



VIRGIL BUSHMAN exhibiting a sugar beet produced on his farm as part of a demonstration supervised by the University of Arizona and the Navajo County Extension Office. The county can grow this sweet crop successfully, plantings revealed.

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rected by the Extension Service with assistance of homemakers' clubs, rural development program, 4-H clubs, church groups and other groups.

Mrs. Ward, the home agent, has worked with low income groups in Winslow, showing how to use surplus foods. By use of demonstrations, Mrs. Ward has increased the efficiency in use of surplus food products.

1400 Enrolled in 4-H

Navajo County has 1400 boys and girls enrolled in the 4-H Club pro-

gram. This represents all of the communities off the Indian reservations and many communities on the reservations, especially the Hopi. Varied types of projects in agriculture, home economics and related fields are offered to the boys and girls. Most popular projects for girls are foods and clothing, while for the boys and also many of the girls, the livestock program is the most popular, with the horse clubs receiving much interest recently. On the Indian reservations, arts and crafts are very popular.

Activities hold the interest of the club members throughout the year.

"Convenience Foods" Usually Good Buys

Convenience foods often can actually save the homemaker money as well as time, says Miss June Gibbs, nutritionist with the U of A Extension Service.

To prove her point, Miss Gibbs points to a recent study of the U.S. Department of Agriculture.

Costs of 158 items were compared with the cost of equal amounts of homemade or fresh counterparts. Figuring price alone, 48 convenience items actually were less expensive.

Many more convenience foods would have a lower cost than fresh or homemade items, if a reasonable value were placed on the homemaker's time, she says.

Other factors to consider are the savings in work and utensils needed and less waste in preparation. Packages for convenience foods are designed to keep the contents fresh and handy for storage.

Modern processing methods make it possible to retain top nutritional values, and many processed foods are fortified with necessary vitamins.

Convenience foods that add to the cost of a meal are fresh ready-to-serve rolls, frozen chicken and turkey dinners, frozen broccoli and pre-cooked rice.

Shoppers buy convenience foods not only for what they cost but also for what they do for them. Some such foods can be bought in combinations and amounts that actually decrease total food costs.

These include county and state round-up, camping, talent shows, demonstration days, dress revues, food clinics, the county fair, achievement programs, junior rodeos, as well as horse shows and judging of all types of project work.

A Junior Rodeo was started last year at Winslow, with the Winslow Wranglers 4-H Horse Club and the Healthy Hard-Headed Herders Livestock Club cooperating. Two thousand people attended the Junior Rodeo and 200 youngsters competed.

Organizations working closely with the Extension program in the county are the Development Council, Northern Arizona Cattlemen's Association, the County Farm Bureau, Homemaker's Council, the 4-H Leaders' Council, 4-H Junior Leaders' Council, Cattle Market Listing Committee, and the Navajo County Fair Commission. In addition, the Navajo County Board of Supervisors has given valuable assistance through its financial support as well as encouragement and guidance.