ANNUAL REPORT

of

REVA LINCOLN

Extension Nutritionist

December 1, 1944 to November 30, 1945

Agricultural Extension Service
University of Arizona
Tucson

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SUMMARY OF ANNUAL REPORT

EXTENSION NUTRITIONIST

1945

An organized county-wide nutrition program was carried on in eleven counties in Arizona. The methods used by the Nutritionist were leader training, method demonstrations, and agent training. The program included the following major activities:

I. PROGRAM PLANNING

The Nutritionist was assisted in program planning by observations made in fifty-six home visits and by conferences with the State Leader of Home Demonstration Work. The Nutrition Specialist and Parent Education Specialist from Extension Service, Washington, D. C. gave valuable assistance. Information and techniques on freezing were obtained by conference with and observation of meetings conducted by one of the Nutritionists of the California Extension Service.

II. FOOD PRESERVATION

Freezing as a means of food preservation came to the fore this year because of the availability of locker plant space and home freezers. Interest is high in both selection of equipment and methods of preparation. The Agents are prepared to take full advantage of this interest by training which they received in a two and one half day workshop at the University. Plans for a cooperative project in freezing with the Agricultural Experiment Station are underway. Locker Plant and home freezer owners throughout the state have been interviewed.

Pressure Canner Clinics continued to be as popular as ever. More than half of the 655 canners tested had never been tested before. Work simplification methods were used in the clinics. The master gauge equipment used made testing more accurate and speedier. The printed bound record books which were kept provided complete data on this project.

Canning techniques were taught with a few new flourishes this year. Handy canning gadgets and time-saving procedures were stressed. Visual aids such as movies and exhibits were also used.

The 4-H enrollment in Food Preservation projects was fifty-one.

III. FOOD SELECTION, PREPARATION, AND SERVICE

The Family Meal Hour was the title of a project carried by leaders in Pima, Maricopa, and Cochise Counties. It reached as many as 655 families in Maricopa County. It was planned to help homemakers establish a simple, pleasant type of family meal service.

Homemakers felt a need for this project as they wished to provide home training which would give their sons and daughters social ease. Some felt, too, that serving the family meal should be a responsibility shared and enjoyed by all the family.

This project not only had carry-over into the families, but the usual potluck dinners of the Homemakers' Clubs were changed in some communities to a planned meal served at the table.

In most cases, this demonstration included the preparation of a simple dinner. Although this was incidental, it provided a chance to introduce little used nutritious foods, use of new equipment, etc.

Poultry Cookery was a project given by leader training in Graham and Greenlee Counties. It was selected because most of the homemakers have their own poultry flocks and have never received information on the preparation and cooking of poultry. All of the communities have not as yet been reached by this demonstration.

Saving Food Values was a project given by leader training in Maricopa County. The project was suggested by the need in wartime to conserve. Methods were given for conserving food value in the care and preparation of milk, meat, fruits, and vegetables. Of the seventy-six families reached, forty-four put into practice one or more of these methods.

The 4-H enrollment in Meal Planning projects was 484.

IV. SCHOOL LUNCH

A total of twenty-one school lunches were assisted in problems of organization, food management, and selection and placing of equipment.

V. HEALTH

Rural citizens of Arizona were made aware that too much fluorine in drinking water causes mottled enamel and that measures can be taken to prevent it.

VI. FAT SALVAGE

The collection of waste fat throughout the State was increased by arranging for its pick-up in remote areas by trucking companies.

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One Extension Nutritionist was employed full time on this project. She was assisted in food preservation work for seven months by a War Emergency Food Assistant, Mrs. Martha Goodell. Organized county-wide nutrition programs were carried on in eleven counties of Arizona. No program was carried in Mohave, Santa Cruz, and Gila Counties.

Projects	Percent Home Demonstration Agents' Time Devoted to Project		
	1943	1944	1945
Family Food Supply	2.5	1.4	0.01
Food Preservation and Storage	15.0	24.2	13.00
Food Selection and Preparation	13.0	8.9	10.00
Other health and safety work	1.4	2.8	0.04
TOTALS	31.9	37.3	23.05

Local leaders were trained to carry project work in five counties of the State, making a total of ten Leader Training Meetings and ninety-seven leaders trained. The demonstrations which were to be relayed by the leaders were planned so that they included only the most essential information and techniques. This simplification of the demonstration helped the leaders gain more confidence in their abilities. The Leaders' Guides were adapted to the goals of the various groups.

A total of six method demonstrations with an attendance of seventy-three were given.

A greater emphasis was placed on training the Home Demonstration Agents as this procedure is more desirable psychologically and economically.

MAJOR ACTIVITIES AND ACCOMPLISHMENTS

PROGRAM PLANNING

The Nutritionist was assisted in program planning by having an opportunity to visit fifty-six homes in the State. This helped in analyzing the needs of the rural families in Arizona and thus the opportunities for Extension Service. Outlook in food and nutrition was given to the agents. By conference, possible problems in their counties were discussed. Frequent conferences were held with the State Leader in Home Demonstration Work on the direction of the program. Miss Miriam Birdseye, Extension Nutritionist from Washington, gave valuable training and assistance to the Nutritionist in program planning, Extension procedures, and subject matter. This has been of a decided help in planning a long time program in food and nutrition and in laying the ground work for it. Evidences of the counsel she gave may be seen in the work done this year in the pressure canner clinics and freezing. Mrs. Lydia Ann Lynde, Parent Education Specialist from Washington, helped the Nutritionist and Agents incorporate family life teaching into various phases of the food and nutrition program planned for the year.

FOOD PRESERVATION AND STORAGE

Freezing

Interest in freezing as a means of food preservation was spurred by the end of the war and the increased availability of locker space and home freezers. In order that Extension workers might be qualified to guide rural families in the selection of freezing space most suited to their needs and to teach them the best methods of preparing foods for freezing, a two and one half day workshop was held at the University for the Home Demonstration Agents. This workshop was planned by the Nutritionist and carried through with the assistance of the State Leader and Acting Specialist in Irrigation. (See p. 34). It had been hoped that the County Agents and Specialists could be included, but it was not possible at this time. The Nutritionist had earlier in the year been given opportunity to attend demonstrations given by one of the Nutrition Specialists of the University of California and to confer with her. This was extremely helpful in planning the program for Arizona.

Prior to the workshop, information sheets were prepared (Sample forms on pp. 36,37)to assist the County workers in obtaining facts about the freezer locker plants and home freezers in their counties. The assembly of the facts thus obtained provided a good starting point for planning county programs. For instance, one Home Demonstration Agent reported a family who had frozen a quarter of beef in their box without cutting it up. They practically had to take down the box in order to remove the frozen meat. The temperatures maintained in home freezers and locker plants were frequently reported to be five degrees to ten degrees Fahrenheit rather than zero degrees Fahrenheit -- "Because it doesn't cost so much and the food freezes just fine" or "five degrees is low enough; it is not economical to run a plant lower than it needs to be."

Interviews with owners of home freezers indicated that the owners felt fully able to do the job of freezing "because it is so simple", yet questions asked by the same people such as "how can I keep the meat moist?" indicate that they need information and instruction . though they either do not recognize it or do not want to admit it.

One woman said that she saw no need for using containers. She uses oil paper, paper sacks, and newspapers. When she listed the items she had stored, it was noted that she had sixty pounds of butter and twenty-five pounds of fish in the same unit. There is a possibility she might change her mind about wrapping by another year. Although most of the families (not all) date and label the foods that are put in their freezer, they do not keep a record of what is in it.

There are at present thirteen locker plants in Arizona with a total of about 6000 lockers. The number of lockers available has increased steadily as materials have become available. Most of the locker plants have not reached capacity. Approximately eighty percent of the total number of lockers in use in Arizona are held by rural patrons. This indicates that between one-third and one-half of the farm and ranch families in Arizona are using locker plant storage space.

The Nutritionist has personally visited the owners of six of the locker plants. The remainder of the plants have been visited by the County Home Demonstration Agents or County Agents. The purpose has been largely to gain their cooperation for an educational program in the State, to familiarize ourselves with the services offered and the general set-up of each plant so that we would better understand their problems and those of their patrons.

Meat takes up the greater portion of the space in the lockers and is in most instances home produced as are the other products stored there. Some fruits and vegetables are purchased on the market for freezing. An increase in the amount of fruits and vegetables put in lockers is expected now that rationing is over. Most plants plan services in blanching and preparation of fruits and vegetables as soon as they can manage it. In some cases, the wife of the operator plans to take over in this area. Some of the plants are acting as agencies for Home Freezers and as retailers for cartons and wrappers for frozen foods.

At the workshop in Freezing Storage, the Agents participated in discussion and planning groups, a seminar, a practice period, and a demonstration. They had an opportunity to view a film and slides on freezing, to study literature and exhibits. They sampled and compared products frozen using several recommended methods of preparation. The Agents seemed to feel that they had gained considerably by the workshop experience. All of them went back to their counties and immediately began to further their planning in this field because of their newly found confidence. It was arranged that funds be made available for locker space so that the Agents could prepare Arizona foods for demonstration purposes. "Seeing is believing." One woman would never have believed that peaches could be frozen without turning black unless we had them to prove it. Even then she found it hard to believe.

The possibilities of the Extension Service and the Experiment Station of the University cooperating in a project on the Freezing of Arizona grown foods was discussed by the Nutritionist with the State Leader, Director, Specialists, and the newly employed Nutrition Chemist of the Experiment Station. Frozen products which are likely to be of special interest in Arizona are: citrus juices, melons, figs, grapes, cauliflower, and broccoli. There was general agreement that such a project would be worthwhile. The preliminary plans for such a project have not yet been completed.

Pressure Canner Clinics

The testing of pressure canner gauges was another phase of food preservation which received special attention in the State program for 1945. Two master gauge testing devices were made by a local plumber. These proved to be much simpler and more accurately handled by the Agents than the mercury manometer. (See illustrations on pp. 26, 28, 29). After using the master gauge equipment a few times, further improvements were made such as attaching a foot pump in place of the hand pump, lowering the air release valve to be in better line with the gauge and adjusting the length of board and height of equipment to fit a metal carrying case. A form to record the testing (See p. 35) was worked out to help make the testing more accurate

and speedier. This form was printed and bound in notebook form. Each county being supplied with its own notebook. Small printed labels (See p. 39) were made to be attached by bakalite cement to the covers of the pressure canners tested, thus making a permanent record for each Homemaker. The Homemaker was also given a slip stating the corrections and how they were arrived at. (See p. 39).

Since the procedure of testing pressure canner gauges seems to lend itself so ideally to work simplification methods, charts were made to use in the clinics which listed the procedure to follow in cleaning the cooker tops and safety valves and the steps for the actual testing of the gauges. This procedure made it possible to test more canners in less time and to do a better job both in testing and in recording the tests. It also allowed the Agent more time for discussion of canning procedures with the homemakers.

At the beginning of the canning season, it was recommended that the Home Demonstration Agents encourage commercial concerns or community groups to take over pressure canner gauge testing. No agency was found that was willing to do this in the larger cities and in the smaller cities it would not be as easy to find commercial concerns willing to invest in the necessary equipment or willing to be trained to give this service.

More than half the gauges tested this year had never been tested before. In forty-five clinics held in seven counties, a total of 635 canners were tested. New gauges were recommended for forty-eight of these canners. This is one way in which Extension Service has reached people that it reaches by no other program. No canners are tested unless the owner is present to assist.

Canning

In connection with the clinics, exhibits of canning equipment, especially equipment which helps save both time and effort for the homemaker were featured. The Acting Specialist in Irrigation constructed illustrative material for our use. As the Nutritionist received training in work simplification from the Clothing Specialist, emphasis on work simplification in canning helped correlate the food and nutrition program with that of clothing. A few of the counties had groups who requested demonstrations or a review of correct canning procedures by discussion with visual aids. There were a total of fifty-one canning demonstrations given in the State and eighteen community canning leaders trained. There has still been no satisfactory method worked out for obtaining a good evaluation of the work

which Extension has done in the field of food preservation. There is no doubt but that many families have been assisted. The records show that at least 4000 were reached. Many others were reached by newspaper and radio. The totals show that 409,345 quarts of food were canned, 2,335 pounds brined, 1,770 pounds dried, 17,453 pounds cured, 41,605 pounds stored, and 21,046 pounds frozen. These figures when compared to those of 1944 show a decrease in the amount of food preserved in every way from the past year. There has not been as much need felt by the people to can. Year-round gardens have been encouraged in counties at low elevations and in many areas fruits, in particular, were not available for canning because of crop failures and poor distribution.

The community canning centers which have been operating in the State under the direction of the State Department of Vocational Education were opened in all of the communities. As they were operated under a limited budget, there was more community responsibility required for their operation. The Home Demonstration Agents in the counties where they operate informed the women of this service and encouraged them to use it. In most instances they kept in close touch with those in charge of the center.

Storage

More families were helped with the problem of storing foods than last year, but there still remains a great amount of help to be given. The lack of space in the homes, the high temperatures, and the type of soil make this a particularly difficult problem.

As a member of the State Nutrition Council, the Nutritionist worked with other State agencies in promoting food preservation and conservation.

4-H

There were fifty-one girls in the State who completed 4-H projects in food preservation. These girls are for the most part enrolled in Mother-Daughter canning clubs. The nine girls in Maricopa County canned 1019 quarts fruit, 402 quarts of vegetables, thirteen quarts of meat, eight gallons cucumber pickles, and prepared 166 pounds fruit, 132 pounds vegetables, 148 pounds chicken for the freezer locker.

FOOD SELECTION, PREPARATION, AND SERVICE

The Family Meal Hour

A project entitled "The Family Meal Hour" was given as a leader training meeting in three counties. The eighteen leaders trained in Maricopa County in turn gave the demonstration to a total of 655 women in thirteen communities. In Cochise County, the demonstration was repeated in ten communities reaching a total of 223 women. The emphasis of the project varied somewhat in each county depending upon the need felt by the Agent. This project though designed primarily to review family table service included in most cases the preparation of a simple meal. The menu usually included foods which were new or unfamiliar as well as those of high nutritive value which were not used as frequently as might be desirable. For example, soy flour, liver, citrus peel, and dehydrated vegetables. The participation of the entire family in both the preparation and serving was brought out in the demonstration by assigning members of the club to be "Father", "Mother", "Daughter", or "Son". The carry-over of this project has been excellent. In Pima County some of the clubs have continued to serve a simple meal planned and prepared by a few members. The table service follows the same pattern set by the demonstration. This has proved much more desirable than their usual potluck dinners. One club in Cochise County repeated the demonstration and then using it as a basis, planned the best table service suited to their community. In some families, the children now participate more in the preparation and serving of the dinner. The evaluation for this project is not complete, but the homemakers attending these meetings enjoyed them very much.

Poultry

In Graham and Greenlee Counties, leader training meetings were given on poultry cookery. This demonstration was later given by the leaders in four communities and used in connection with the preparation of holiday dinners.

Saving Food Values

A demonstration on Saving Food Values was given for a leader training meeting in Maricopa County. The thirteen leaders trained reached a total of seventy-six women with this project. A total of forty-four accepted practices were reported: ten had adopted methods

of serving citrus whereby maximum amount of nutrients could be retained, seven added soy flour to meats, sixteen changed methods of cooking vegetables, and eleven had adopted practices to conserve the food values in milk.

Other

The Home Demonstration Agent of Graham County stated in her Annual Report, "The subject of Nutrition is so vital that it attracts more attention than any other subject. Every homemakers' meeting includes a report on some phase of Nutrition even though the topic of the day might be clothing."

* * *

"Each community has a nutrition leader who is supplied with bulletins and information from the Extension Office."

The Home Demonstration Agents have held demonstration meetings on subjects in which they received training in previous years such as Food for the Sick, Point Saving Meals, and Cheese Making.

4-H

There were 484 girls enrolled in 4-H Meal Planning projects in the State. In Maricopa County, the 261 girls enrolled planned 1793 meals and prepared 487 meals.

SCHOOL LUNCH

There were 134 school lunches in the State last year receiving indemnities from the Federal Government. In these schools, 26,382 boys and girls received Type A lunches and 875 received Type B. The Nutritionist and Home Demonstration Agents have cooperated with the administrators of the school lunch funds by telling them of schools that are interested in finding out more about the set-up. In Pinal County, the Home Demonstration Agent and Nutritionist helped plan and arrange a meeting of school lunch workers and administrators from six communities. In Yuma County, the Nutritionist gave a demonstration on the Type A lunch and its preparation for school lunch workers of three communities. The Nutritionist has encouraged the Agents to help promote the school lunch in their areas by stimulating and developing community interest and responsibility for such a project. In this way, the work of the agent will have more lasting results than it will have by giving individual assistance to school lunch cooks, managers, and administrators who often leave for another position.

However, the Home Demonstration Agents do furnish many of the cooks, recipes and help them with menu planning when requested. This year, the Home Demonstration Agents have assisted twenty-one schools in establishing or maintaining hot school lunches. Some of these schools do not receive Federal assistance. In Apache County, the Agent has given splendid help to the cook in planning storage space and arrangement of equipment in the school lunch kitchen at Eagar. Many of the school lunch cooks were invited to attend workshops in bread making when the Representative of the Wheat Flour Institute was in the various counties. As a direct result of this, more enriched flour is being used in the preparation of bread for the school lunch. In Cochise County, the Agent helped supervise the canning of approximately 1000 jars of food for the Elfrida School Lunch. Entertainment was given to furnish money to buy the jars. An appeal was made over the radio for the town people to donate jars they were not using. This school lunch has been so successful that it has been decided to extend the project to include the high school.

As a member of the School Lunch Committee of the State Nutrition Council, the Nutritionist helped coordinate Extension's work in this area with that of the War Food Administration.

HEALTH

The Home Demonstration Agents in several counties have helped make people aware of mottled enamel caused by drinking a water too high in fluorine when the teeth are in the formative stage. As a result of the interest created, 283 jars of water were sent to the University to be tested for fluorine from July 1, 1944 to June 30, 1945. In Greenlee County, one community has organized for action to prevent mottled enamel. Other counties are just beginning a more intense drive to do something about this condition.

The Agent in Maricopa County and the one in Navajo and Apache Counties have been cooperating with the Arizona Branch of the American Cancer Society in bringing vital information to rural women.

As doctors, nurses, and hospitals are at a premium in rural Arizona, the Home Demonstration Agents for Navajo and Apache and Graham and Greenlee Counties have been instrumental in getting the homemakers to enroll in Red Cross Home Care of the Sick classes. These classes are not given unless an enrollment of at least ten is guaranteed.

FAIRS AND STATE CONTESTS

At the Annual Maricopa County 4H Club Fair, the girls in Meal Planning and Food Preservation Clubs had some excellent exhibits and posters. The Nutritionist assisted Miss Ruth Kruger in grading these. The food exhibits were non-perishable. Some of them made use of food models.

Demonstrations in food preparation were given by a number of clubs. They were well presented.

The Nutritionist was in charge of the judging rings. The girls judged baking powder biscuits, muffins, table setting, and measurements. Many girls judged who had never tried before and decided that it was not so terrifying an experience as they had thought.

At the Pima County Victory Market Day, the Nutritionist assisted other Home Economists in grading the products. Recommendations were made to the Agent that judging rings and demonstrations be featured another year.

The 4-H Round-Up was not held again this year because of the war. This made it necessary for the Nutritionist to assist in the judging of the State contestants.

PUBLICITY

Most of the Agents have a regular weekly column in the local newspapers. Much of the space is devoted to topics of Food and Nutrition. The Agents in Pima and Cochise County have regular radio broadcasts. Topics of Food and Nutrition are often discussed. The Nutritionist has prepared and given three radio talks, and prepared two articles for publication in the Arizona Farmer, a paper with State-wide distribution.

The Nutritionist has assisted the Information Specialist in giving releases of timely subject matter in Food and Nutrition.

FAT SALVAGE

The Nutritionist was appointed by the Director to coordinate Extension's part in the Fat Salvage Drive with that of the Salvage Committee and the War Food Administration. The problem seemed to be to find ways of getting the fat from the stores to the rendering.

plants. The trucking lines of this State were contacted and an attempt made to set up a collecting system. Retail stores which had not been cooperating were encouraged to accept fat when a way had been found to have the fat picked up and taken to the rendering plant. All of the Agents and Home Demonstration Agents in the counties cooperated in this drive and stimulated the collection of fats among homemakers and 4-H Clubs.

UNIVERSITY DEPARTMENTS

Many departments of the University were contacted during the course of the year. The Nutritionist consulted the following individuals: Mr. Cromwell, Library; Dr. Alton Finch, Horticulture; Dr. Mary Caldwell, Bacteriology; Dr. Margaret Cammack Smith, Experiment Station; Mr. Howard V. Smith, Agricultural Chemistry; Mr. Harold C. Schwalen, Agricultural Engineering; Dr. William J. Pistor, Animal Pathology; Dr. Ethel Thompson, Home Economics; Dr. I. F. Buehrer, Agricultural Chemistry; Mr. Caster, Agricultural Chemistry; Mrs. Venice Lindsay, Visual Aids.

Upon invitation from Dr. Mary Caldwell, Head of Department of Bacteriology, the Nutritionist gave two lectures on the fundamentals of Nutrition to the students in her Public Health Class.

Students in the Home Economics Department have used the files of the Extension Nutritionist in preparing reports for class work. One student obtained material for her speech class from the files, also.

COMMERCIAL ORGANIZATIONS

The Desert Grapefruit Growers have indicated interest in cooperating with us in our work, but as yet, this contact has not been developed. The Central Arizona Power and Light Company is represented on the State Nutrition Council, and it is in this way that Extension Service works with that agency. The State Nutrition Council this year sponsored bread making demonstrations by a Representative from the Wheat Flour Institute. Although the county and local Nutrition committees were to do the organizational work for these demonstrations, in many counties, it was necessary because of transportation difficulties and lack of functioning committees for the Agent to give the necessary assistance. In one county,

there was a total attendance of 190 at a total of three meetings. Thus, it was a project which reached large numbers and was felt to be worthwhile. To follow up these meetings, the Home Demonstration Agents sent to all those attending a copy of three Extension Circulars on bread making. Two of the demonstrations on bread making were attended by the Nutritionist.

A demonstration given by a representative of the Evaporated Milk Institute was attended.

Conferences were held with the president of the Flex Seal Manufacturing Company regarding pressure canners and pressure saucepans.

POST-WAR PLANNING

The Nutritionist had an opportunity to read and criticize the post-war plan for nutrition for Arizona prepared by the committee appointed by the Governor. It is hoped that this program will be set up in such a way that Extension groups will be able to help with some of the much needed studies.

EVALUATION

There has been little done to evaluate the food and nutrition projects carried during the year. As this is a much more important part of the program than attention to it would indicate, it is hoped that more can be done in evaluation of activities another year. Some evaluation has been possible by attending the meetings given by the leaders and the checking of reports from others who have attended these meetings. The record books which were printed and bound for use in the pressure cooker clinics serve as a good evaluation in that field. The following outline of goals planned and achieved for 1945 is helpful in evaluating the year's work.

GOALS	PLANNED FOR 1945	ACHIEVED FOR 1945
a. Major planning and teaching activities		
1. Number of conferences to be conducted for training home agents in subject-matter and methods.	30	35
2. Number of agents to be assisted in:		

GOALS	PLANNED FOR 1945	ACHIEVED FOR 1945
(a) Servicing planning committees and USDA War committees with background information and other specialist aid.	10	12
(b) Making available to farm people and encouraging them to use the services of action agencies of the USDA, eg. S.M.A., B.A.E.	10	-
(c) Planning coordinated project activities with co-workers and representatives of other Government agencies in the county, as A.A.A. and F.S.A.	10	-
(d) Developing plans to encourage leadership of 4-H Clubs by older youth.	3	-
(e) Training 4-H judging and demonstration teams.	5	-
(f) Planning, establishing, and conducting result and method demonstrations.	10	-
(g) Training leaders in subject-matter and Extension methods including group discussions.	7	9
(h) Work with organized committees of rural and urban people to study the nutrition status of their local communities and plan programs accordingly.	8	-
(i) Preparing and using circular letters, news articles, exhibits, posters, film strips, and other Extension means.	10	9
b. Participation of farm people		
1. Number of adults to take part in major phases	3000	4000
2. Number of 4-H Club members	300	547

GOALS	PLANNED FOR 1945	ACHIEVED FOR 1945
3. Numbers of leaders to be trained		
Adult	100	97
4-H Club	20	-
c. Physical or Material results		
1. Number of families preserving food	5000	4000
2. Number of 4-H Club members preserving food.	200	51
3. Number of pressure cooker gauges and safety valves tested	300	635
4. Number of families improving storage space for food	200	220
5. Number of families adopting methods of food preparation which save food nutrients	200	44
6. Number of school lunch programs assisted	10	21
7. Number of families simplifying food preservation or food preparation	200	-
8. Number of 4-H Club members planning and preparing meals	200	484

The following table shows how the time of the Extension Nutritionist was spent while on duty.

Total time on duty	259	days
Total time in office	193½	days
Total time in field	65½	days
Time spent in adult work	230	days
Time spent in 4-H Club work	29	days

Publicity	
Radio talks prepared and given	3
Articles for publication	2
Letters Written	
Individual	341
Circular	8
Nutrition Circulars and leaflets prepared	29
Number of contacts with Home Demonstration Agents	67
Number contacts with County Agents	23
Total number of pressure cooker gauges tested	635
Total number of farm or home visits	56
Number of visits made to freezer locker plants	5
Number of visits made to School Lunches	7

Meetings: Type of meeting	Number	Attendance
Leader training - adult	10	97
Method Demonstrations	6	73
Home Demonstration Agents training meetings	5	55
Fat Salvage	4	13
State Nutrition Council	2	30
State Nutrition Council Committees	6	50
Fairs and Achievements	2	750
Other Meetings		
Tucson Dietetic Association	1	15
Lectured to two classes of students on the campus	2	150
Arizona Home Economics Association	1	30
General Electric Company	1	30
Wheat Flour Institute	2	40
Evaporated Milk Institute	1	75

NUMBER OF DAYS IN THE FIELD BY PROJECT

County	Food Preservation and Storage			Food Selection, Preparation and Service			School Lunch	Observation and Home Visits	4-H	State Nutrition Council	Total
	Canning	Freezing	Clinics	Saving Food Values	Poultry	Family Meal Hour					
Apache							½	2½			3
Cochise						2½		1	2		5½
Coconino									2		2
Graham					2				3		5
Greenlee					1						1
Maricopa		1	1½	5		4			4½	5*	16
Navajo		1						3	2½		6½
Pima	½	½	½			3½		1	½		6½
Pinal	1	3½					2				6½
Yavapai									1½		1½
Yuma							3		4		7
TOTALS	9½			18			5½	7½	20	5	65½

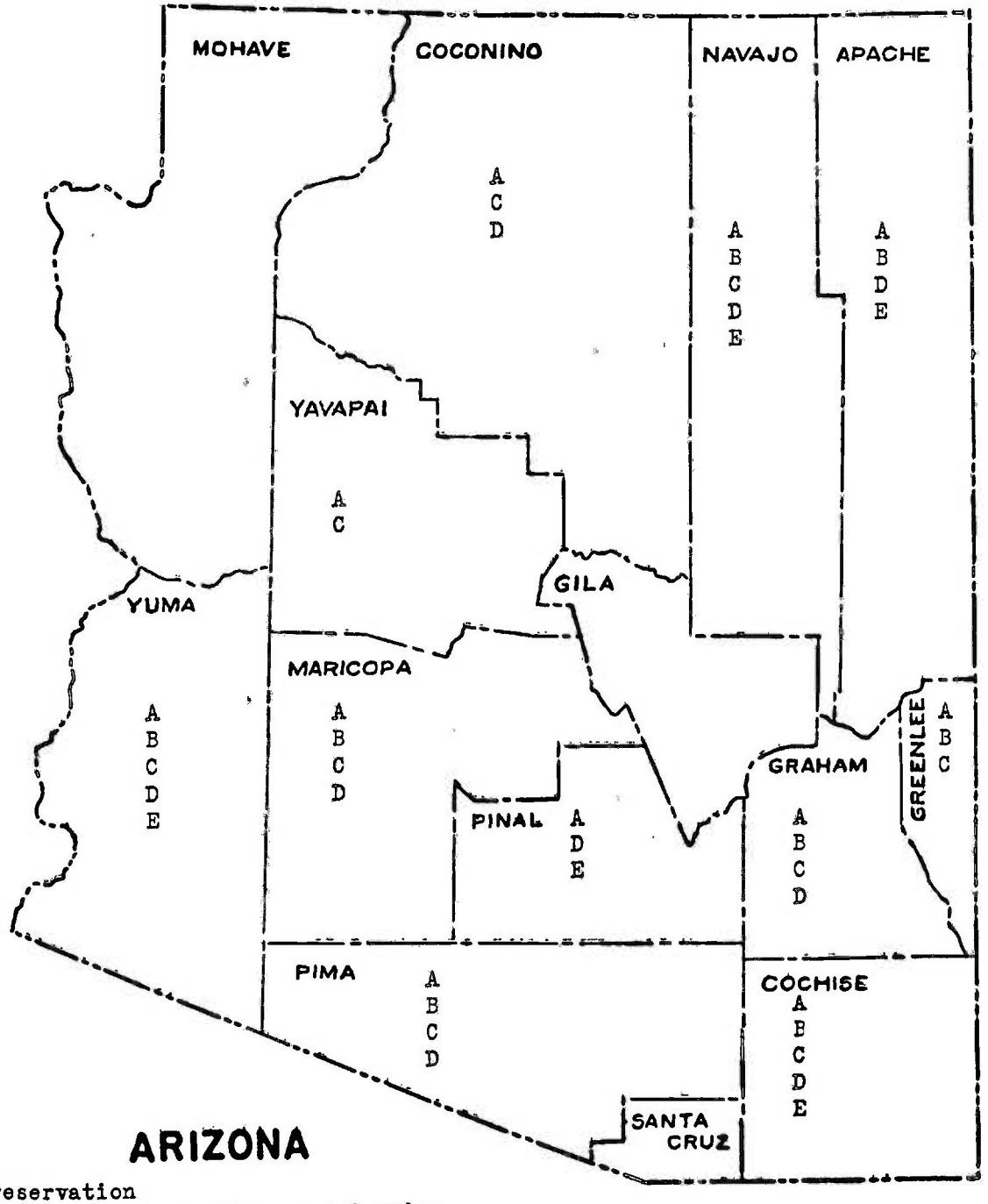
* Not included in county total.

COMMUNITIES REACHED BY EXTENSION NUTRITIONIST

County	Place where demonstration was held	Communities represented by those in attendance at demonstration	Communities in which families were contacted by visit, 4-H, etc.
Apache			St. Johns Springerville Alpine Sanders Nutrioso Eager
Cochise	Willcox	Stewart Sulphur Springs Cochise	St. David Benson Tombstone Pomerene Stewart Bisbee Douglas Dragoon
Coconino			Cherry Cottonwood Sedona Flagstaff
Graham	Thatcher	Safford	Safford
Greenlee	Duncan	Franklin	Duncan
Maricopa	Phoenix Buckeye Baxter	Buckeye Palo Verde Baxter Washington Balz Mesa (10 wards LDS) Glendale Alhambra	Indian School Balz Alhambra South Phoenix Scottsdale Mesa
Navajo			Holbrook Woodruff Joseph City Aripine

County	Place where demonstration was held	Communities represented by those in attendance at demonstration	Communities in which families were contacted by visit, 4-H, etc.
Navajo (continued)			Heber Clay Springs Snowflake Showlow White Rivers Fort Apache Linden Pinedale
Pima	Tucson Binghampton Amphitheatre	Gov't Heights Amphitheatre Sahuarita Fort Lowell Binghampton	Sahaurita Fort Lowell Amphitheatre
Pinal	Coolidge Casa Grande Kenilworth		Eloy Casa Grande Kenilworth Coolidge Florence Picacho Mc Dowell
Yavapai			Prescott
Yuma	Somerton	Somerton Crane Yuma	Gadsden

NUTRITION PROGRAM BY COUNTIES



Food Preservation
Food Selection, Preparation, and Service
4-H
Home Visits
School Lunch

FOOD PRESERVATION RECORD 1945

COUNTIES	CANNED	BRINED	DRIED	CURED	STORED	FROZEN
Apache	29,184	90	55	700	2,575	1,000
Cochise	17,419	150	250	1,000	500	0
Coconino	243	0	0	0	0	0
Gila	135	0	0	0	0	0
Graham	61,950	500	575	2,000	1,050	2,950
Greenlee	51,580	375	500	2,000	2,900	0
Maricopa	81,743	97	265	816	0	5,891
Navajo	36,540	623	85	10,937	34,580	0
Pima	3,696	0	40	0	0	205
Pinal	30	0	0	0	0	0
Yavapai	5,825	0	0	0	0	0
Yuma	121,000	500	0	0	0	11,000
TOTALS	409,345	2,335	1,770	17,453	41,605	21,046

N-156
20 c.
1-46

SUMMARY OF NUTRITION AND HEALTH PROGRAM 1945
and
A COMPARISON OF THE PROGRAM WITH THOSE OF 1943 and 1944

	1943	1944	1945
Number of families assisted:			
In improving diets	2826	2857	1065
With food preparation	4635	2980	1647
In improving food supply by making changes in home food production	14869	4443	1118
With home butchering, meat cutting or curing	221	111	61
With butter or cheese making	202	265	199
With food preservation problems	6826	5526	4002
Canning	7277	4794	3793
Freezing	122	150	389
Drying	1017	715	107
Storing	313	115	220
In producing and preserving home food supply according to annual food-supply budget	40	400	144
In canning according to a budget	103	587	338
With child-feeding problems	261	230	230
In the prevention of colds and other common diseases	227	214	359
With positive preventive measures to improve health			164
With first-aid or home nursing	73	210	72
Number of schools assisted this year in establishing or maintaining hot school lunches	13	8	21

FOOD AND NUTRITION MATERIAL PREPARED

December 1, 1944 - November 30, 1945

Circular Number	Name of Publication	Date	How Prepared	No. of Pages	No. of Copies
N-130	Questionnaire-Family Table Service	1/45	Ditto	1	25
N-131	Saving Food Values	1/45	Ditto	3	150
N-132	Demonstration - Saving Food Values	1/45	Ditto	8	50
N-133	The Family Meal Hour	1/45	Mimeo	7	3000
N-134	Recipes For the Family Meal Hour - Pima County	1/45	Ditto	1	100
N-135	Demonstration-The Family Meal Hour	1/45	Ditto	3	25
	Revised	10/45	Ditto	3	75
N-136	Recipes for School Lunch	2/45	Ditto	2	15
Supplement W-32	Arizona Canning Timetable-Meats & Poultry	2/45	Ditto	1	200
N-137	Sauerkraut	3/45	Ditto	3	150
N-138	Food Preservation Circulars	3/45	Ditto	2	25
N-139	A Menu Suggestion for April	3/45	Ditto	2	25
N-140	Menus For The School Lunch	4/45	Ditto	4	50
N-141	4-H Guide for Mother, Daughter Canning Club	5/45	Mimeo	4	200
N-142	Pressure Cooker Testing Sheet	5/45	Ditto	1	150
	Pressure Cooker Clinic Record Book	5/45	Printed & Bound	100	20
	Labels for Pressure Canner Testing	5/45	Printed	1	300
N-143	Information on Frozen Food Locker Plants in Arizona	6/45	Ditto	2	

Circular Number	Name of Publication	Date	How Prepared	No. Of Pages	No. Of Copies
N-144	Information on Home Freezer Units	6/45	Ditto	2	200
N-145	Food Preserved During The Past Year	6/45	Ditto	1	100
N-146	Iceless Refrigerator	7/45	Mimeo	2	100
N-147	Program, Workshop on Freezing Storage	8/45	Ditto	2	15
N-148	Locker Plant and Home Freezing	8/45	Ditto	4	25
N-149	Reference List on Freezing	8/45	Ditto	5	25
N-150	For That Holiday Dinner	8/45	Mimeo	8	500
N-151	Weight-Height-Age Table For Girls	9/45	Ditto	1	25
N-152	Weight-Height-Age Table For Boys	9/45	Ditto	1	25
N-153	Weight Chart for 4-H'ers	10/45	Ditto	1	100
N-154	Recipes for the Family Meal Hour Maricopa County	11/45	Ditto	3	25
N-155	Christmas Bread	12/45	Mimeo	1	2000
W-41	Arizona Canning Timetable	3/45	Printed	2	3000
W-43	Prevent Mottled Teeth	-/45	Printed	2	3000
W-43	Reprinted	9/45	Reprinted	2	10000

N-158
20 c.
1-46

Testing a Pressure Canner
Gauge

Reseating and Cleaning Safety Valves

Equipment for Testing Pressure
Canner Gauges

Equipment for Testing Pressure
Canner Gauges

"Selling" the School Lunch

REVA Lincoln, extension nutritionist, took a hand in Arizona's school lunch program recently when —representing the school lunch committee of the Arizona Nutrition Council — she put on a demonstration at Somerton School for lunchroom managers of Yuma County.

Reva Lincoln

Many delicious foods are not accepted by school children, Miss Lincoln said, because the foods are new and unfamiliar, or because the children have built up a mental resistance to them at home. The most attractive and nutritional "Type A" lunch fails to serve its purpose if half of it comes back on the plates!

With the help of Mrs. Jennye Meade, lunchroom manager at Somerton School, the nutritionist prepared Baked Soybeans and Liver Creole with Rice. Soybeans were used as an example of unfamiliar foods which should be used for their nutritional value. Liver was an example of foods children commonly view with disfavor. Any school kid who would turn up his nose at those dishes as prepared at Somerton that day, just couldn't be very hungry!

Guests, besides lunchroom managers from Yuma County schools, included Dorothea Long and Esther McKemy, of the War Food Administration school lunch program; Ruth Kruger, home service director for Central Arizona Light and Power Company; and Maude Longwell, Arizona Farmer's women's editor.

Everyone had an idea for "selling" menus to reluctant eaters. Example—Miss Kruger's suggestion that a bit of molasses or fruit flavoring be added to milk, since farm children are often unaccustomed to the slightly "different" taste of pasteurized milk.

Lunchroom supervision was conceded to be important, to encourage "clean plate" practices. Allowing children to plan menus for the school was suggested—with special recognition: "This is Johnny's menu, and we're using it because it has a nice arrangement of color and all the things we need to keep us well and strong." (Milk, meat, fish or other good protein food; vegetables and fruit; enriched bread and butter or margarine.)

"Food talk" in classes, to make children feel a responsibility about the food they eat, was suggested. Such as—"Fliers eat carrots because carrots help them see better." with more advanced nutritional education for the upper classes.

Miss Lincoln stressed the importance of lunchroom managers using foods locally produced. Broccoli, cauliflower, cabbage, lettuce and spinach —all the green foods, in fact—are both good and beautiful in salads. She mentioned also that children frequently prefer raw foods—turnips, cauliflower, cabbage and carrots—to the same foods cooked.

Arizona Farmer 3/24/45

New and Better Rules for Canning Now Available

By REVA LINCOLN
(Extension Nutritionist)

HERE is good news for the homemaker. Because of a new altitude correction rule the processing time required for fruits and tomatoes and other acid foods processed in a boiling water bath has been reduced. For instance, it was formerly recommended that peaches (raw-pack) which require twenty-five minutes at sea level should be processed for fifty-one minutes at an elevation at 5000 feet elevation. This makes a difference of sixteen minutes, thus making a better product and at the same time one that you can be sure will keep if you have followed all directions carefully.

Reva Lincoln

Extension Folder W-33 has been revised to include these new altitude corrections for canning by water bath. The rule followed in making this table for the water bath method is, for each 1000 feet above sea level add one minute to the processing time if the time called for is twenty minutes or less. If the processing called for is more than twenty minutes add two minutes for each 1000 feet. Extension Folder W-41, Arizona Canning Timetable for Fruits and Tomatoes, gives canning directions for canning the fruits most commonly canned in Arizona. It also includes directions for canning tomato and citrus juices. The processing times are given for various elevations.

For safe canning a pressure cooker is used for processing all non-acid foods such as meat and vegetables. The altitude corrections for canning by pressure cooker have not changed. The general rule to follow when processing with a pressure cooker is to add one-half pound pressure for each 1000 feet above sea level. These corrections are given in table form in Extension Folder W-33, revised. As a result of recent research the U. S. Department of Agriculture in a publication soon to be released, "Home Canning of Meat," has reduced the processing times formerly recommended and has found that by processing at a pressure of ten pounds (240°F.) a more desirable product is obtained than by processing at fifteen pounds pressure.

There is continued need for good canning practices, such as:

1. Can only fresh food in tiptop condition.
2. Have food, jars, everything used in canning thoroughly clean.
3. Work quickly so as to can "freshness."
4. Follow up-to-date directions and timetables backed up by scientific research.
5. Make sure your steam pressure canner is in good order. Have gauge and safety valve checked.
6. Test jars.

A separate circular has been prepared on sauerkraut. Other bulletins are available for help in canning or drying vegetables, pickling and brining. Your county home demonstration agent is always ready to advise you in your food preservation problems and to provide you with the latest information on the canning, dehydrating, and freezing of foods.

Arizona Farmer
5/5/45

Swapping Lunchroom Lore

Those Kenilworth kids ate plenty in spite of being observed by an audience which included (left to right) Mrs. Maude McMillan, lunchroom assistant; Mrs. Edith Stevie, manager; Principal Wm. C. McConnell; Mrs. John Bugg, wife of Pinal County superintendent of schools; R. W. Taylor, superintendent of Coolidge schools; and Esther McKemy, Arizona's school lunch director, War Food Administration.

"HERE'S how we feed our children at noon. How do you feed yours?" That's the way Principal Wm. C. McConnell, of Kenilworth School, near Coolidge, led guests into a free-for-all discussion of school lunch problems the evening of April 6. The occasion was a school lunch demonstration, engineered by Esther McKemy, school lunch representative of War Food Administration. Standing by to assist were extension nutritionist Reva Lincoln, and Mrs. Bernice Cannedy, Pinal's new home demonstration agent.

Mrs. Edith Stevie, Kenilworth lunchroom manager, and her assistant, Mrs. Maude McMillan, served a typical—and good!—school lunch to a tableful of kids representing all grades. "We're so scared, we won't be able to eat a bite!" said the Exhibit before mealtime. But after they had filed by the washup faucets and had their plates served, they found that an audience merely added zest to already hungry appetites. For example, at school they're encouraged to go back for seconds and thirds. With company looking on, some of the kids went back for seconds, thirds and fourths!

John Bugg, Pinal County superintendent of schools, and Mrs. Bugg were there, along with principals and lunchroom managers from schools all over the county. Pichacho, Coolidge, Florence, and McDowell schools were especially well represented. All have thriving lunch programs, and all had wartime problems of marketing, menu-planning, meal serving and record-keeping to discuss.

Mrs. Cannedy provided new menus and gave suggestions for using available foods. Miss McKemy emphasized accurate keeping of records, and Miss Lincoln showed a Quiz Kid movie starring the school lunch.

School lunch marketers debated the virtues and faults of chain stores, neighborhood stores and wholesalers.

Arizona Farmer 5/5/45

Saving Food Values

More ways to serve an orange than there are to skin a cat! Reva Lincoln, extension nutritionist (right) approved "orange-ways" demonstrated by Mrs. Harriet Leedham and Mrs. David Rogers, which included serving slices, sections, and partially peeled.

IN spite of wartime nutrition education, the Nation's garbage pails still show an appalling amount of food waste, Reva Lincoln, recently appointed extension nutritionist, told Maricopa County Rural Homemaker leaders at a January leader-training demonstration in Phoenix.

"But the garbage pails don't tell th whole story," Miss Lincoln continued. "They don't show the amazing waste of minerals and vitamins that occurs in the foods we eat." She went on to demonstrate that most of this waste is preventable—as preventable as the careless storage and poor cooking practices which cause it; then showed the Homemakers numerous ways in which they might get the best nutritive values from the foods they prepare and serve.

Milk for example: "Bring the milk in but of the sun," Miss Lincoln advised. "Strong light, especially with heat, destroys the riboflavin which is one of milk's most valuable contributions to the daily diet. Always use a double boiler and cover when cooking milk, for boiled milk leaves much of its calcium and protein content on the sides and bottom of the pan."

Cabbage should be stored in the refrigerator and shredded just before using. Outside leaves should never be thrown away—they contain four times as much calcium and iron, much more Vitamin A value and twice as much Vitamin C, as the inner leaves! Serve cabbage raw, or cook cabbage only five minutes in boiling water. Losses of calcium, iron and Vitamin C are great when cabbage is started in lots of cold water. Avoid over-cooking, and cook only enough cabbage for one meal—there isn't much Vitamin C left in warmed-over cabbage.

Citrus fruits, oranges for example, yield the highest percentage of Vitamin C when the pulp is eaten rather than just the juice. If the juice is preferred, serve without straining. Find ways, Miss Lincoln urged, to use the peel of citrus fruit—it contains far more Vitamin C than the pulp!

Meat should be cooked at low temperature to avoid excessive shrinkage. Try adding soy flour to ground or chopped meats—the soy flour has the ability of preventing the frying away and wasting of the fat. Always find a way to use meat drippings—they contain from 10 to 15 percent of the B vitamins (riboflavin, thiamin and niacin) of the meat.

Miss Lincoln was assisted by Grace Ryan, Maricopa County home demonstration agent, who observed that the "Saving Food Values" demonstration represented the food management phase of the year's program of Home Management, including demonstrations stressing efficient management of clothing, time and money.

Leaders who attended and who will relay the demonstration to their respective Homemaker Clubs, included: Mrs. John Mott, Mrs. Harriet Leedham, and Mrs. Clarence Ashcraft, Baxter; Mrs. David Rogers and Mrs. Arthur Sutter, Washington; Mrs. Wilfred Cote, Mrs. R. G. Lang, Mrs. Balsz; and Mrs. Pete [illegible]

Recipes for Making The Most of Food You Serve

NUTRIENT-SAVING recipes being demonstrated by Rural Homemakers all round the state under direction of Reva Lincoln, extension nutritionist, and various county home demonstration agents, include—

FIVE-MINUTE CABBAGE

Heat 3 cups of milk in a double boiler, add 2 quarts of shredded cabbage, and cook for about 2 minutes. Mix 3 tablespoons of flour with 3 tablespoons of melted fat. Add to this blended flour and fat a little of the hot milk. Stir into the cabbage and cook for 3 or 4 minutes, stirring all the while. Season to taste with salt and pepper and serve at once.

ORANGE BREAD

Peel of 3 medium-sized oranges
2 cups water
2½ cups sifted all-purpose flour
½ cup sifted soy flour
4½ teaspoons baking powder
1 teaspoon salt
6 tablespoons sugar
1 egg, well beaten
¼ cup orange juice
1 cup milk
1½ tablespoons fat, melted

Wash the peel thoroughly. Remove the membrane or rag from the inside of the peel, then cut the peel into small pieces. Cover the peel with the water and cook slowly until the peel is tender (about 30 minutes). Drain. (The peel liquid may be used in place of the orange juice in the recipe.)

Mix and sift the dry ingredients. Combine the beaten egg, orange juice, milk, melted fat, and the cooked peel. Add this mixture to the dry ingredients, and stir only until blended. Pour the mixture into a well-greased bread pan and let it rise for 30 minutes. Bake the bread in a moderate oven (350° F) about 1 hour.

ARIZONA FRUIT GINGERBREAD

3 cups sifted all-purpose flour*
1 teaspoon salt
1 teaspoon soda
2 teaspoons baking powder
2 teaspoons ground ginger
2 teaspoons ground cinnamon
1 teaspoon ground cloves
2 eggs well beaten
1 cup dark molasses
1 cup brown sugar
1 cup sour milk
½ cup melted shortening
1¼ cup dried or fresh fruit**, cut in small pieces

Mix and sift the dry ingredients. Combine the eggs, molasses, sugar, sour milk, and melted shortening; add to the dry ingredients. Blend the mixture thoroughly. Add the fruit and bake in a moderate oven (350° F) about 30 minutes.

*⅛ cup soy flour may be substituted for an equal amount of flour.

**If fresh fruit is used, it should be firm fleshed—like apples and pears.

SOY MEAT LOAF

1 pound ground meat
1¼ cups vegetable stock, tomato juice or milk
3 tablespoons bacon or other fat
3 tablespoons chopped onion
½ cup chopped celery
½ cup soy flour or grits
1 cup dry bread crumbs
1½ teaspoons salt
⅛ teaspoon pepper
1 tablespoon Worcestershire Sauce
2 tablespoons chopped parsley

Select one kind of meat or a mixture of two or more kinds. Blend the vegetable stock, tomato juice, or milk with the meat. Melt the fat, add the onion and celery, and cook slowly for minutes. Add all remaining ingredients to the meat. Mix thoroughly. Mold the loaf on a piece of tough paper. Place paper and loaf on a rack in an uncovered pan and bake in a moderate oven (350° F) for 1 to 1¼ hours, or until well done and brown.

WORKSHOP ON FREEZING STORAGE

University of Arizona

August 23, 24, & 25, 1945

Cooperative Extension Work
in
Agriculture and Home Economics

The University of Arizona College of Agriculture
and the U. S. Department of Agriculture Cooperating

N-147
8-45
25c.

Mr. & _____ Husband's first name _____

P. O. Address _____

Make of cooker _____ Age _____ Size _____

Gage: simple ☐ geared ☐ Reading at rest: _____

Type of safety valve: Combination ☐ Separate valve and petcock ☐ Other _____

Previously tested: Yes ☐ No ☐ By Extension: Yes ☐ No ☐

Approximate dates of previous tests _____

	Master gage	Pressure cooker gage	Correction	After
1st reading 2nd reading				
1st reading 2nd reading				
1st reading 2nd reading				

Safety valve: Pops off at ____ pounds. New one recommended: Yes ☐ No ☐

Remarks:

	Gage corrections	Altitude corrections	Total
For 5 pounds pressure For 10 pounds pressure For 15 pounds pressure			

Date _____ Name of Tester _____

Method used: _____

M-142
6/45
75 c.

INFORMATION ON HOME FREEZER UNITS IN _____ COUNTY, ARIZONA

Name of owner _____

Address _____ City ☐ Rural ☐

Type of freezer: Walk in ☐ Chest opening at top ☐ Chest opening on side ☐

Age of freezer (approximate) _____

Commercial ☐
- Converted ice cream box ☐
- Converted milk cooler ☐

Manufacturer _____

Model _____

From whom purchased _____

Alterations made since purchase _____

_____

Size (cu. ft.) _____

Home made ☐
- Plans obtained from _____

_____

Construction material used _____

Insulating material _____

Thickness _____

Refrigerant used _____

Materials and equipment obtained from

_____

Provision for sharp freeze (describe) _____

Temperature variations
- During freezing: high _____ low _____
- During storage: high _____ low _____

Freezing load _____

Provision has been made to maintain temperature in case of an electric power failure.

Yes ☐ No ☐ Describe if answer is yes _____

This freezer will be serviced by _____

Approximate cost of operation _____

Papers and containers used _____

Where obtained _____

(over)

Cod storage:	Kinds	Approx. amounts	Obtained on market	Home Produced
Fruits				
Vegetables				
Meats				
Poultry				
Fish				
Dairy products				
Eggs				

Foods are dated and labeled before freezing: Yes ☐ No ☐

A record is kept of: Food frozen ☐ Amount ☐ Date ☐ How prepared ☐

Foods frozen longest are used first: Yes ☐ No ☐

Information on preparing foods for freezing obtained from _____

Information was helpful: Yes ☐ No ☐

Help desired from Experiment Station or Extension Service, University of Arizona _____

Name of Interviewer _____ Date _____

Cooperative Extension Work
In
Agriculture and Home Economics
The University of Arizona College of Agriculture
and the U.S. Department of Agriculture Cooperating

INFORMATION ON HOME FREEZER UNITS IN _____ COUNTY, ARIZONA

ame of owner _____

ddress _____ City ☐ Rural ☐

ype of freezer: Walk in ☐ Chest opening at top ☐ Chest opening on side ☐

ge of freezer (approximate) _____

ommercial ☐ Home made ☐

Converted ice cream box ☐ Plans obtained from _____

Converted milk cooler ☐ _____

Manufacturer _____ Construction material used _____

Model _____ Insulating material _____

From whom purchased _____ Thickness _____

Alterations made since purchase _____ Refrigerant used _____

_____ Materials and equipment obtained from _____

Size (cu. ft.) _____ _____

rovision for sharp freeze (describe) _____

emperature variations

During freezing: high _____ low _____

During storage: high _____ low _____

reezing load _____

rovision has been made to maintain temperature in case of an electric power failure:

Yes ☐ No ☐ Describe if answer is yes _____

his freezer will be serviced by _____

pproximate cost of operation _____

pers and containers used _____

here obtained _____

(over)

INFORMATION ON FROZEN FOOD LOCKER PLANTS IN ALASKA

Name of Freezer Locker Plant _____

Address _____

Ownership: Private ☐ Cooperative ☐

Name of owner or manager _____

Educational background _____

Business experience _____

Number of years operated freezer locker plant _____

Lockers:

Types: Metal ☐ Wood ☐ Portable ☐ Permanent ☐

Number available _____ Number in use _____ Size (cu. ft.) _____

Number held by city patrons _____ Number held by rural patrons _____

Other freezing storage (cu. ft.) _____ Charge made for locker drawer _____

Equipment purchased from (name of company) _____

Temperature Range:

Freezing room temperature: high _____ low _____

Storage room temperature: high _____ low _____

Chill room temperature: _____ Compressor capacity _____

Emergency stand-by equipment _____

Refrigerant used _____

Products stored: Kinds	Approximate percentage		Major source for patron	
	By patrons	By commercial	Market	Home produc
Fruits _____				
Vegetables _____				
Meat _____				
Poultry _____				
Fish _____				
Dairy products _____				
Eggs _____				

(over)

Plant facilities available:

Fruits and vegetables: Preparation for freezing ☐ Blanching ☐

Packaging and wrapping ☐ Charge for service _____

Meats, poultry and fish: Slaughtering ☐ Smoking or pickling ☐

Cutting ☐ Grinding ☐ Charge for service _____

Pick-up service Delivery service ☐ Other service _____

Commercial: Freezing ☐ Distribution (name product) _____

Rate of turnover: _____

Papers and containers used _____

Purchased from (name of company) _____

Informational materials distributed (attach copies) _____

Type of informational materials _____

Additional work done _____

Methods of record keeping (attach forms) _____

Help desired from Experiment Station or Extension Service, University of Arizona _____

_____

_____

_____

Name of Interviewer _____ Date _____

Cooperative Extension Work
In
Agriculture and Home Economics
The University of Arizona College of Agriculture
and the U.S. Department of Agriculture Cooperating

Cooperative Extension Work
in
Agriculture and Home Economics
the University of Arizona College of Agriculture
and the U. S. Department of Agriculture Cooperating

THE FAMILY MEAL HOUR

by

Reva Lincoln, Extension Nutritionist

January, 1945

N-133
500 c

Office of the
Extension Nutritionist

THE FAMILY MEAL HOUR

"Be present at this table, Lord;
Be here and everywhere adored.
These mercies bless, and grant that we
May dwell in Paradise with thee."

A simple "offering of thanks" is too often forgotten at the family dinner table. In the hurry of our everyday world, we also forget that mealtime should be one of the highlights of the day. The family table seems to be almost the only place where the entire family meets together. It is important that we make the occasion a happy one.

Every homemaker should know the general rules of table etiquette and the accepted forms for setting the table and serving the meal. This knowledge gives her self confidence and makes it possible for her children to learn at home social graces which will give them an ease of manner obtained in no other way.

Setting the Table

"Spread the cover--count each face,
Lay a plate to mark each place.
At the right, the knife and spoon we lay
On the left, the fork and napkin gay.
At tip of knife place glass of water,
And left of plate for bread and butter.
Where mother sits, the tea things go
Cream, sugar, teapot, you know.
In front of father's place, so neat
Lay knife and fork to serve the meat.
The other dishes coming soon
Need each a shining tablespoon.
A plate for bread, the staff of life
And one for butter, with butter knife,
Some salt and pepper, don't forget
And now the supper table's set."

Flossie Wills Barmes
Casa Grande, Arizona

Table Coverings

Attractive luncheon cloths of various materials are popular table coverings. Place mats can also be obtained in interesting materials, and have the added advantage of cutting down on laundry. A full-sized linen damask cloth is the nicest table covering. It is usually saved for special family dinners or company meals.

Table linen is more attractive if it is ironed with only a middle crease and then rolled or carefully folded to avoid unnecessary creasing. The center fold of the table cloth should form a true line through the center of the table with a drop of equal length of about nine inches at each end. If a table cloth is used, a silence cloth or protector pad is

placed under it to protect the table, to help prevent noise and to give a smooth appearance to the tablecloth.

Table Decorations

"If I had two loaves of bread"
Mohammed said
"I would sell one that I might buy
Sweet hyacinths to satisfy
My hungry soul."

Flowers, low growing plants, wisps of green foliage, fruits, and vegetables are a few of the materials which can be used to make attractive centerpieces. Avoid using anything which is artificial. The centerpiece should be low enough so that the members of the family can easily see each other across the table. Candles are never used unless lighted, and then should be tall enough so that the flame is above the level of the eyes. Let the children be responsible for table decorations. They love to take this responsibility, and are often more ingenious than their mothers.

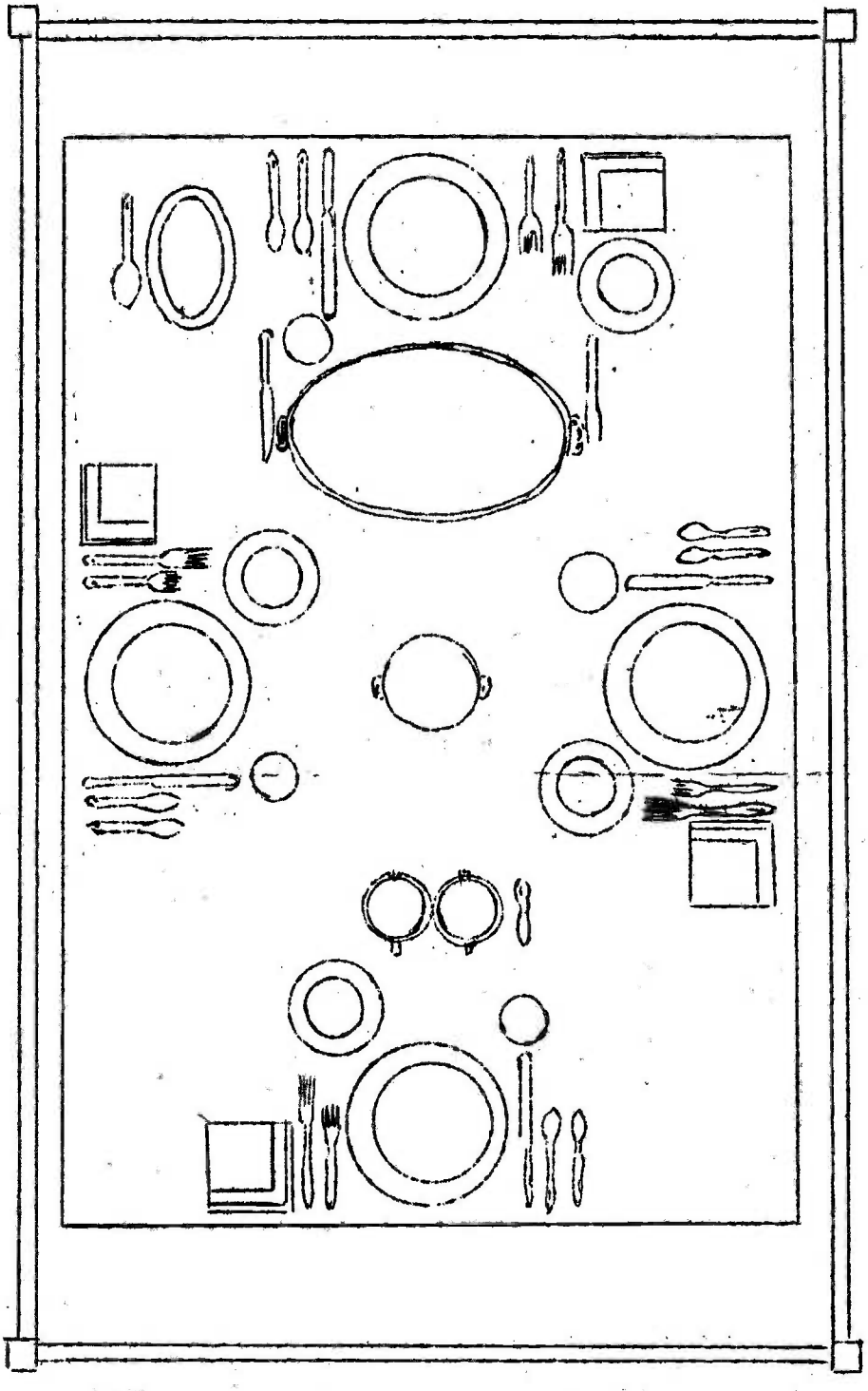
Suggestions for centerpieces:

1. In season, many growing things may be brought in from out of doors.
2. Grapefruit seed planted in soil in a small flat bowl, though it grows very slowly makes a very pretty table green.
3. Bird seed sprinkled over a sponge in a flat bowl and kept damp will produce a feathery growth which is very attractive.
4. A beet makes an effective center piece. Put the beet into a small bowl of water with the beet root downward. The red stems and green leaves form an interesting contrast.
5. A short stocky carrot or turnip, put root side downward into a dish of water, will grow a green top which will brighten the table.

General Rules for Setting a Table

The space for each person, together with the necessary silver, glass, napkin, and china is known as the 'cover'. Twenty inches is the minimum which should be allowed for each cover. There are a few generally accepted patterns for placing china and silver on the table. The rules given here are not the only ones, but if followed will make the table neat and orderly. An orderly table gives an air of restfulness and dignity.

1. Straight lines parallel to one edge of the table are preferable to diagonal lines, in placing silver, china and glass on the table.
2. The silver and plates should be placed about one inch from the edge of the table.
3. The knife should be placed at the right of the plate with the cutting edge of the blade toward it.



Correct placing of china, silver and linen for meal service.

4. The spoons, with bowls up, should be at right of knife, in the order in which they are to be used, from the outside in toward the plate.
5. The forks, with tines up, should be at the left of the plate, in the order in which they are to be used, from the outside in toward the plate. When a knife is not needed, the forks are placed on the right of the plate.
6. The napkin usually is placed at left of the fork, with the folded points along the edge of the table and toward the plate.
7. The water glass should be placed at the point of the knife or, if the table is crowded, at the tips of the spoons.
8. The bread-and-butter plate, if used, should be placed at the tips of the forks, with the butter spreader crosswise of the plate.
9. The salad plate should be placed at the left side of the cover near the tip of the fork. If bread-and-butter plates are used, the salad plate is placed below the bread-and-butter plate, toward the edge of the table.
10. The dishes used for jelly, pickles, relishes, etc., should be placed in such a way as to give a balanced effect.
11. The jelly spoon, pickle fork, etc., should be placed by their respective dishes and parallel to one edge of the table.

Serving the Meal

A nicely served meal lends an atmosphere of gracious living. There are three ways in which food is customarily served in the home:

1. The food is served at the table by the father and mother of the family.
2. Serving dishes of food are placed on the table and passed, each person helping himself.
3. The plates are served in the kitchen and placed before each person at the table by some member of the family.

Each household presents a different situation, and each homemaker should decide for herself the most practical way to serve the meal for her family. In deciding which plan of service to use, it is wise to consider the length of time alloted for eating, the amount of help for serving, and the cooperation of the host in serving the plates.

Plates Served by the Father and Mother at the Table

There is no table service which has as much charm and dignity as that in which the food is served at the table by the father and mother. This type of service requires slightly more time than do the other methods and is less adapted to serving a large number of individuals. In this service the warmed dinner plates are stacked in front of the father's place (never more than eight plates at a time). The meat platter or main dish is placed in back of the plates, and the dishes containing the

vegetables are placed at the right and left of the father's plate, and as close as possible so that the serving may be easily done. The carving knife is placed at the right of the meat platter and the carving fork at the left. The serving spoons for the vegetables may be placed at the right of the dish. Sometimes it is necessary to rearrange the father's place in order to get the serving dishes conveniently near. The beverage may be placed at each cover before or during the meal, or it may be served at the table by the mother while the father is serving the main course or the dessert. The cups and saucers are placed at the left of her plate, and the coffee or tea pot at the right.

The mother or the hostess usually is served first. However, it is often considered courteous to serve the guest of honor first. When small children are eating with the family they should be served first in order that the mother may cut the meat, etc. for them so that there will be no delay in eating when the entire group is served.

After the first plate is passed to the hostess, the host passes the second plate to his left, and continues until all on that side are served. Then the host serves those to his right, and himself last.

Food Passed at the Table, Each Individual Serving Himself

Many families use the method of placing the food on the table and having each person serve himself. As generally practiced, there is not much order to this type of service. If the following points* are kept in mind, however, this method of service may be made orderly and convenient:

1. Set the cover carefully for each person according to the rules for table setting.
2. Warm the serving dishes before filling them with hot food.
3. Place the serving dishes containing the hot food on the table just before the family is seated at the table.
4. Arrange the dishes of food on the table to give a balanced effect.
5. Place the meat platter or meat substitute dish in front of the father, the dish containing potatoes or other main starchy food at his left, and the other foods so that they will be passed in an orderly fashion.
6. Begin the service by having the father pass the meat or meat substitute to his right and follow it with the potatoes or other starchy food. Serving may be reversed by placing the main dishes in front of the mother. She will help herself first or pass the dish to the person on her right.
7. Ask the persons nearest the other dishes of food to help themselves and pass them.
8. Keep dishes of food going to the right.
9. Have each dish passed around the table and placed where it was originally.

*Taken from Circular 239, Extension Service, University of Kentucky

Plates Served in the Kitchen

When it is necessary to serve a large number of people, it is usually easier to serve the plates in the kitchen. This type of service is also frequently used by families of one or two members.

General Rules for Table Service

There are certain rules which apply to all types of table service:

1. The father should sit at the head of the table and the mother at the opposite end.
2. A woman guest sits at the right of the father, a man guest at the right of the mother.
3. It is assumed, of course, that the daughter or son of the family will do what "running to and from the kitchen" is necessary during the meal.
4. A good rule for serving is to serve and remove everything from the left with the left hand. The beverages are an exception. They are placed and removed from the right.
5. Glasses should be filled three-fourths full just before the diners are seated. If possible, do not lift the glasses from the table when refilling them. If persons are seated so close together that it is impossible to fill the glasses without moving them, take hold of the bottom of the glass. Never take hold of the top of the glass.
6. When offering second servings it is better to say "May I serve you....?" or "Let me give you...." than it is to say "Would you have 'more'.....?"

Removing Dishes

Clear the table, if possible, between the main course and dessert. Remove first the dishes which have contained food and then the plates and silverware. Remove from the left. Leave the water glass and beverage cup on the table to be refilled. The dishes may be removed from the table by some member of the family or passed to the mother who places them on the bottom shelf of a tea wagon at her left. The dishes for the last course should not be removed while the family is seated at the table. If it is necessary to crumb the table after the main course, use a small folded napkin as a brush and a plate for a tray, working at the left of a person.

Serving the Dessert

The dessert may be served at the table by the father or mother, or brought in from the kitchen already served. When the dessert is served at the table, the serving silver and the plates or other dishes used for dessert are placed in front of the person who is to serve. The dessert is then placed directly above the plates.

Mealtime Courtesies

"Ceremonies are different in every country; but true politeness is everywhere the same--the result of Good Sense and Good Nature."
--Goldsmith

1. It should be the responsibility of each member of the household to come promptly to the table when called.

2. In taking one's place at the table, stand at the back of the chair and wait for the mother to be seated.

3. It is good form to be seated and rise from the left of the chair.

4. A dinner napkin is half unfolded and spread across the lap. At the family table the napkins should be carefully folded and put in napkin rings or clips so that everyone will get his own napkin at the next meal.

5. Take part in the general table conversation, but do not monopolize it. Avoid unpleasant subjects and those which may start an argument.

6. Do not watch the table manners of others; that is a good way to neglect one's own.

7. One should never reach across the table in front of a person.

8. To butter bread, break a small piece off the slice and butter just before eating.

9. Do not cut more than one or two bites of meat or other food at a time.

10. Do not leave the spoon standing in the tea or coffee cup. It is inviting an accident.

11. Never use personal silver in serving oneself from the main dish.

12. If an accident occurs, simply express regret. If the accident needs attention, attend to it as quietly as possible. Do not attract attention to it by talking about it.

Altitude _____ Date _____

For 5 pounds use _____ pounds

For 10 pounds use _____ pounds

For 15 pounds use _____ pounds

Pop off _____ pounds

(Fill in and cut on dotted line. Paste in canning circular or inside cupboard door)

	Gage Corrections		Altitude Corrections		Gage Should Read
For 5 pounds pressure	_____	+	_____	=	_____
For 10 pounds pressure	_____	+	_____	=	_____
For 15 pounds pressure	_____	+	_____	=	_____