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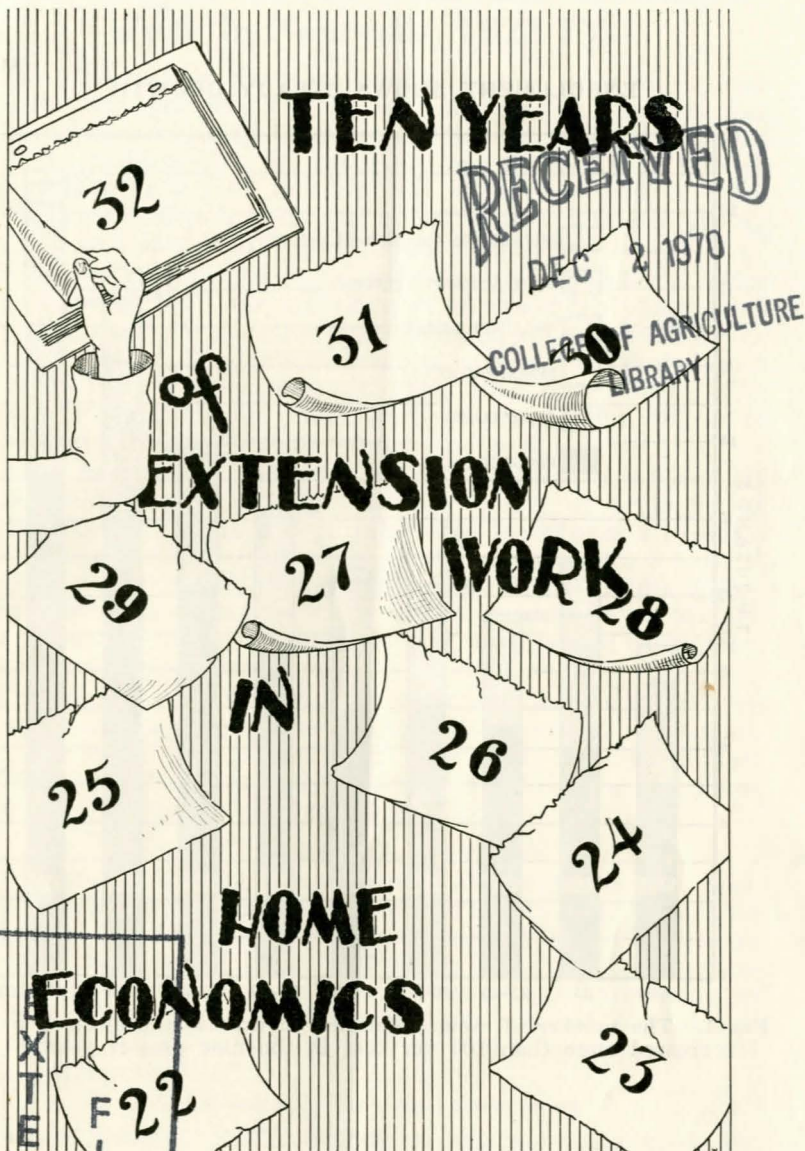
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Extension Circular 28

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The University of Nebraska Agricultural College Extension Service
and the United States Department of Agriculture Cooperating
W. H. Brokaw, Director, Lincoln

UNIVERSITY OF NEBRASKA-LINCOLN



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ENROLLMENT SHOWS STEADY GROWTH

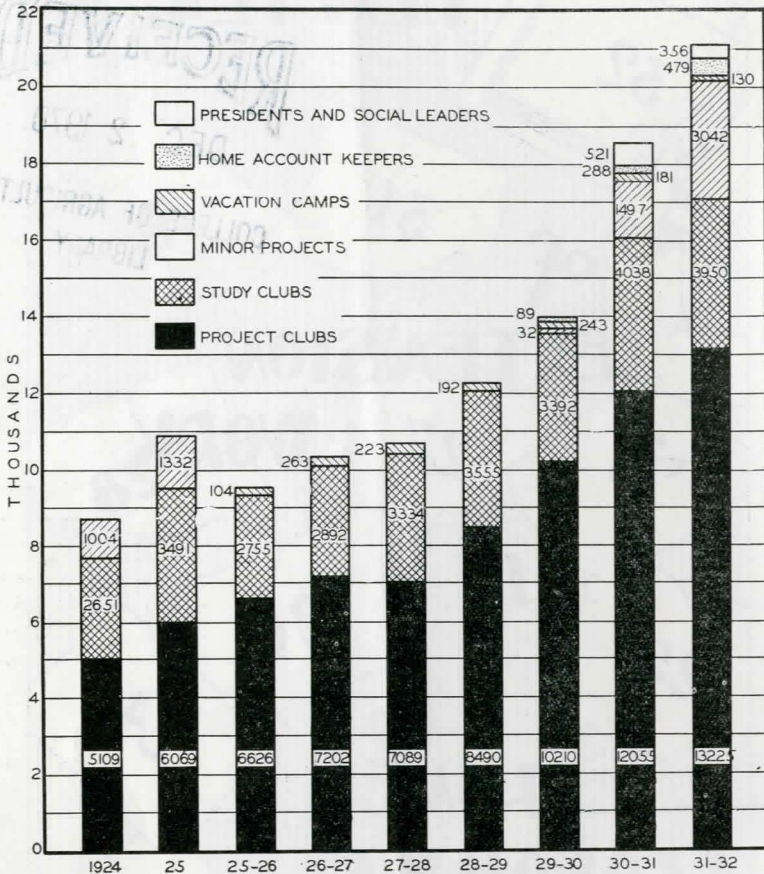


FIG. 1.—The number of women enrolled in extension projects has increased more than 100 per cent in the nine project years.

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Ten Years of Home Economics Extension Work In Nebraska, 1922-1931

The progress of the world depends more upon the homes and the way people get along with one another than it does upon science and new inventions. More people are engaged in home making than in any other one occupation. Women everywhere have high ideals of the home they wish to have. Nothing can take the place of a comfortable home in giving joy and satisfaction and in building character.

Nebraska girls in 4-H clubs have been preparing to be better homemakers. In their activities of the past ten years, they have attracted the attention and commanded the respect of the general public. The girls themselves have trained their hands to be skillful in the household arts, filled their minds with useful information and ideas, and developed their ability to think and act as wholesome women and good citizens.

Adult homemakers of today often wish there had been 4-H clubs when they were girls. Having plenty of problems as homemakers, they have been interested in extension projects for women,—the project clubs, study clubs, minor projects, mothers vacation camps and similar activities. While enjoying the benefits of social gatherings, the women have obtained new, practical ideas and methods that have helped them solve their current problems.

This report covers what both girls and women have been doing in extension projects in the last ten years. The number interested has grown each year until in 1931 almost 30,000 Nebraska girls and women were taking part in home economics extension service activities.

Wife's Cooperation Ranks High

What makes a farmer successful? Farmers who have been honored have invariably given much credit to their wives and children. One hundred thirty-six farmers who had kept farm accounts were asked in one survey to list fifteen factors responsible for their own success. Farm experience stood at the top of the list. Wife's cooperation ranked second and above such things as "ambition to succeed," "hard work," and "school training."

Farm Women Prefer Constructive Work

In a radio talk, N. W. Gaines emphasized the same point when he said: "Isn't it interesting to study the difference between the present day attitude of agriculture and the attitude of days gone by, toward women,—the builders of the home, the mothers of our farm boys and girls, the bulwark of the nation? There was a time when women were not con-

sidered a part of farm affairs. They were ignored in all types of gatherings and business meetings that had to do with farm problems. Today they are a part of every constructive movement for the solution and betterment of agriculture. You will note the absence of women in almost every meeting held for the purpose of stirring up sentiment along radical lines. Women on the farms prefer constructive work—the work that helps their boys and girls to have better judgment, sounder morals, and more stable character. This is why you find them in all communities sponsoring boys and girls clubs, and in uplifting community activities.”

The Women's Project Club Plan

Women's project club work, as it is now conducted in the state, began in January, 1924. Before that time the state extension agents reached a limited number of women in meetings, at demonstrations, institutes, and in short courses. This type of extension work did not permit the state specialists to return to a county more than two or three times a year.

TABLE 1.—*The titles of the projects and the years in which they were given*

Projects	1924	1925	25-26	26-27	27-28	28-29	29-30	30-31	31-32
Dress Forms.....	x								
Short Cuts in Sewing.....	x								
Constructing Becoming Clothes	x	x							
Clothing Selection.....			x	x	x	x	x		
Hat Selection.....	x								
Clothing for Little Boys and Girls.....		x							
Time Savers in Clothing Construction.....			x	x	x	x			
Accessories for the House.....							x	x	x
Foods for Health, Series I.....	x	x	x	x					
Foods for Health, Series II.....					x	x	x	x	x
Home Care of Sick.....	x	x	x						
Making Home Attractive, Series I.....				x	x	x	x	x	
Making Home Attractive, Series II.....									x
Convenient Kitchens.....		x	x	x	x				
Convenient Laundering and Thrift.....						x			
Convenient Home Equipment.....							x	x	x
Homemaker Herself.....								x	x
Home Accounts.....						x	x	x	x

The first women's project club year extended from January to October. In 1925 a short spring project was given and the project year shifted to start in October and end in April. During the eight years, the plan has otherwise been the same—the extension agents have met at county or community centers with women elected by clubs as project leaders. The extension agents not only have given the project

leaders educational information but also shown the leaders how to pass the lessons on to the members of their home clubs at neighborhood meetings. Each project year has included six or seven monthly lessons, an achievement day program, and generally plans and preparation of county and state fair exhibits.

Project Plan Has Developed Leaders

Experience of the project leaders in passing lessons on to neighbor women in the local club meetings has developed leadership and an ability to talk, demonstrate, and teach. Many women who hesitated to accept the responsibility of project leaders are now thankful they have had the opportunity to develop themselves.

Leaders have kept records of club attendance and activities. They have recorded the number of changes and improvements club members and visitors have made. In the extension language, they have called these changes and improvements "approved practices adopted." 448,019 approved practices have been reported as adopted by members and other women. No one knows how many of the ideas and methods have been

TABLE 2.—*Statistical summary of the nine project years, showing number of clubs and number of women enrolled, the number of approved practices the women adopted, and the number of local meetings held by project leaders.*

Year	No. Clubs	No. Women	Total Practices	Meetings by Project Leaders
1924	356	5,109	9,573	2,240
1925	380	6,069	32,718	2,728
1925-26	453	6,626	40,687	1,798
1926-27	483	7,202	48,145	2,159
1927-28	475	7,089	44,088	2,818
1928-29	566	8,490	42,335	3,063
1929-30	674	10,210	64,630	3,428
1930-31	777	12,055	79,006	3,936
1931-32	844	13,225	86,837	4,681
TOTAL	5,008	76,075	448,019	26,851

used by the women since they turned in their monthly reports shortly after the lessons were given, nor does anyone know how many other women copied ideas from club members.

These practices adopted have ranged from using a new paring knife to completely modernizing the farm home, from drinking an extra glass of water a day to improving the health of every member of the family; from learning a color chart to beautifying the farm home both inside and outside; from

darning a sheet to providing a comfortable bed; from fixing a cupboard for toys to establishing a happy, wholesome home life. Few of these can be measured in dollars and cents; all make farm life more enjoyable.

THE CLOTHING PROJECT

Clothing extension work has changed with the fashions and interests of farm women in the ten year period. In 1922, the women were all making paper dress forms so they could do their own sewing and fitting. An Easter bonnet in those days was quite an "institution." The women had hat making meetings and, according to an annual report, "made 3,686 hats at an estimated saving of \$12,947.42."

Records show that 7,566 dress forms were made in 461 community meetings directed by extension workers. Many a farm woman has fitted her new dress on her "double," and then proudly worn it herself. The dress forms may be in the attic now, but they had their day, and they may come back again.

From the dress forms and the hats, interest changed to clothing construction, and selection. Farm prices began to go up in 1924 and farm women began to buy clothes for the family. From construction and selection, they went to time-savers in clothing construction, then to household textiles and a study of new materials on the market. Now, the women are re-making garments by the thousands.

Two Projects Offered for Seven Years

Two state extension agents worked with clothing project lessons in the state from 1924 to 1930. One project dealt with clothing construction, the other with clothing selection. The construction included sewing machine time savers, quickly made trimmings and tailored finishes, alteration of patterns, and mending. The selection project included study of color, line, materials, personality, and the relationship of these points to the appearance of the individual.

Women taking the six lessons in these two projects lived in 1,011 communities. The total enrollment in the two projects was 14,488 women. By the time their reports were turned in, they had made 55,935 garments and remodeled or renovated 6,645 more. The garments included dresses for girls and women, coats, suits for small boys, undergarments, and aprons. No one knows how many garments have been made since the reports were turned in nor how much the training will be worth to the women the rest of their lives.

Beginning in September, 1929, the clothing project was about household textiles, — linens, curtains, bedding, and

accessories. Many new textile materials have come on the market. Study and identification of them made up the first lesson. The second meeting was a discussion of comfortable beds and bedding. Short blankets and sheets were lengthened. One dealer reported the largest sale of pillow tubing he had known for years. Many a tired farmer had a better night's rest after this project lesson. Dispositions were improved along with the beds and bedding.

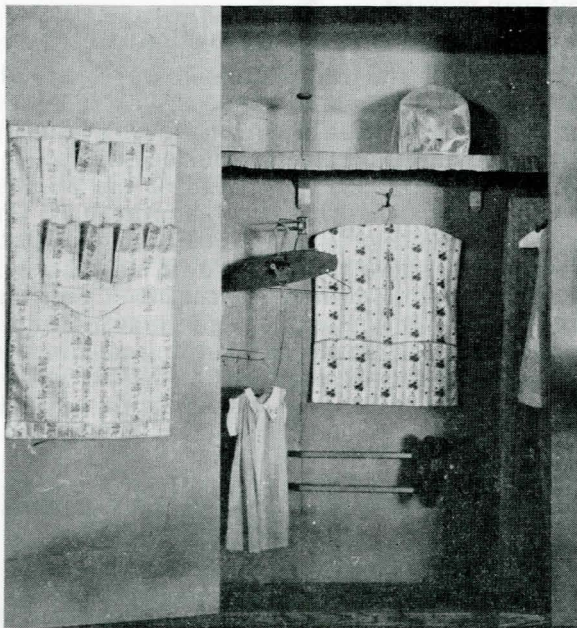


FIG. 2.—Fixing up a closet that is neat and attractive as well as useful has been one part of a lesson in the last clothing project. Making such a closet was the subject of the grand champion home economics 4-H demonstration in 1932. The girls as well as the women have closets of which they are not ashamed.

Pride in fine linens and interest in old quilts seems to be born in women. Two of the lessons were about these two topics. Other lessons were about curtains, towels, and closet accessories.

The project has been given in 522 communities with an enrollment of 7,857 women. Their reports show they adopted a total of 37,563 practices recommended in the lessons.

THE FOODS FOR HEALTH PROJECTS

Good health adds to one's ability to earn a living, and also saves the many expenses that go hand in hand with sickness. Anyone can feed a family, but not everyone can feed a family from the standpoint of health. The two foods projects of the past eight years have both been called "Foods for Health." In 1922 and 1923, foods extension work had to do with foods budgets, weighing and measuring children, and with meat canning and soap making.

Goal Has Been to Improve Health

Women in the foods for health projects have paid attention to meal planning, health habits, gardens, vegetable and fruit budgets, school lunches, healthful Christmas sweets, positive health in children, and the value of the food dollar.

In the first four years, 1924-27, 1,614 of the women in the foods project clubs reported that they had improved their own health by paying attention to their food habits. Most people think they are well unless they are down sick in bed. They are not inclined to admit, ordinarily, that it is possible to improve their health. In the same four years, 5,838 women made use of the project lessons in planning and in preparing meals; and 10,166 approved practices connected with the use of fruit, vegetables, milk, and whole grain cereals were

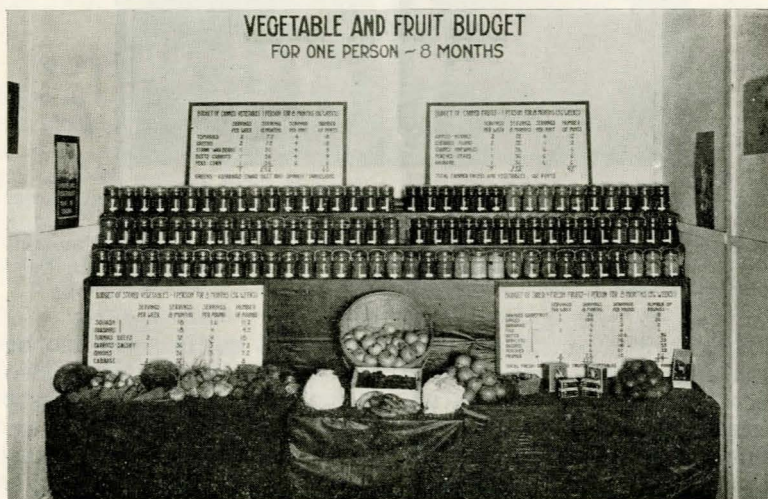


FIG. 3.—This picture of a booth at the state fair which shows what both the women in the foods project and the girls in the 4-H projects have been doing with vegetable and fruit budgets.

adopted. Growing more garden, canning, and budgeting fruit and vegetables supplies for the winter months were popular parts of the project work with 1990 women in 1924 and 1925.

Second Project Benefited Children

11,986 children received the benefits of the foods lessons dealing with milk, hot lunches, and sandwiches in the years 1928 to 1931. 33,528 individuals followed the suggestions given about the use of fruits, vegetables, milk, and whole grain cereals. 3392 women weighed, measured, and studied the positive health of their children both at the start and at the close of the project year. 2533 mothers scored 5249 children according to an optimum health score card. 6635 homemakers have made healthful Christmas sweets and avoided the usual sickness in the family immediately after the holidays.

Canned Meat and Made Soap

Meat canning and soap making, which are popular again this year with Nebraska homemakers, were two important extension projects in 1922, 1923, and 1924. Women who came to demonstrations in those years reported a few months later that they had canned 32,243 quarts of meat and made 40,130 pounds of soap in the three winters. Undoubtedly, some of the women are still using the recipes and the instruction they got in the demonstration meetings seven to ten years ago.

Another major project of the years 1922 and 1923 had to do with weighing and measuring school children, and the foods to bring the underweight children up to weight. Out of 2,559 school children weighed and measured one year, 1329, or more than half, were underweight. At the close of the school year, after 68,341 warm lunches had been served, 1,016 of the 1,329 underweights had gained to normal weight or made a satisfactory improvement.

THE HOME MANAGEMENT PROJECTS

Home management project work began in 1925 and since that time has included the convenient kitchens, convenient laundering, convenient home equipment, and home accounts projects. During the eight years, 15,168 members have made 87,546 improvements around their homes or in their methods.

Women Arranged Convenient Kitchens

One of the first things each woman did in the convenient kitchen project was to give her own kitchen the once over with a score card. She drew some plans and did some figuring, then started scheming ways and means to improve the

unhandy and disagreeable features. While she was doing this she learned an easy way to clean silverware, how to make a dustless duster, started a kitchen card file, tried out a lot of small labor saving tools, hung up some curtains, and even made a fireless cooker and a service wagon.

Of the 6,583 women who scored their kitchens at the start, 4,706 had made improvements by the time they turned in reports. One lady said in 1932, "I try each year to improve another feature of my kitchen so it will measure up better on the score card I got in the 1926 project lesson." Many other women probably have plans and hopes along the same lines.

Women Wanted Running Water in Kitchens

When farm women replied to a questionnaire that they wanted running water in their kitchens more than any other improvement, a special lesson about farm water systems was

included in the project. The state extension engineer gave the instruction to men leaders who came with the regular project club leaders. Census figures show that the number of water systems in farm homes increased almost 100 per cent from 1925 to 1930. This increase shows the interest in the topic at the time the project lesson was given. Some of the increase was due to the project. In one county where the lesson was given, water systems were installed in one home out of five between 1925 and 1930, while in six neighboring counties only one home out of fourteen had a water system in 1930.

The next project to be given started out as a laundry and thrift project, and was changed to include a lesson about heating, insulating, and ventilating homes. The thrift or home accounts phase of it grew into a separate project comparable to the keeping of farm records by the men.



FIG. 4.—Mrs. M. C. Westfall of North Platte made this service wagon from lumber which her father had built into old Fort McPherson years ago. Mrs. Westfall has converted a piece of the historic lumber into a useful piece of household equipment.

Made Washing and Ironing Days Easier

Wash day starts off the week for most homemakers. Ironing day follows and for some women is a harder day than wash day. Lessons in the project included suggestions that made both days easier.

Woman's work is never done, an old saying goes. Hundreds of little things make the saying true. Two lessons of the convenient equipment project dealt with the little things, simple tricks in house work and on wash day and ironing day. In the four years, 17,900 of these tricks and practices were adopted and reported by the women in the clubs.

Poetry and praise have been written about pantry shelves laden with pumpkin pies and cookie jars. At least one little dog was disappointed near a cupboard. The project lesson left out the poetry and the nursery rhymes. It dealt with convenient, attractive pantries and cupboards which became a source of pride to the women who adopted the suggestions.

Helped with Equipment and Remodeling Problems

The state extension engineer helped the first year of the equipment project with a lesson about laundry power equipment and soft water supplies. Reports showed that 160 women had already learned to fix their washing machine motors without calling their men in from the fields, that 70 women had secured power equipment, and 19 had obtained a soft water supply by the time they turned in reports.

During the next three years the extension engineer worked with men leaders on the home remodeling problems. Reports show improvements were made in at least 909 homes. These improvements varied from inexpensive changes to a complete home building program costing \$6500. From this lesson, Nebraska farm people received sensible guidance in the spending of several thousand dollars in improvement of their own homes.

Home Accounts Grew Into Separate Project

Home accounts project club members kept track of home expenses for three months as a part of their club work. Some of them were interested enough to keep records for the entire year. Twenty-five turned in yearly records to be summarized the first year, 37 the second year, and 118 at the close of 1931. Four hundred fifty-four women are keeping the account books in 1932.

Each year the books turned in have been tabulated and summarized. These summaries and analysis have been returned to the women along with their own books. The women

not only know where their money went, but also how their home expenses compared with the average of other families of the same size. In times like the present, careful planning and wise spending are as important as efficient production and marketing.

WOMEN ASKED FOR PERSONAL HELP

Nebraska women asked the Extension Service in 1929 for an extension project that would "challenge the homemaker personally to develop herself physically, mentally, and morally to the best of her ability, in order that she may promote and direct the personal life of her family and bring about the greatest amount of happiness and well-being possible to her family group."

The answer to the request was the "Homemaker Herself" project given to 252 clubs in 19 counties in 1930-31, and 1931-32. The lessons included study of mental attitudes, positive health, adjustment to changing conditions, personal appearance, and relationships with other people and with community affairs.

Reports of the two years show that the women in the project clubs made 7,736 definite improvements in their health, personal appearance, and personal traits. They adopted 3,935 approved practices connected with reading good things in magazines and finding recreation in hobbies. Recreation, community life, leisure and family relationships were improved in 8388 cases.



FIG. 5.—These attractive cupboards for children's toys are made out of apple and orange boxes plus a few nails and screws and paint.

THE HOME BEAUTIFICATION PROJECT

"Nor need we wealth or splendor,
Wide halls or lordly domes,
The good, the true, the tender
These make the wealth of Homes."
—Washington Irving.

A comfortable, attractive home is not an accident. Nebraska women know that time, thot, and energy are needed to make a home a place where stronger and better characters can develop. They realize it is their responsibility, in a large measure, to make home conditions what they want them to be.

Beautified Homes at Small Expense

In the home beautification project since 1926, 10,005 women in project clubs have been anxious to know how best to use what they had on hand, and how to select and buy wisely the things they could afford to get new. They have rearranged furniture, refinished furniture; improved walls, floors, and woodwork; made hooked rugs; landscaped the home surroundings; and even taken time to study the spirit of the home, that intangible something that makes "home" mean more than any other place to most people.

A living room that always seemed cluttered up and out of order after the family has spent an evening in it really does not fulfill the needs of the family. Rearrangement of furniture will generally correct part of the trouble. Each project club member studied her own living room, and 5,712 of them made some important changes in arrangement. The changes cost nothing, but they meant a lot to the families.

Making hooked rugs took one county so by storm that the men hid their old clothes in the haymows in order to save them. The men did appreciate the warm rugs beside their beds, but they also hated to part with old, favorite coats and breeches. Project club members had made 3,621 hooked rugs by the time their reports came in. They are probably still making use of the training they received from project leaders.

A nickel's worth of finish and a dollar's worth of elbow grease will do wonders with the appearance of an old piece of furniture. The project women refinished 5,976 pieces of furniture before they made out their reports. As in the other project lessons, not all the work was done before time to make reports. In this lesson, the club members decided first of all whether or not an old piece of furniture was worth refinishing, then they took the old finish off and repainted, varnished, stained, or waxed the piece according to directions



FIG. 6.—Colfax county women brought all of these rugs, footstools, and pieces of refinished furniture to one of their achievement day meetings. The chair at the right is a typical example of refinished furniture. The covering on the seat and back were added after the woodwork had been refinished. Girls in 4-H girls room project also make hooked rugs and refinished furniture.

in the lesson. Five thousand four hundred forty-one women cleaned and improved their floors, walls, or woodwork, using methods that were easier and more effective than those formerly used.

Improved Home Surroundings

Early each spring, the state extension horticulturist met with men as well as women project leaders to help them with landscaping problems. The improvements made around the outside of 4,947 homes perhaps attracted more attention than the work the women had been doing inside. Entire families worked together in cleaning up yards, screening unsightly views with shrubbery, and planting trees, lawns, and shrubs to make the house the center of interest on the farmstead. People in some counties have been so interested that they have held tours, going from place to place annually, for four consecutive years.

After this project had been given in all the farm bureau counties between 1926 and 1931, a new project was started in September, 1931. It included lessons about pictures and picture framing, the outdoor living room, painting and re-conditioning buildings, and lights and lighting of the home.

THE HOME HEALTH PROJECT

Early extension work with the home health problems included demonstrations to women's clubs on home care of the sick, forming good health habits among children, prevent spread of communicable diseases, and first aid in emergencies.

The Home Care of the Sick project began with the other organized extension projects in 1924. It continued thru 1925 and 1926. Totaling all the improvements listed in the three annual reports shows that the club members adopted 10,643 approved practices concerning the health of their families and their neighborhoods.

Activities Related to Project Club Work

Women Exhibited Results at Fairs

The State Board of Agriculture recognized the value of women's project work by offering \$300 expense money in 1929 and 1930 and \$450 in 1931 for exhibits from counties where home extension agents are located. County chairmen of the project clubs have attended the state fairs since 1929. They have not only arranged their booth exhibits, but also stayed with them to answer questions of state fair visitors. The exhibits have shown outstanding phases of project work each year.

County Chairmen Honored

One woman, known as a county chairman, has helped with local details connected with womens project work in each county each year. All of the county chairmen have given of their time and their travel expense without pay. In the last five years, the Extension Service has honored 144 of the county chairmen and given them gold pins at Orgazined Agriculture meetings or in county meetings in their home counties.

Officers Had Special Training

In addition to regular officers, extension project clubs have had project leaders, social leaders, and news reporters. Many of them have been anxious to take care of their duties in the best possible way and have asked the Extension Service for suggestions. Project leaders have had special training in their county and community meetings each month. News reporters have been supplied with a news writing circular and have been helped in a few news writing schools. They wrote 5,458 news items for their local papers in the one year, 1931, alone.

Presidents of clubs have attended the first meeting of the project leaders with the extension agents each year during the

last four years. Since September, 1930, presidents in home extension agent counties have had special meetings to study parliamentary practice and the duties of the president. Social leaders in the same counties came to the same special meetings to learn more about leading songs and games and about planning for the social parts of their programs.

Women Learned Songs and Song Histories

In September, 1925, the women in project clubs and study clubs began to learn songs and histories of songs in an organized way at club meetings. The "Song-a-Month" project has interested as many as 35,000 Nebraska people per year since that time. T. C. Diers, Mrs. Mary Hall Thomas, and Mrs. N. W. Gaines have helped prepare the songs and song histories.

After using separate songs for seven years, it was thot best to have a review year and repeat the seven favorite songs. One thousand eight hundred eighty-seven women answered a questionnaire sent to 4,200 individuals. The songs which received the most votes were: Little Brown Church in the Vale; When You and I Were Young Maggie; Carry Me Back to Old Virginny; America the Beautiful; Love's Old Sweet Song; Silent Night, and My Nebraska.

Mothers Had Vacation Camps

Mothers vacation camps, planned in Nebraska and other states to provide tired mothers with inexpensive recreation, have received national attention and praise. In the years 1925-31, the mothers had 28 of the regional camps in Nebraska. 1,378 mothers came to the 28 camps for three-day outings. They forgot about cooking meals, washing dishes, and doing chores. They rested, studied, and played. The last day was always a reunion open to children and husbands who came to tell Mother how much they had missed her.

Study Clubs Have Helped Other Women

Study club material has helped officers of about 200 women's clubs each year with their never ending problem—that of providing a good program for every meeting. From three to four thousand women have been using the material each year.

Twelve series, each including ten circulars or lessons, have been studied in the past twelve years. Clubs have had their choice of the last four series each year; as a new series has been made available, the oldest one on the list has been dropped off. The topics have included almost every problem of the homemaker, even those pertaining to citizenship and to pride in Nebraska.

Generally speaking, women's clubs which have been interested in study club material have been located in counties without farm bureaus and extension agents, or where the women have not been able to have leaders get for them the extension project work. In other words, thru study club lessons the extension service has been enjoyed by many women not otherwise having the benefits of the University and the U. S. Department of Agriculture.

Home Extension Agents Managed Minor Projects

County home extension agents have been able to conduct minor projects with their local women, as well as to do a more extensive piece of regular project club work. The minor projects have included testing circles, soap making, sewing machine clinics, cream cheese making, and handicraft. All of them have been conducted since 1930. The assistant state extension engineer gave the instruction in the sewing machine clinics. A commercial demonstrator gave some of the instruction in soap making.

381 women have tested 135 pieces of kitchen equipment at no expense in 28 testing circles. 2,066 women have cleaned, adjusted, and repaired sewing machines as a result of 45 clinics. 1,479 women attended 39 soap making demonstrations in 12 counties. 255 people have learned to make cream cheese at 17 meetings in one county in one year. 425 women were interested in basketry and in coloring vases at homes in 28 meetings in another county in two years. As is often the case in measuring results of extension work, no report can be made of how many other people picked up the new ideas from those at the meetings, or of how often the people at the meetings have made use of the ideas since the meetings.

The Girls 4-H Clubs

Hundreds of Nebraska girls are living examples of what 4-H club work does for girls. They are more poised, more capable in public affairs and meetings, more interested in community problems, and better prepared to become leaders and homemakers. In the home making arts, they are developing taste for color and design, an ability to manage time and work, and a liking for cooking and sewing. Personally, they are paying more attention to their health, their appearance,

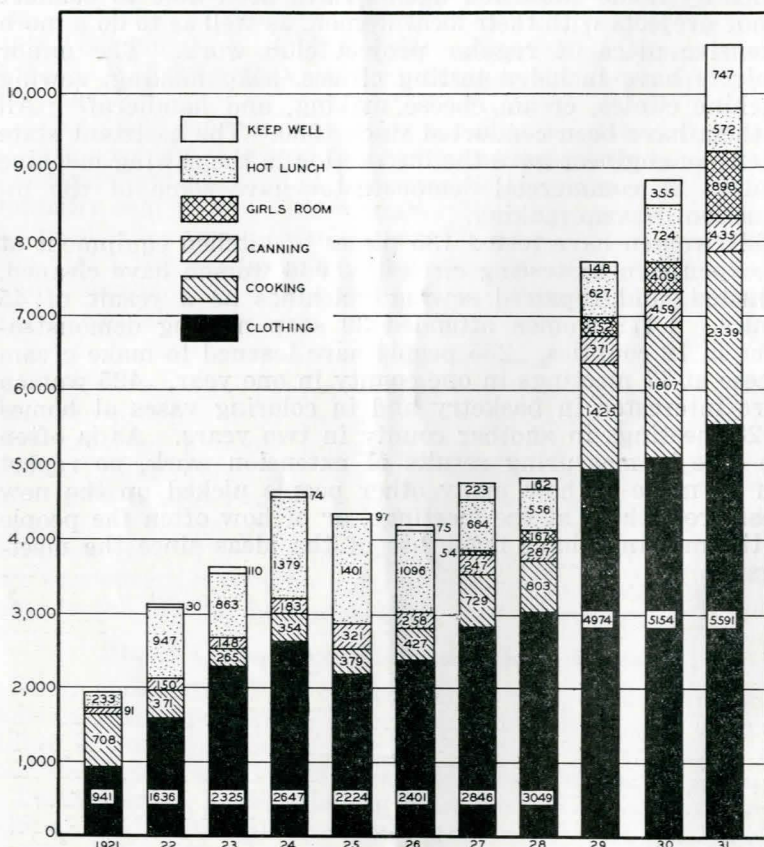


FIG. 7.—This chart shows the enrollment of girls in each of the home economics projects during the past 11 year period. The remarkable growth in the last three years is due to the increased interest in boys and girls club work and the addition of county home economics extension agents to the staff of the extension service.

and their conduct. Most important of all, they are seeing the advantages as well as the disadvantages of life on the farm.

Boys and girls worked individually on 4-H projects in the early years of club work in Nebraska. Beginning in 1921, they were required to form clubs of five or more members and to set up standards and goals. Since 1921 marked the change from individual to club project work, this report covers the eleven years, 1921 to 1931 inclusive.

During the eleven years, enrollment in girls clubs grew from 1,973 to 10,582. Clothing, cooking, canning, and hot lunch projects have been available during the eleven years; keep well clubs started in 1922 and girls room projects in 1927. Chart No. 8 shows the enrollment by projects each year. Thirty per cent of the 1,973 girls finished up their records in 1921, 81 per cent of the 10,582 completed their work in 1931.

35,000 Girls in Clothing Clubs

During the 11 years the clothing projects have cultivated among rural Nebraska girls a desire to be well dressed. The girls have developed powers of judgment and appreciation for beautiful, appropriate, and becoming clothing. They



FIG. 8.—Helen and Mildred Meyers of Custer county won fourth for Nebraska in 1929 in the only national home economics demonstration contest which Nebraska teams have entered in recent years.

know how much time, work, and skill it takes to make garments. They can and do take care of their own clothing, making it last longer and give better service.

Over 35,000 girls have taken clothing club projects in the last 11 years in Nebraska. Many of them have completed three successive projects and learned how to choose materials wisely to be well dressed for every occasion and to make the most of their own clothing.

From 1921 to 1924, state 4-H extension agents helped individual clubs organize and carry on their work. Requests for help came so thick and fast that it was necessary to meet with local leaders in groups in the years 1925, 1926, and 1927, and to offer help thru leader training meetings from 1928 to 1931. The first group meetings had to do with problems of organization and management of clubs. In the last three years the leaders have been offered subject matter material so they could better teach the lessons to the club members.

Clothing club girls had their first style show at the state fair in 1925. Twelve girls took part in the revue. Fifty-four girls entered the 1931 style show. They have competed in four divisions—house dress, cotton school or sport dress, wool school or sport dress, and tailored afternoon or party dress. In six years of national competition Nebraska girls have won a second, a sixth, and an eighth place.

Judging of clothing began in 1923 with what was termed "the voting contest." Twenty teams, each the champion of its home county, entered the 1931 state fair contest. Nebraska clothing judging teams have won two championships and one third place in national contests.

Leaders doubted, in 1921, whether clothing work would lend itself to 4-H demonstrations. Thirty-five county champion clothing teams competed in demonstrations at the 1931 state fair. Clothing teams have won home economics championships in demonstrations five of the last eight years.

Cooking Clubs Emphasize Nutrition

Cooking club girls in the last 11 years have learned to be good housekeepers as well as good cooks. They have studied the "whys" of foods, menus, and cooking. Each year they have paid more attention to the nutrition side of preparing meals and to the relation of food to health. In first year cooking clubs they have planned and served breakfasts all by themselves; and in second year cooking clubs, they have planned and served dinners and suppers.

Many a father has praised his daughter for her skill in the kitchen. Many a brother has teased his sister about her biscuits or pie crust. The state is full of stories of mothers

TEN YEARS OF EXTENSION WORK



FIG. 9.—Miss Mary-Ellen Brown started the Jolly Cooking club in 1919. This chart shows the spread of influence of this one club. Since 1919, 69 clubs have been carried on by the Jolly Cooking club members and the other boys and girls whom they have interested.

who have been relieved of some of their work in the kitchen; and of others who have adopted 4-H club methods and recipes in their own cooking.

Cooking club lessons have taught girls to be neat and tidy, follow directions, and be accurate. The girls have learned underlying principles of cooking so they could vary recipes, be economical in food preparation, and be less dependent upon Mother in trying out 4-H recipes which they have used 133,210 times. 24,739 loaves of bread were not hard to make according to the 4-H recipes. Well planned, well prepared, well served meals have been a joy in 4-H club households on 97,053 occasions.



FIG. 10.—This dressing unit made and refinished by Ruth Carsten of Gage county won the national championship in 1931. Ruth says it took 25 cents worth of material and \$100 worth of elbow grease to put the finishing touches on her unit. Women in the home beautification project have refinished many pieces of furniture following about the same directions that the girls use in their 4-H club work.

Canning Includes Foods Budgets

Canning club girls have had four major things to do. In addition to actually canning foods, they have planned for their source of supply on the farm, studied balanced meals and nutrition, and worked out food budgets to include the needs of the family for the entire year. In the 11 years, the girls have sent in reports to show they canned 158,669 quarts of food. No one knows how much extra they canned at the time or how much the training will be worth to them the rest of their lives.

Girls Like To Fix Up Their Rooms

Nebraska's first girls room clubs started in 1927 for older girls who had finished clothing club work and who wanted to fix up their own rooms. In 1931, the girls room project was opened up to all girls. Enrollment has increased every year.

The project promises to be one of the most popular among the 4-H club girls in the future.

Eight exhibits and four judging teams from Nebraska have won four national championships, three seconds, three thirds, and a fifth in national girls room club competition since 1928. In no other line of club work have Nebraska entries done as well in the same four years.

The girls have studied their own personalities and taken stock of what they had on hand at home. Then, following suggestions in their lessons, they have rearranged furniture, refinished walls, woodwork, floors, and furniture, made or improved furniture, and added curtains, rugs, reading lamps, and other accessories. Not every girl has done everything listed,—each one has changed the things that needed changing, and done so at the least possible expense. Orange crates have been transformed into attractive dressing centers, old rags into braided or hooked rugs, old furniture into attractively refinished pieces, and even match boxes, pickle jars, broom handles, and oil stoves have been used by the resourceful girls in their fascinating work.

Keep Well Clubs Won National Honors

Keep well clubs were originally established in 1922 to supplement hot lunch club work. Recently, it has become a project by itself, with an enrollment of over 700 members a year. The boys and girls have studied foods, positive health, health exercises, care of the teeth, posture and safety first. They have taken the lead among all 4-H clubs in emphasizing the Health "H" of the four in the club insignia.

Probably the outstanding piece of work in the ten years has been the Douglas county health project in four rural schools. A report of this project won the national contest sponsored by the National Dairy Council in 1930. All but 14 of 188 children showed improvement in their weight and health. Sixty-four of the 105 underweights came up to normal weight during the project year. From 19 to 74 per cent of the children made important improvements in various health habits which should be lasting thru their lifetime.

Hot Lunches Make School Children Happy

Hot lunch club work, along with the foods work with women, introduced to Nebraska school teachers the possibilities of serving warm food along with the cold dinner pail lunches the children brot from home each day. Many teachers have continued to serve the lunches without definitely organizing the clubs. Boys and girls now get thru the eighth

grade when they are 11 to 13 years of age. In many schools there are less than five pupils over 10 years and they cannot organize a standard 4-H club.

Hot lunch clubs during the last few years have organized under two plans, one has been to have cooking equipment at school and do the cooking there, and the other has been for each pupil to bring food from home each morning in a pint jar which has been heated in water before noon. In either case the pupils have brought the usual dinner pail full of cold food, and only one hot dish has been prepared or heated to go with the cold lunch.

During the 11 year period records the 4-H boys and girls kept show that 733,070 lunches were served to 14,966 different individuals in schools.

"The world's advancement hinges largely on a constantly increasing number of people doing many of the ordinary, every day duties of life in a better way. This advancement is motivated by no fine-spun theory of the philosophers, and is heralded by no trumpet blast. Like the slowly moving glacier, it is the grinding force that gradually forms what we call society. Home-demonstration work is not spectacular. It works quietly, affecting thousands of homes simply and, perhaps, affecting each differently, by advocating a little better use of food here; a better care of child life there; a touch of beauty, an added comfort, a saving of labor, yonder. In hundreds of different, small ways, the country home is being touched and improved. The cumulative influence of all these little things is a force that is steadily, though it may be slowly, moving rural society upward and making for that contentment and that satisfaction that lie so close to the heart of human happiness."

—Madge Reese, Extension Service, U. S. D. A.