Hott exhibited an interesting display of children’s clothing, most of it being useful with boys and girls as old as fourteen years. This exhibit will be used by the project leaders at each of the clubs for the following month, according to Miss Neff.
Enclosure

Date: Sept 8, 1830
August 27, 1930

ACHIEVEMENT DAY! 4-H CLUBS, SEPTEMBER, 1930

at

ELKS HALL

ALAMOSA, COLORADO

WINNERS GO TO STATE FAIR, PUEBLO

Exhibits must be placed by 10:30 A.M. Saturday.
Judged from 10:30 until 12:00

At noon we will have picnic lunch. Bring your lunch

1:00 o'clock we will have a short program:

LET US SEE IF EACH CLUB CAN'T PUT ON SOMETHING SPECIAL

NOT OVER TEN MINUTES LONG

Either

a short stunt

a demonstration

or

a judging team.

Don't fail to come and enter the fun - lots of it.

Sincerely,

Home Dem. Agt.
IV. FOODS

a. Adult:

On April 21, a joint leader training meeting was held in Alamosa covering Inexpensive Cuts of Meat and presented by Miss Miriam J. Williams, Extension Nutritionist. This was attended by 16 representatives from Conejos County and 14 from Alamosa County.

On April 22d, Miss Williams gave the demonstration One Dish Meals in Alamosa to Alamosa County project leaders. Twelve leaders were present, representing five communities. Both of these were followed during the summer months with demonstrations to leaders on Vegetable Dinners and Simple Desserts. Each was repeated to the five organized clubs with an average attendance of 90 and a maximum attendance of 125.

Each agreed to keep a report for a period of four months with the following to report:

No. of persons helped ............ 141
No. of weeks using breakfast fruit 4-7 times weekly 216
No. of weeks using whole grain cereals " " 224
No. of weeks giving children milk for breakfast 254
No. of weeks using simple desserts with meat meals 904
No. of weeks serving 1 or more vegetable dinners 892
No. of weeks serving 3 or more 1 dish meals 434
No. of weeks using daily quota of milk 139
No. of weeks using daily quota of vegetables 1024
Improving of health conditions of family 50

According to reports submitted, only two-thirds as many were using fruits for breakfast as were using the whole grain cereals 4-7 times per week. The Simple Desserts seem to have been much more popular than the one-dish meal as twice as many reported using the simple desserts as demonstrated. The vegetable plate dinner seems to be less popular on the farm than some of the other dishes for only half of the ladies reported carrying out the regular use of vegetable plates. However, three fourths of them seem to be using their daily quota of milk. During the summer months, it seems that those living on farms use their quota of vegetables, but not during the winter months.
Demonstrations On Canning Food in Tins Given Local Women

Method Is Simple and Quickly Done; No Liquid Is Lost

Pressure Canning

Nine women took part in a demonstration of canning in tin which was held at the home of Mrs. S. P. Owley on the Stanley district last Friday. Both string beans and English peas were canned.

It seems, as Mrs. Clyde Funk remarked, that they expected this to be done according to the method which was used years ago where a soldering iron was used to seal the cans. When they found how simple the method is, and how quickly it may be done, how much time is saved over the method of canning in glass, and when finding that no liquid is lost when canning under pressure, as is the case with the glass jar method, they were all highly elated.

These ladies said that as a rule they only raised what they could eat in the summer time, and did not can all they can use during winter because of the difficulties encountered with glass under pressure. And, due to the fact that vegetables canned any way except under pressure at this altitude is highly dangerous.

Women are discovering, according to Miss Marie Neff, home demonstration agent, that they are not getting the amount of green vegetables during the winter months that is adequate. They are planning now that next spring their gardens will be greatly enlarged and sufficient amounts of vegetables will be canned for winter consumption.
Canning in Time
The girls' 4-H clubs were encouraged to have a report of each club meeting handed to the local papers following each meeting. The following are examples of the reports given in by the club reporters.

The 4-H Meal Preparation club met with Mrs. C. V. White on Thursday afternoon. Members present were; Ruth Poulsom, Geraldine Lord, Florence Heide, Maribeth Foley, Erma Anderson and Wilhama Woodmansee, visitor, Helen Worth of Vesper, Kansas. Miss Marie Neff, Alamosa county Extension Agent was present and judged the cooked salad dressing. Jelled apples were prepared by the girls for Thursday afternoon's work.

The Busy Fingers Sewing club held their regular meeting with Mrs. Wm. Heersink on July 11th. Mrs. Heersink read a story entitled "The Line Man". Four numbers were sung. Colorado, Polly Wolly Doodle, Old McDonald Had a Farm, and I Had a Little Hammer. The next meeting of the club will be on July 25.

WINNERS OF 4-H CLUB EXHIBITS TO GO TO STATE FAIR
Girls from Mosca, Star, and Waverly Put on Best Display

About forty 4-H Club girls and several of their mothers attended the annual Achievement Day which was held at the Chamber of Commerce office last Saturday in preparation for the annual Colorado State Fair which will be held in Pueblo beginning on Monday, September 15 and continuing until Saturday September 20.

The 4-H Club exhibits, including clothing and foods, were judged by Miss Sarah M. Graham, home economics instructor in the Alamosa high school.

The judging was completed by noon, after which all the girls attending the meeting spread their lunches together and ate. Immediately after dinner each of the clubs gave a demonstration.

The Stanley girls exhibited styles of about four distinct periods, going back as far as 1900.

Girls from the Mosca district gave a food judging demonstration, while the Waverly girls sang a number of Club songs.

Possibly the cleverest was the demonstration given by the girls from Star, in which they showed that the high school girl can be well dressed and not have over two pairs of shoes, providing they were properly selected. They also gave a number of good suggestions regarding the care of footwear.

At the close of the afternoon's program the winners of the exhibits or those who will go to the State Fair were announced. They are Miss Geraldine Lord of Mosca, winner of the first prize in the food division, and the Misses Madge Schecter of Star, and Annabel Bresnahan of Waverly, first and second in the clothing section.

The following were acting in the Cham for the cloths: Girls at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were the Brothers at the Fair who were 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NEWS ARTICLES

COUNTY COUNCIL REORGANIZED AT COOKERY MEET

Marie Neff, county demonstration agent, started on a shopping tour immediately after breakfast on Tuesday morning in preparation for a cookery demonstration that afternoon in Seven Cables Community Center. Ladies from Stanley, Waverly, Star, Carmel, and Excelsior watched Miss Neff concoct three or four varieties of custards, fancy bread puddings, jellies and fruit desserts.

This demonstration is part of a series that is being given throughout the state and which will close with a cooking contest on June 10.

Due to the resignation of Mrs. E. O. Linger, president of the County Council, it was necessary to effect a reorganization. This was done while Miss Neff supervised a soft custard and mixed a bread pudding. Mrs. Clyde Funk of Stanley was elected president, Mrs. L. E. Wells of Waverly, vice-president. A committee was appointed consisting of Mrs. L. B. Wilson of Hooper, Mrs. W. E. Fountain of Waverly and Miss Marie Neff to select prizes for the cooking contestants. The prizes will consist of kitchen equipment.

At the suggestion of Miss Neff the county officers will meet with her on Saturday to draw up by-laws for the county organization.

By the time the business meeting was over Miss Neff and the stove had finished their work, and the women present were treated to junket, bread puddings, and fruit desserts.

The Waverly Home Extension club met Wednesday with Mrs. L. E. Wells. It was an all-day meeting and there was a demonstration of four dishes for one dish meals, given by Mrs. Wm. Heersink and Mrs. Wells. The dishes formed the lunch at noon with the addition of hot biscuits, a leafy salad, and a dessert. After lunch a business meeting was held with Mrs. W. E. Fountain the president, presiding. Those attending were Mesdames J. S. Ross, L. V. Goff, Adolph Heersink, Andy Bresnahan, Wm. Westenberg, W. E. Fountain, Don Parkinson, L. E. Wells, Wm. Heersink, Otho Mills, Lloyd Bergman, and Miss Marie Neff.
USE MORE LAMB, IS URGE OF EXTENSION NUTRITIONIST

Horticulturist to Show How to Plant

Families of Alamosa and Conejos counties should find eating a more enjoyable affair as the result of the visit of Miss Miriam Williams, extension nutritionist, in this region the first part of the week.

Miss Williams gave a demonstration of one-meal-dishes at a leader training meeting held at the Presbyterian Annex Monday and attended by representatives of local community home extension clubs of Alamosa and Conejos counties. The leaders in turn are to give similar demonstrations before their own clubs.

On Tuesday afternoon she demonstrated ways of cooking cheaper cuts of meat at a general county meeting.

The use of lamb, she stressed especially. Incidentally something of the effectiveness of the "eat-more-lamb" campaign now being waged is shown by the assertion of one local butcher who states that his shop now sells mix lambs a week where it formerly sold two. A similar meeting for Conejos county women was held in Manassa Wednesday. The points emphasized by Miss Williams will be stressed by all the community clubs in their programs throughout the year.

Yard beautification will also come in for its share of emphasis, however, George Beach, state extension horticulturist, will be in the county on Friday, May 2, to demonstrate planting and landscaping. He will give a demonstration at the S. P. Owsley home in the morning for the benefit of the residents of the north end of the county, and at the W. E. Fountain home in the afternoon for those of the south end.

Both the community clubs of Conejos and of Alamosa counties are attempting to make their yard and garden improvement campaign community-wide in its results, by pledging 100 per cent cooperation of each of their members in making at least one yard or garden improvement. Those clubs taking the pledge are Hooper, Stanley, Waverly, Sanford, Manassa and Romeo.

PROJECT LEADERS WILL LEARN VARIETIES OF SUMMER DESSERTS AT DEMONSTRATION OF COOKERY

Several more demonstrations will be given by project leaders in the first series of the food campaign sponsored by the home extension under the direction of Miriam Williams, nutrition expert of Fort Collins. The campaign began on April 22 and will extend to the first of August.

Under the project leader plan a demonstration is given by
(Project Leaders Will Learn Varieties of Summer Desserts at Demonstration of Cookery, Cont'd)

Some state authority and two leaders from each community in turn see and repeat the cookery illustrated. So far, Hooper, Star and Excelsior have given the food demonstrations as presented by Miss Williams. The Waverly demonstration will be given on Wednesday, May 21 and that of Stanley on June 3. This will conclude the first series, which includes many fine suggestions on plain cookery.

On May 23 Marie Neff will give a demonstration of summer desserts to the project leaders. The desserts will be of the light type suited to warm days which employ fruit, eggs and milk, and will include custards, gelatines and junkets with many variations. Miss Neff has consented to give out one advance recipe as an "appetizer".

Jellied Fruit

1 envelope or 2 Tb. gelatine
1/3 cup cold water
2 1/2 cups hot liquid
2 cups canned or stewed fruit (drained, seeded, etc., cut if desired)
Sugar if needed.
Acidulated flavoring or lemon juice if desired.

Soak gelatine in cold water until soft (also acidulated flavoring if it is needed for flavor). Heat fruit juice with enough water to make 2 1/2 cups. Pour over gelatine, add sugar if necessary. Cool, and when beginning to thicken, add canned fruit. Mould and chill.
c. 4-H Foods.

Only one foods club was organized in Alamosa County during the year 1930, the Jolly Niners of Mosca. This club, under the leadership of Mrs. C. V. White, proved to be a model club. Nine begun and completed every phase of the work. Their club activities were carried out to perfection at each meeting. At two times they gave a demonstration of a Model 4-H Club meeting at two classes of student teachers, teachers of rural schools, giving a salad demonstration during the meeting.

This club has created enough interest in their community that another club will be organized.
COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF COLORADO

ROME0

August 31,
1930.

ACHIEVEMENT DAY! 4H CLUBS, SEPTEMBER 18, 1930.

and

Children's Clinic

at

OPERA HOUSE
Manassa, Colorado

WINNERS GO TO STATE FAIR, PUEBLO, COLO.

Exhibits must be placed by 10:30 A.M.
Saturday

Judged from 10:30 until 12:00

Bring your lunch, picnic lunch served there.
1:00 o'clock we will have a short program.

LET US SEE IF EACH CLUB CAN'T PUT ON SOMETHING SPECIAL

NOT OVER TEN MINUTES LONG

Either

a short stunt

or

da demonstration

a judging team

Don't fail to come and enter the fun - lots of it.
Bring your mothers - and remember the baby clinic.

Sincerely,

[Signature]

Home Dem. Agst.
V. MISCELLANEOUS ACTIVITIES:

a. The San Luis Valley Economic Conference convened in Alamosa at the Adams State Teachers College on February 28. The Clothing, Foods, and Budget committees did some excellent work in making plans for next year's work and in checking up on that for the past year.

The following budget was apportioned by the three committees:

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<tr>
<td>1. Groceries</td>
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<td>2. Clothing</td>
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<td>3. Fuel</td>
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<td>4. Lights</td>
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<td>8. Recreation</td>
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<td>9. Home Furnishings</td>
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<tr>
<td>Total</td>
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Following the conference, ten persons were secured who promised to keep the home accounts the time of the next conference.

b. On August 20-22, the women of Alamosa and Conejos Counties held a recreation camp at Masonic Park. This was one of the greatest interest creating events of the year for there were numbers present from unorganized communities who had this as their first opportunity to get acquainted with some of the things the Extension workers were doing.

The camp was most efficiently managed the first day with the assistance of Miss Mary Collopy, Extension Economist. Miss Collopy, besides editing a camp newspaper, brought a most valuable art exhibit from Denver with the word that such exhibits could be secured through the office at Fort Collins during the year. Several plans are being made to secure such exhibits for some programs beginning with January 1, 1921.

During the second day, the camp was again most efficiently managed through the assistance of Miss Nora M. Hott, State Home Agent. Two of the features which those present will not forget are the glove making demonstrations and "posture exercises." All are looking forward to a bigger and better Valley-wide camp for the summer of 1921.
c. The Star-Waverly communities held their annual fair on September 12th. This was well attended by those from all over the Valley. The women's exhibits were of excellent quality. Between three and four hundred women attended. The flower show, in connection with other women's exhibits, was so gorgeous as most any in the San Luis Valley this year. The days of August 12th and September 2d were spent, too, in helping these communities prepare for the fair.

d. On November 8th, the Stanley Farm Bureau held an exhibit at the Stanley school house, for the purpose of selecting exhibits for the San Luis Valley Seed Show. Approximately 75 were present and enjoyed demonstrations on selecting of seed for exhibit. The home demonstration agent gave a talk, along with selecting the best of the exhibits, on Standards for Canning.

e. On November 10th to 15th, all were busy in placing exhibits and assisting with judging. This was considered one of the most successful years so far as the women's exhibits were concerned. The spirit of cooperation was considerably in evidence, and when the judging completed, with only 11 points between the lowest and highest scores, all were satisfied.
LOVELY PROGRAM WILL BE GIVEN AT RECREATION CAMP

* * * *

Making of Chamois Gloves and Moccasins to be Demonstrated

- -

Plans Good Eats

- -

Camp to Breakup After Dinner is Served on August 22

- -

Letters have been sent to Miss Marie Neff, home demonstration agent, by Miss Mary Collopy, extension economist in home improvement, and Miss Nora Hott, state home agent, regarding the program for the women's recreational camp to be held at Masonic Park August 20 to 22.

It is planned that everyone be at Masonic Park August 20, in time to get their camp made before the evening meal which will be served promptly at 6:30 p.m. An excellent and experienced cook has been secured by Mrs. S. P. Owsley, chairman of the finance committee.

Will Give Special Posture Work

Following the supper Miss Collopy will have charge of the evening program which will consist of special work in posture and in addition something in the way of stunts.

Breakfast will be served at 7:00 a.m., after which there will be a period of intermission in which hikes will be taken.

Beginning at 9:00 o'clock Miss Collopy will conduct a news writing contest for entertainment. Every woman attending camp is urged to bring plenty of paper and pencils to take part in these entertaining contests. Miss Hott will give several special posture demonstrations.

Dinner will be eaten at 12:00 at which time each one will be called upon to give some quotations which has been helpful to them.

Making Moccasins

In the afternoon, Miss Collopy will conduct a poetry writing contest after which Miss Hott will give a demonstration on making moccasins with sheep-wool linings and trimmed with rabbit fur for those who have rabbit pelts. Mrs. Ed Fair of Romeo is especially interested in this as she has a number of valuable rabbit pelts which at this time bring nothing. A number of excellent examples of these moccasins and a cap
made from rabbit fur is on display at the Chamber of Commerce office. These make lovely Christmas presents.

After a delicious 6:00 o'clock supper, after which a special program has been arranged which will consist of stunts, the group will put on special stunts.

At breakfast the morning of the twenty-second, each woman will be called upon for an original song or a peppy yell.

Making of Chamois Gloves

Possibly the most outstanding feature of the entire camp program will be the demonstrations, by Miss Hott, on the making of chamois gloves. Miss Hott will have enough material for eight people. All who are interested in the making of the gloves should come prepared with needle, thimble, and the dollar to pay for the material. Others who may want to practice on this may bring any closely woven cotton fabric.

There is a sample of the chamois gloves at the Chamber of Commerce office, and anyone who cares to see them may stop in at any time and Miss Neff will be glad to show the gloves to them. The sample gloves are all hand-made, as are those which Miss Hott will make.

Delicious Food to Be Served

The committee on the preparation of the food has planned the menus so that along with the having of a cook, everyone will have a complete rest from their usual duties.

Breakfast the first morning will consist of toast, bacon, eggs, and coffee; and the following morning hot cakes, coffee, and bacon or ham will be served.

Dinner will consist of fried chicken with plenty of fresh vegetables straight from the gardens, and, according to Miss Neff, delicious refreshments will be served.

After dinner August 22, the camp will break the women leaving for their homes.
RURAL WOMEN'S CAMP CLOSES IN FUN AND SUCCESS

The Happy Heart Women's Recreation Camp convened at Masonic Park at eventide on Wednesday, with twenty-eight ladies responding to the roll call, and with five more arriving the following morning. With Miss Mary Collopy, Extension Economist, Miss Nora Hott, State Leader, Miss Marie Neff, County Home Demonstration Agent, and Miss Nellie Mathews, County Home Demonstration Agent, there was a complete enrollment of thirty-seven women. This broke Colorado's record of attendance from Farm Women's Camp, according to Miss Marie Neff.

Camp Paper Edited

Supper was served at 6:30 Wednesday evening. Each meal was followed by fully three-quarters of an hour of singing, a period for hikes, or rest, then special programs. Following the first meal, the ladies were divided into four groups for the purpose of working up stunts for Thursday night. In addition, a staff was appointed, and the camp paper, "The Camp Cat's Meow," was started by Miss Collopy.

"Contrary to all expectations, the ladies at the camp were as hard to get settled down to a night of good sound sleep as the 4-H Club girls usually are," said Miss Neff, in making a report on the activities of the camp.

Uncomfortable Beds Complaint

Everyone, according to Miss Neff, was afraid she would miss a little fun. Also, contrary to anticipations they awoke at early hours in the morning, ready to begin again. Many complained of uncomfortable beds, but by the second night all were sufficiently tired that the beds were very much appreciated.

As a result of the poetry writing contest, several unusually surprising things in the way of rousing poetry were turned in. The prize for the best original poem was awarded to Mrs. Geo. R. McNaIr of the Newsome district.

Give Demonstrations

Miss Hott gave a demonstration in the making of gloves, which are all hand made, and if bought on the market, according to Miss Neff, would cost three times as much as the chamois leather they are made of.
"Posture was one of the most interesting and helpful features of the camp program," continued Miss Neff. "Miss Hott gave a number of excellent methods of correcting muscle weaknesses and convinced everyone that to look and feel one's best, she must correct all posture difficulties."

"One of the most reaching benefits," said Miss Neff, in closing, "was an art exhibit loaned to Miss Collopy by the Chappell House of Denver."
FARM WOMEN OF WEST TURN OUT STRONG FOR RECREATION CAMPS

Move to Take Week of Rest Popular One

Spend Time Happily and Return to Families With New Ideas.

There is a growing tendency on the part of the farm women of the west to take a vacation from their home duties and spend a week or two at recreation camps. These camps within the next year or two will be found in all sections of the west and tens of thousands of ranch and farm wives and mothers will take time off each summer.

The plans of these camps are not only along lines of affording a pleasant vacation and mingling of the women of the rural districts in pleasant social contact, but include as well, progressive economic and home management work under the direction of experts which prove a help to the women when they return to their homes.

The popularity of the camps that have been established indicates that the movement is destined to grow until an opportunity is offered to every farm woman in Colorado and other western states to take advantage of these periods of rest, recreation and improvement if they desire to do so, and it is believed that most of them will.

One of the largest of these camps is in the San Luis Valley. Here a large number of women gathered this year and were not only refreshed, but received many helps that will lighten and make pleasant their labors in their homes during the coming year. Experts in many lines were present and instructed the women in new and improved methods.

Round table discussions for consideration of home problems, canning, remodeling and construction of clothing, the making of gloves with rabbit fur trimming, kitchen improvement and scores of other matters were taken up at the camp.

The women were enthusiastic and enjoyed every minute of their stay. It is believed that the attendance will be doubled next season and that many other camps in all parts of the west will be established next season.

Wives Cut Loose once a year down in the San Luis Valley, set the family adrift to care for itself and go to recreation camp for a change of scene and to hatch up efficiency schemes to try on the folk at home. Happy Heart camp drew a large number of women this year. It was the biggest of its kind in the state, and most successful. The camp was managed by Marie A. Neff, demonstration agent. A class is shown at work. Women from Alamosa and Conejos counties attended.
July 29, 1930.

HELP PLAN IT

SATURDAY

2:00 P.M., ALAMOSA

CHAMBER OF COMMERCE

---000---

Can you, as an officer of your club, come and help make the plans for our camp. If not, send a representative.

We are having Miss Hott and Miss Collopy both, so let us --

MAKE IT SNAPPY!

Marie A. Neff,
Home Dem. Agent.
COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF COLORADO
August 4,
ALAMOSA
1:30.

EXTENSION SERVICE

MASONIC PARK, August 20 to 22nd. A CHILD COULD
DRIVE UP THERE SO YOU CAN. LET'S GO!

LEAVE Chamber of Commerce, Alamosa, 2:00 P.M. Aug. 20,
RETURNING HOME, after lunch August 22nd.

Bring your own bedding, linens, personal effects.
Wear clothes you can be comfortable in.

NO ONE WANTS TO COOK, IT'S A VACATION, SE WE WILL HIRE ONE.

Arrange with one of the following committee members, something
like this: $3.00 cash, or part cash and part produce - fix it
up with your committee member.

(Treasurer for Conejos County: Mrs. Pete Peterson, Sanford, Colo.
(Treasurer for Alamosa County: Mrs. E. O. Linger, Hooper, Colo.

or

Mrs. J. T. Eskridge, La Jara, Colorado.
(Mrs. S. P. Owsley, Rt. 1, Alamosa, Colorado.

CALL OR WRITE ONE OF THESE

GET YOUR ENROLLMENT IN BEFORE WEDNESDAY, August 13. Tell your
friends about it, we invite them all.

Answer in enclosed addressed envelope.

Very truly,

Marie A. Neff,
Home Econ., Azt.

COLORADO AGRICULTURAL COLLEGE
UNITED STATES DEPARTMENT OF AGRICULTURE
AND ALAMOSA COUNTY COOPERATING
Happy Heart Camp has broken Colorado's attendance record from Farm Women's Vacation Camps with 38 giddy girls enrolled as regulars, including Miss Nora M. Hott, State Home Agent, Fort Collins, Miss Mary Sollopy, Extension Economist in Home Improvement; Miss Marie Neff, County Home Agent, Miss Nellie Mathews, County Home Agent.

The camp spirit has been effervescent, the food heavenly (not heavy) and the appetites listless.

Sleep has been the all-absorbing diversion when the campers have not been making Hott-gloves, writing poems, practicing stunts, exchanging ideas on home standards, studying wild flowers or reading magazines.

EDITORIALS

A vacation is half anticipation, the other half changing tires.

If marriage is to be a success, one must begin by marrying the right person.

The "Ayes" have it. All attendants of the "Happy Heart Camp" have decided to make it an annual event. They look forward, indeed, to having a district camp. The exchange of ideas of women from distant communities will mean much. Wasn't that round-table discussion fine, and the handicraft demonstration fine, too? Let's go for a 1931 camp and boost for the tired mother who needs recreation and a rest from responsibilities, crowning her on every hand.

Upon mingling with the crowd and talking over news and views, the following bit of poetry is brought to mind.

"If I knew you and you knew me, If each of us could only see, with some inner sight divine, The meaning of your heart and mind I'm sure that we would differ less and clasp our hands in friendliness Our thoughts would pleasantly say If I knew you and you knew me." What better way for you to know me and I to know you than at the vacation camp? Let each one plan herself to come again next year and bring at least one other person with her to share this fellowship.

ATHLETICS

Manassa Maulers

vs

Hooper Haulers

In the fastest melee of the season in the bed-time scramble on Wednesday night, the Maulers bunched and rushed for the mattresses with Lucinda as quarter-back and Esther as Center. A rush down the porch was halted at second base by a swat from the Haulers, able
backed by the Mosca Midgets and the yell was given under Zoo's leader-
"tabby cat" of Masonic Park. Tabby ship:
made a long dive from first green
and landed in two with a long putt,
making Etta's face in three. A
fumble at the net gave the Maulers
vantage, but being dead on the
Howlers' ball the bout ended in a
love game.

Setting Up Exercícises

Setting up exercises at sunrise
developed physical perfections in
figures of those who had lost all
hope for restoration of maiden-
hood charms. A plump contour for
Mario, Litho slenderness for Maude,
a rosy completion for Lovely, a
shortening of stature for Esther.

Program of Camp Exercises

1:00 Snoring; 2:00 Eating; 3:00
Lacing Boots; 4:00 Jumping over
Beds; 5:00 Cat Dodging. 6:00
Stepping on Ears; 7:00 Five o'clock
rasted crows. 8:00 Midnight jour-
neys to dark places.

The Dance

The initial social event of the camp
was a dance held at the women's
lodge following a well appointed
stew party at Sutley Lodge. The
room was dimly lighted, a soft glow
giving a lovely effect to the
attractively clad dancers.
The costumes varied in styles
from lovely beach pajamas in pastel
shades to long sylph-like robes with
modish wraps. At a very late hour
the dancers returned to their res-
ppective bunks.

Hott Welcome

A most unique welcome was given
our new friend and co-worker, Miss
Nora M. Hott, State Home Agent from
Fort Collins, upon her arrival on
the Foa Vinc Special today. The
farmertcots were out in full swing.
"A Hott Time in the Old Town" rang
out of the air as the train pulled
into the station. As Miss Hott
descended the steps the following
Hippity,hippity,hop
Miss Hott, Miss Hott, Miss Hott
A farmertcots crew to welcome
you
Miss Hott, Miss Hott, Miss Hott.

A Cat Rhapsody

At 4:00 A.M. the members of
Porch Row (or dormitory annex)
were awakened by a rhapsody in
G Minor, furnished by the Leaping
Calico Cat.

WANT ADS

Wanted: A can of beans for Stun-
exercises.
Wanted: A red headed, knock-knoed,
bowlegged, pigeon-toed, hump-back,
fine looking gentleman who will
fit this description as some of
the old maids in our camp are look-
ing for a husband, and we think
one of this description would be
suitable.

Real Estate Transfers:

Sutley Cabin, Sec. 3, Township 48,
to Alamosa-Conejos gang. This
transfer involved the abandonment
of the open fire house originally
intended for cooking. Transaction
made possible thru the kindness of
Naymic Maurice, the nutrition ex-
pert.

Thru failure to pay rent, and
to comply with insurance laws,
Purity League Daniels was forced
to pick up her bedroom and walk to
the great open spaces at 3:00 A.M.
LOST AND FOUND

Lost: 500 yards of snores - all in one strip. Finder please keep until next year.

Found: One gray cat with white fur and a prying disposition. Owner may have same by CALLING BETWEEN TWO AND THREE A.M. Please call loud.

Lost: One set of perfectly good false tooth, branded Lazy Y on left jaw. Reward.

Lost: A bright idea between 1 and 3 A.M. Wednesday. Reward.

Lost: One large nightgown belonging to one of the three graces, namely: Grace, Disgrace and Ham Grace (grace), otherwise known as Della, Etta and Carrie.

PERSONALS

Mary Rogers refuses to blow out lights that are kept in bottles.

Zoe has agreed to go on the doses of M"R tonight since the water shortage was announced by the caretaker.

Ethel is out hunting for votes today. She wants to be "most popular".

The conductor on the San Luis Valley reports that Miss Mott insisted upon getting off and running ahead of the engine every few miles.

Lena May Pryor is determined to gain weight. Watch your pancakes when the lights are low.

Pat Collopy struggled forth to breakfast in spite of two badly mutilated cars. She sounds warning for all who sleep on the porch to pull in their cars before Zoe Peterson gallops to her cot.

Lucinda's homesickness was the cause of no small degree of alarm in camp last night. She was heard to wail, "Oh, when it gets this cold I want my old man."

Della Mc Nair is reported to be receiving a substantial bonus from Vogue Pattern Company for parading in their best gowns this week.

Bartha Reed slowed up the speed of the editorial room this afternoon by insisting upon going fishing.

Margaret Conten of Hooper really intended to stay all night but when she heard that Sheriff Wilson had decided all early risers had to milk cows tomorrow morning she decided to go home and milk her own cows.

Tillie Linger whispers to those of us who are curious that the poetic snoring which flowed out of the mail hall last night came from Jimmie Middaugh's pillow.

Emma Shoppard is strongly in favor of the new fad for low head sleeping. She can't understand why older generations EVER thought of pillows.

It is necessary to remould Mauda Reed this A.M. after sleeping on the hard boards, so the sitting up exercises were a waste of time.

There was a night prowler on the porch last night. Hope nothing will develop from it.

Mrs. Fettes declared that the Ball dancing last night would be more interesting if they would add a little more training and hard work to their efforts.

Elizabeth Fair: Why does a red headad woman marry a meek man?
Gertrude Eskridge: She doesn't, he just gits that way.

Josephine Holman: You look bored
Murry Holman: I'M at peace with the world.

Photographer: Do you want a large or small picture
Lucinda Haynie: A small one
Photographer: Then close your mouth
The following is a complaint of the League regarding the woeful misconduct of members of the Happy Heart Camp. The League was forced to take strenuous measures for the capture and punishment of some members who were unscrupulous in their conduct, some of which are listed below:

1. Leaving unsightly articles in the middle of the Main Hall.
2. Parading at midnight in high heels.
3. Disturbing your neighbor by snoring.
4. Dancing in pajamas.
5. Leaving beds exposed to the public after 8 o'clock.
6. Old maids sleeping with cats.
7. The flashing of lights on unsuspecting members of party while preparing for bed.
8. The two girls who left camp at 9:00 o'clock headed east and who did not show up until day light must report to the League.
9. An explanation as to why Miss Hott, who left Fort Collins on the same train as the one Miss Collorary left on, and did not arrive until a day later is desired by the League.

RECIPE

Sour Cream Cake:
- 1/2 t. soda
- 1 t. baking powder
- 1 c. sugar
- spice, nuts, raising.
- 2 eggs
- 1 1/2 c. flour

Whipped Cream Cake:
- Whip 1 c. Sweet Cream
- Add 2 beaten eggs
- 1/2 c sugar

Dill Pickles:
- Pack pickles in jars with some dill and pour the mixture over pickles, cold.

Mrs. Mauricio.

Bread & Butter Pickles

1 qt. vinegar
2 lbs. sugar, or enough to sweeten to taste.
1 tsp. turmeric
1 tsp celery seed
1 tsp mustard.

Slice pickles the evening before, pouring cold water over them, with some salt. Drain in the morning, boil all together and put pickles in and boil until clear, can and seal.

Mrs. Entz.

Pickle?

Take several fresh young mules, mix well. Those pickles will remain "well preserved" for several hours.

Mrs. Mauricio.

Poems written for contest.

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Poems written for contest.

Every one on hand and happy,
Helping make the season's scor
Wide awake and no one nappy,
Always cheerful, no one sore.

Keeping things a moving-spinning:
Making each wish for more,
Every one a smiling-grinning,
Not a member with a roar.

No one pulling back or jerking,
No one in the camp that shirks.
That's the kind of club that's working,
Speed her up, let's have some mo-

The Prize Winner:

At Masonic Park
Long after dark
The snores did rend the air.
Some pitched high
And some so low
It most stands up your hair.

Mrs. Mauricio.
Plenty to eat
Nothing in the world to fear.
Folks all so kind
How long we stay up here.

Mrs. Geo. McNair

***
Good-bye cherry pies,
Good-bye old brown hen,
Good-bye children'scries,
Good-bye all hired men.

We're off for a lark
At gay Masonic Park,
We'll grow in soul and heart,
We'll be enriched before we part.

***
"If" (With apologies to Kipling)
If all the Mary's would reveal
The secrets of their sex appeal
And all the Della's would disclose
The mysteries of getting beaux
There might be hope for "Ma" and "Pat".

Now What do you campers think of that?

If Zoe and Pretty with their two
Would tell them when and what to do,
If Etta, Emma, Mauco and Jo,
Could write a book on "So and So"
These things might help our "Ma" and "Pat".

Now what do you campers think of that?

***

OUR WOMEN'S JAMBOREE

The time was August twentieth,
The place Masonic Park.
The girls, Oh boy! just see them,
All twentieth century sparks.

The day was hot and sultry,
But what cared we for that,
For weather on a jamboree -
It doesn't count a rap.
August 25,
1930.

HOW ABOUT SENDING EACH ONE A GREETING SOME TIME?

Enrollment at Happy Heart Camp, Masonic Park, August 26-22, 1930.

Name                                      Manassa                      Soft Beds        Bad
1. Mrs. Ethel Holman                   Manassa                      Eating          Bad
2. Mrs. Mary Rogers                     "                           Eating          Rotten
3. Mrs. Mary Haynie                     "                           Chopping wood  Good
4. Mrs. Lillian Holman                  "                           Hiking          Temperate
5. Mrs. Josephine Holman                "                           Sleeping        Worst
6. Mrs. Etta Cunningham                 "                           Milking cows   Poor
7. Mrs. Earl Haynie (Lucinda)           "                           Flowers         Hate to say
8. Miss Bertha Reed                    Alamosa, Rt.3                Riding horses   Sweet
9. Mrs. John B. Reed                    "                           Resting           Just fair
10. Mrs. Frank Fair                     Romeo                        Dieting              You'd be surprised
11. Mrs. Pete Peterson (Zoe)            Sanford                      Painting       Changeable
12. Mrs. J. H. Pryor                    Romeo                        My dog            Not very good
13. Mrs. Ed Fair (Esther)               Romeo                        Rabbits       Quarrelsome
14. Mrs. Will Fettes                    Antonito                      Flowers        Awful
15. Mrs. P. L. Wilson (Carrie)          Mosca                        Calling hogs   Fiery
16. Mrs. F. C. Shepperd (Della)         Alamosa, Rt.1                Calling cows   Fiery
17. Mrs. Geo. McNair (Etta)              Alamosa, Rt.1                     Cooking for   Lovely
                                       husband
18. Mrs. Earl Linger (Tilly)            Hooper                        Club work     Charming
19. Mrs. Wm. Middaugh (Jimmy)           Hooper                        Killing flies Good natured
20. Miss Mary Collopy (Pat)              Ft. Collins                   Sawn wood     Unbearable
21. Mrs. Ray Smalley                    Mosca                        Feeding chicks Lovable
22. Mrs. J. B. Peden (Della)             Mosca                        Washing dishes Very kind
23. Mrs. J. T. Eskridge (Gertrude La Jara)  Mosca                     Making candy Its a fright
24. Mrs. Frank Daniels (Pretty)         Antonito                      Have none     Frisky
25. Mrs. P. A. Entz (Dora)              Alamosa, Rt.2                 Raising flowers Uncertain
26. Miss Marie A. Neff                  Alamosa                       Fords          Fair to
27. Nellie Matthews                   Monte Vista                    Squirrel tails middling
28. Nora M. Hott                        Fort Collins                   Posture        Charming
29. Mrs. S. P. Owsley (Johnny)           Alamosa, Rt.2                 Singing        Good natured
30. Mrs. W. S. Maurice                   Center                       Diet          Unbearable
31. Miss Esther Maurice                 Center                       Looking pleasant
32. Mrs. N. E. Morgan                   Hooper
33. Mrs. Harry Noffsinger               Hooper
34. Mrs. Jas. D. Fogle                   Hooper
35. Mrs. Corbin Cotton                  Hooper
36. Mrs. Arthur McLanahan               Hooper
Dear Club President:

The close of this year is near - let us plan to make it interesting.

For the December meeting of the clubs, I hope each plan a Christmas program. Christmas songs, possibly have each member bring a Christmas gift made at home just in order to give each other ideas. Or, a wonderful way to create community spirit is to have a Christmas party for the families of the club members. Plan the evening in such a way that it will be interesting to the husbands, maybe something special for the children.

I believe it would be a good idea for you, as president, to call a committee together right away to help plan an interesting program.

On the 9th and 10th of December, we will have our first project leader training meeting, but this is for our January club meetings while I will be at conference in Fort Collins. Let us not have these repeated in December but wait until January.

LET US HAVE A CHRISTMAS PARTY OR CHRISTMAS CLUB PROGRAM

A County meeting will be called in the near future at which time we will elect new county officers and plan the year's program.

I shall not be much in evidence for the next ten days as I have my annual report to make in that time, but if you want me call me at the Chamber of Commerce or at Dr. Davlin's residence at night.

Very sincerely,

Home Demonstration Agent.
SEED SHOW

The San Luis Valley Seed Show, November 12, 13 and 14, in spite of the fact that the crop year was particularly poor, was one of the most successful.

The Woman's exhibits ran to 365 entries, in comparison to 373 of last year, and 122 exhibitors, in comparison to 136 of last year. The exhibits were placed with an average of not over $5.00 expense, and displayed on uniform backgrounds.

The spirit of fellowship was of the very best, with not a county complaining about results. The winner of first place was Rio Grande, with a score of 55%; Conejos second with a score of 54%; and Alamosa third with a score of 47%.
OUTLOOK AND RECOMMENDATIONS FOR 1931

A. Yard Beautification

Encouragement of more interest in the native shrubbery and the planting of perennials. Cooperation with the Civic Club with centering of interest around Better Homes Week.

B. Home Management

If advisable, a home improvement contest with communities competing with the idea of allowing the greatest number of improvements in each community make up the score. Such prizes as the seal for use in canning in tin, and other articles which could be used throughout the community, are suggested.

C. Clothing, Adult

A clothing program to be carried out for a period of four months with an achievement day at the close of that time wherein the entire county takes part.

D. Clothing, 4-H

Clothing clubs in the following communities: Hooper, Stanley, Newsome, Waverly, Star, with the idea stressed from the start that the most outstanding ones are to be sent to the State Fair.

E. Foods, Adult

A four to five months foods program, covering the idea of budgeting canning supplies, planning adequate gardens, filling canning budgets, storage of vegetables, with an achievement day at the close of the period.

In addition, some special work with regard to standard packs for exhibit.

A very great need is felt for hot school lunches in the rural schools, and in communities where a P. T. A. is not functioning, the Extension clubs can put it over, or where there is a P. T. A. organization, the home demonstration agent can easily assist.

F. Foods, 4-H Club

Foods clubs in the following: Mosca, East Alamosa and Mt. Pleasant.
The 4-H club girls could be of great assistance in getting the hot school lunch started.