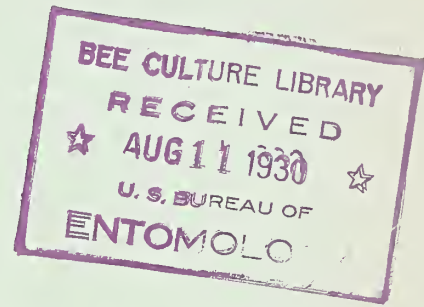


Extension Service Review



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EXTENSION'S GOAL—THE ATTRACTIVE FARM HOME

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Extension Service Review

VOL. 1

WASHINGTON, D. C., AUGUST, 1930

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Better Farm Homes

C. W. WARBURTON

Director of Extension Work, United States Department of Agriculture

ONE of the traits typical of the American is his willingness to discard something useful in order to obtain something better. Carried to extreme, this tendency sacrifices too much that is good. Within reason it is a healthy quality in a national spirit which enables it to discard something still usable for something more efficient or more satisfactory. With this spirit the first American farmers produced farm homes which set a high standard for efficiency, measured by the knowledge and facilities of those days. At the same time they established this precedent for constant improvement.

Our homes are a part of ourselves, we can not separate ourselves from them. With this in mind, let us think of the changes directly affecting our lives which have taken place in the last 25 or 30 years. Within this time, people have progressed from the point where they traveled with satisfaction by means of a good horse and buggy to the point where they greet with impatience a question as to whether or not weather conditions favor the fast passenger plane's making its regular trip. Thirty years ago we went into town for our mail and for the paper which gave yesterday's or last week's market reports. Now we sit before the dial and within 24 hours tune in on to-day's market, to-morrow's weather forecast, a discussion a thousand miles away of economic situations on the opposite side of the globe which may affect American farming. These changes are by no means completed. We shall probably have more of them rather than less.

Improving Our Homes

In this business of living, of keeping in step with to-day, we have no more essential equipment than our homes. If, in the process of speeding up, in the competition daily growing keener, we have pushed our field equipment at the expense of our homes, we must make compensating improvement in the homes

or be content with less returns on our investments, physical and spiritual.

I do not mean that farm homes lacking in modern conveniences and arrangements should be torn down and new ones built, any more than I would suggest that every farmer should buy high-priced pedigreed livestock. The extension service believes emphatically in bringing what is on hand up to the highest possible state of production or usefulness and then, as we gain skill and means, to introduce something better—going back again to the 4-H club member's challenge "make the best better."

The extension programs in every State reflect this belief. They show, too, the importance attached to the farm home.

Doctor Knapp's Teachings

Dr. Seaman A. Knapp, whose extension pioneering in the cotton-growing States began in 1903, held constantly to a high ideal for improvement of the farm home. Early in the development of the work he wrote:

It is realized that the great force which readjusts the world originates in the home. Home conditions will ultimately mold the man's life. The matter of paramount importance in the world is the readjustment of the home.

Throughout the South are evidences of his teaching. Southern States and counties have extension programs for better lighting of homes, better home equipment, improvement in planning, beautification of the interior, the exterior, and of the home grounds. Contests in improvement of the kitchen, the bedroom, the living room have been thoroughly enjoyed by the participants and interested spectators in many counties. Contests in beautification of the home grounds are showing what may be accomplished by the use of native plants with small expenditure and a well-thought-out plan.

Western States extension workers have developed a regional extension program for home management. Projects adopted

for emphasis throughout the States were: (1) Kitchen improvement, (2) installation of water and sewage-disposal systems, and (3) improvement of home furnishings which make for comfort and attractiveness. The committee recommended using to the best possible advantage the material resources of the home and farm: Food, equipment, fuel, clothing, housing, budgeting of money, considering immediate and future needs and basing budgets on records of cash expenditures and of supplies contributed by the farm; utilizing electricity in the home; and wise spending of the money and time available for adding to the comfort and attractiveness of the home. Later Western States conferences have indorsed the program and have reported excellent progress.

The extension program for the Central States includes projects for more efficient kitchen arrangement, use of modern kitchen equipment, refurnishing of rooms, house planning, remodeling, and refinishing of old furniture.

In 1929 and in 1930 the regional conference of Eastern States extension workers emphasized particularly the question of what constitutes a desirable standard of living for farm families and how the farm business may be developed to meet the standard. County conferences of farmers and extension workers are being held to continue the study.

National Interest in Improved Homes

Some idea of the interest which is shown throughout the United States in extension projects for farm-home improvement may be obtained from the fact that annually about 25,000 farm kitchens are studied and rearranged for conveniences, with the advice and assistance of extension workers; that approximately 50,000 women learn methods of repairing and remodeling house furnishings; that 30,000 farm homes demonstrate methods of improving farm-home grounds.

This constant striving toward improvement in the farm home is of national interest and importance. It intimately concerns the well-being of nearly half of the people in the United States. Also it holds, I believe, the possibility for more general attainment of something nearer the ideal home than we find elsewhere. Research and development have adapted practically every facility for the home to farm conditions. The farm environment has natural advantages which are beyond the means of the great majority of city families. The farm home may have whatever space the family wishes for its setting. It may have windows looking north, south, east, west on scenes which the family usually may control and which are almost universally beautiful. It may be of any type which the family chooses and its beauty and fitness are independent of building restrictions; the most modest house may be as attractive as its most imposing neighbor. All about the farm home lie recreational facilities giving well-nigh irresistible invitation. Can you picture a more attainable ideal?

Women are Interested

Of what interest is the Federal Farm Board and the development of cooperative marketing to farm women? Miss Connie J. Bonslagel, State home demonstration agent for Arkansas, answered this question in a clear and striking way when at a meeting of members of the Federal Farm Board, State directors of extension, and representatives of the United States Department of Agriculture held in Chicago during the annual sessions of the Association of Land-Grant Colleges and Universities, last November, she said:

Better standards of living will help to bring increased incomes on farms. Farm people should feel that they must have better homes, better equipment, more conveniences. The feeling that one must have a thing is a powerful incentive for getting that thing. When the farm woman feels that such improvements as waterworks must be bought and paid for she will be more alert to better farming practices. She will urge her husband to follow the county agent's advice to buy better seed or more fertilizer, instead of discouraging the expenditure as may have been her wont. She will also urge her husband to join the cooperative associations which are recommended. The farm woman has influence in her home, in the community, and in the county and she will not hesitate to use it in any cause in which she believes.

Kentucky Plants Lespedeza

As a direct result of extension activities of the college of agriculture during the last five years, Kentucky will soon have a million acres of lespedeza with an added crop and soil improvement value of 15,000,000 to 20,000,000 dollars.

The common lespedeza acreage now totals 600,000 and the Korean acreage 150,000. It is estimated that lespedeza adds \$7,500,000 to the annual grazing value of Kentucky pastures. Practically 80 per cent of all sweetclover sowed in Kentucky is mixed with lespedeza seed. To this should be added a seed production now approaching 100,000 bushels annually. The soil-improvement value of this master legume is placed at a figure equal to its grazing worth.

More important than the financial value of lespedeza is the fact that it has proved to be a legume which is adapted to every acre on every farm.

The development of common Jap began in 1922, when 20 men in 15 counties agreed to act as demonstrators; in 1923, the same counties had 111 such demonstrations. In 1924, 393 men in 31 counties were prevailed upon to sow common lespedeza. In the meantime publicity was being given to the place which lespedeza was finding on Kentucky farms.

Lespedeza Seed

In 1924 the introduction of lespedeza into the bluegrass region of the State met with success. County agents in the western part of the State encouraged the saving of seed and two model seed pans were used for exhibition. As a result 10,000 bushels of seed were saved in 1924.

A total of 13,500 bushels of lespedeza was sowed in 1925. The next year 15,000 bushels of seed was saved and 16,000 bushels sown. The first sowings of Korean and Tennessee 76 were made in 1924, although a few ounces of seed had been distributed among farmers the previous year.

By 1929 the amount of Korean seed saved reached 600,000 pounds, while a million pounds of Jap seed was harvested and sold. The Korean crop has been multiplied by 10 in pounds sown each year since 1926, including 600,000 pounds in 1930, and the scene is now set for 5,000,000 pounds to be sown next year.

Christian and Todd Counties each sowed 100,000 pounds of Korean in 1930; Warren County, 30,000 pounds; Simpson County, over 50,000 pounds; and seed could not be found to supply the demand in most other counties at the end of the 1930 sowing season.

One illustration of the way the plan has worked is the experience of a county agent in the bluegrass area. He put a short news item in the local paper telling where lespedeza fitted into the farm needs. On the following Saturday, 17 men from widely scattered parts of his county came to his office to interview him. In the communities of some of these men whom the agent had never seen before, extension work had not previously met with success.

The Kentucky Seed Improvement Association was organized this year and will function as a means to encourage the cleaning of this seed to high standards of purity, especially the removal of dodder. The association will also establish sources of such reputable seed, from which growers may buy with confidence.

For the seasons of 1928, 1929, and 1930 the annual sowing of common Jap has been 1,000,000 pounds.

Farm Women Visit Terminal Markets

Thirty-six Maryland farm women, accompanied by Venia M. Kellar, State home demonstration agent; Edythe M. Turner and Florence Mason, district agents; and their respective county home demonstration agents made a tour of New York City for the purpose of visiting some of the large terminal markets and commercial houses. The tour was arranged by cooperation of the Maryland Extension Service with the agricultural development bureau of the Baltimore & Ohio Railroad Co.

The women were given an opportunity to observe the methods employed in unloading, handling, and distributing fruits, vegetables, and other perishable products when they are received at the various piers; and the "whys and wherefores" of an auction were explained to them at one of the big auction houses. They saw the condition in which their fresh farm products reached the market, and were given an idea of the processes through which farm products must pass before they reach the tables of people living in the big city.

Although the fundamental purpose of the tour was to obtain practical, firsthand information, variety was added to the educational feature by sight-seeing trips about the city, visits to some of the largest department stores, and an opportunity to inspect one of the big ocean liners.

The Apple Industry's Cooperative Marketing Program

CHARLES S. WILSON, Member of the Federal Farm Board

MARKETING the American farmers' apple crop valued at more than \$100,000,000 annually is the tremendous task now facing cooperative leaders in the United States. Each year there are about 32,000,000 barrels of apples produced for market in this country. From 10 to 15 per cent of these apples are handled through farmers' local cooperative organizations. It is evident that a great amount of work must be done in organizing orchardists who are growing apples commercially in almost every section of the United States. Most of the apples, however, are grown east of the Missouri River.

For several months the Federal Farm Board has been working with representatives of the apple industry in an effort to improve present distribution and sales methods and to develop a plan of marketing in accordance with the provisions of the agricultural marketing act.

Two conferences have been held by the farm board with representatives of the apple growers for the purpose of launching a new nation-wide cooperative movement among producers of this fruit. The first meeting was held in January and the second in May. At the first meeting, growers' representatives expressed a desire to eventually work out the handling of apples on a national basis. These representatives found upon examining the situation from a national viewpoint that the greater number of the more important apple-producing areas are unorganized cooperatively and for that reason they felt that it was extremely inadvisable to suggest that an advisory commodity committee be set up at this time as provided for in the agricultural marketing act. At the same time, however, these conferees made it clear that they wanted to eventually work out the handling of apples on a national basis.

Results of Meeting

At the January meeting the apple representatives recommended that a general committee, representative of the various important apple-growing regions, be established to give the subject further study. This resulted in the appointment of a general apple committee composed of 15 men who met at the call of the farm board in Washington, D. C., on May 14.

Since these two meetings were held the Federal Farm Board has been mak-

ing detailed preparation for the organization of an apple project. In carrying out this project the board will assist growers in the development of local and regional cooperative marketing associations looking toward the handling of apples on a national scale. Both Federal and State agricultural agencies, including the extension forces of the United States Department of Agriculture, are invited to cooperate in this undertaking.



C. S. Wilson, member of the Federal Farm Board

The farm board will encourage and assist in strengthening existing associations and will help in the organization of new ones wherever grower sentiment and conditions are favorable to cooperative development and where the project offers reasonable promise of success.

Local cooperatives will be encouraged to unify their marketing activities and to establish regional sales agencies with the hope that eventually there will be sufficient cooperative associations of apple growers to warrant a national sales program for this fruit. As a background for the new project, there already are in many sections thriving cooperatives actively working to increase the volume of fruit that is handled by their marketing organizations.

The Hood River Apple Growers' Association of Oregon has a plan of expan-

sion under way. With financial and organization help from the Federal Farm Board and other agencies the Hood River association will be able to more adequately meet the needs of the growers. Lack of adequate facilities has been the main reason for the association not expanding more in the past.

Fruit cooperatives of southern Michigan have been working to extend their membership to increase the volume of fruit handled and to effect a closer federation of associations. As a result of these efforts the Great Lakes Fruit Industries has been incorporated as the central selling agency for the southeastern Michigan region. Thus, the several local cooperatives handling fruit in this territory have been united into close relationship and in accordance with the regional program are to be affiliated with the cooperative associations in northern Michigan and eastern Wisconsin.

A few groups of apple growers in the Cumberland, Shenandoah, and Potomac Valleys of Virginia, West Virginia, and Maryland have organized in accordance with the provisions of the agricultural marketing act and are contemplating the construction of cooperative packing houses.

Financial Assistance Available

The Federal Farm Board already has pledged itself to give financial assistance in the building of packing houses by two apple associations in the Shenandoah Valley when the organizations have met the requirements of the agricultural marketing act. Other groups in this region have packing-house construction plans under way.

Meetings also have been held in New York State. Western New York apple growers have an expansion program under consideration and will study the advisability of forming a regional sales agency.

Work now being carried on in these various regions is the initial step of a long-time program, looking toward the development of a national cooperative grower-owned and grower-controlled selling system for apples. The Federal Farm Board will do all it can to aid in laying a substantial foundation for the apple industry's centralized sales organization.

4-H Club Fire-Prevention Campaign

The extension supervisory force and the community and forestry specialists prepared the plans for the 4-H club woods fire-prevention campaign, reports D. E. Lauderburn, extension forester in Mississippi. The third week in September was selected for the campaign. A letter from the director of extension to the county agricultural and county home demonstration agents emphasized the economic importance of their woodland areas to the farmers and the prosperity of the State. This letter was followed up by letters from the district and club agents urging the agents to cooperate in conducting the campaign with all their 4-H clubs. In addition to these letters, the extension forester sent out circular letters to the agents with instructions regarding the work to be done; and also prepared subject matter consisting of short articles on the value of farm woods, the damage fire does to trees, pastures, game, and soils, and the importance of protection from fire. A detailed program was prepared with additional optional material in the way of songs and poems, which were used by some of the clubs.

Plans for Work

The forestry commission approved the campaign and agreed to supply the necessary funds amounting to over \$1,200. Beginning the first of August the State forest service employed extra office help to undertake the big job of making up their allotments of programs, posters, nails, and other material for each of the more than 700 clubs and groups of 4-H club boys and girls. The plan as developed was to have each club carry out the program at its September meeting, with a boy or girl taking one of the seven subjects outlined by the extension forester; reading what had been written, learning and reciting it, or giving it in his or her own words.

An allotment of 2 outdoor posters was made for each club boy or girl enrolled plus 10 indoor posters for each club. To assure the proper putting up of the posters, roofing nails were shipped with them, allowing six nails per poster. It was feared that without these large-headed roofing nails, the posters would be put up with small-headed nails or tacks and that the posters would not remain in place. A feature commented on favorably by some of the agents was the instruction that each boy and girl should write his or her name on the posters which were put up by them.

This gave the club members a feeling of ownership and individual interest in the posters and of resentment when the posters were torn down, which happened in a few cases.

To check up on the results a questionnaire to be filled out by the secretary and returned to the club agents was included in the material sent to each club. A large measure of the effective results of this campaign may be attributed to two things: (1) Securing the cooperation of the women extension supervisory force and the home demonstration agents, as they spend a larger proportion of their time on club work and are, perhaps, more careful than the men agents in carrying out details; and (2) preparing every detail of the subject matter and plans for posting signs, even down to the number of nails for each package.

Results Obtained

In summing up the results it was found that the campaign was put on by county and home demonstration agents in 55 counties. Twelve counties have not yet reported. Reports from the 55 counties are not complete, some merely stating that they conducted the programs and that the posters were put up at least in part. Forty-one agents reported holding 395 meetings, an average of 10 per county, which would make a total of 550 meetings if this average holds good for the 55 counties. This is probably about right as the number of meetings reported by counties ranged from 1 to 26. Detailed reports were received from 35 agents, showing a total recorded or estimated attendance of 4-H club members and visitors of 26,361, an average of 753 per county, or a probable total of 41,415 for the 55 counties. Thirty-three agents reported 15,726 posters put up, an average of 477 per county or a probable total of 26,235 for the State. This accounts for about half of the posters sent out. The questionnaire on results indicated that the remaining posters were being distributed to farmers and others who wished to protect their woodlands from fire.

This is an activity which had a very far-reaching educational effect. Boys and girls learned something about woodland protection and the importance of farm woodlands in conducting these programs. They shared in a community activity and were made to feel a personal responsibility in this work by

signing their names to the posters they put up as cooperators with the State forest service. A great deal of attention throughout the State was attracted to this campaign. More than 110 news items about it were recorded in the daily and weekly papers.

Reasons for Conducting Campaign

There were two reasons for conducting this campaign: First, it crystallized into action a growing appreciation of the necessity for fire prevention; and second, lacking any 4-H club projects in forestry, it served as a substitute for such projects. It was more far-reaching in effect than any attempt to organize 4-H forestry clubs would have been, all attempts at which have failed in Mississippi so far. An immediate effect of this campaign was noted under the heading "Remarks" by one club secretary, who reported that one girl nailed a poster on a tree close to where some negroes were burning brush. When she left, the negroes, after reading the poster, put out the fire right away. The following was typical of many of the comments under "Remarks" made by club secretaries, "We want to help in this great fight and we were glad to put up the posters."

Special Soils Agent

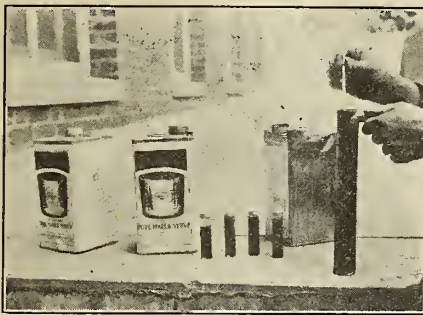
Largely as a result of a soil-saving campaign conducted last year by the Iowa Extension Service, farm bureaus, chambers of commerce, and similar organizations in Mahaska, Monroe, Wapello, and Appanoose Counties employed Paul C. Wiechmann this spring as their first special soils agent. Mr. Wiechmann was formerly with the soils department of the Iowa State College and also has been county agent in Adair and Hardin Counties.

The hiring of this special soils agent comes as a result of the realization on the part of many southern Iowa counties that soil erosion and fertility problems are becoming serious in that section of the State. Mr. Wiechmann is working with farmers on soil-fertility and erosion problems as the county agent does on farming problems. His work consists largely in assisting the county agent in placing demonstrations in most of the townships in the four counties to show what can be done by terracing, cropping methods, and reforestation to prevent erosion. Educational meetings will also be held and farmers will be given help in solving their individual problems.

Maryland Maple Sirup Is Inspected

Maryland maple products needed a name—that is, those grades of sirup which reflected credit on the producers. A name, once chosen needed protection. The maple producers of Garrett County recognized that a name and its protection could be had only through an organization. As a result, there is to-day in Maryland the Garrett County Maple Products Association; Maryland gains the distinction of being the first State to employ a licensed Federal-State inspector to inspect and grade maple sirup; and the two highest grades enter the market under the name "Crest O' the Highlands."

"Behind this brief summary of conditions," says T. B. Trenk, Maryland extension forester, "there is a rather lengthy story of education, persuasion, and running through it all is a commendable spirit of cooperation."



Testing maple sirup

The objectives of the Maryland Department of Forestry and the University of Maryland Extension Service were twofold in undertaking this piece of work—to encourage production of a better quality product, and to aid in finding a better market. A cooperative was considered, but the idea was soon abandoned. A privately owned processing plant appeared to be one solution, but the necessary capital was not forthcoming. One alternative remained. A producers' association was planned which would sponsor Federal-State inspection, design, and execute a trade name and label, and authorize their use on sirup meeting certain requirements.

At a series of meetings, this last alternative was submitted and met with general favor. A "constitutional convention" was held and the Garrett County Maple Products Association was brought forth.

No easy task lay before it, but all of its members determined to make the first season a success. As a result of the

association, and the cooperation it has received from the extension service and the forestry department, twenty-odd producers have had Federal-State inspection of their sirup; approximately 2,000 gallons of sirup have passed inspection and have been, or are being, sold under the "Crest O' the Highlands" name; for those members who desired it, the association presented at cost a quantity of advertising pamphlets, and furnished lists of prospective customers; has provided sets of color samples of sirup to producers, based upon official grades, which the association requested the State board of agriculture to promulgate; and has issued a booklet of maple sirup and sugar recipes. An application is pending to have the association's name trademarked. Most significant of all, the producers have been able to get more for their sirup when sold under the association's name and label.

Low-Cost Farming

The Montana Extension Service in nine days carried messages of low-cost farming to over 20,000 farmers of the State through the medium of the "low-cost farming special," a train run through the cooperation of the Northern Pacific Railway Co. and the extension service. One-quarter mile of train, covering 700 miles of territory, brought the messages to farmers by the actual display of farm equipment now being used and by carefully planned exhibits covering practically every phase of agriculture in eastern and south-central Montana. Fourteen cars were devoted to farm equipment and four to exhibits.

The special visited 18 communities, making two stops each day. In each community visited in indoor meeting was held at 1 p. m., where farmers gathered to discuss farming problems with specialists from the State college of agriculture. Merchants, farmers, and civic clubs cooperated to make elaborate plans for the day in each of the communities visited. In many of the towns the farmers brought basket lunches and business men furnished ice cream and coffee. One community held its annual county-wide picnic on the day of the train's arrival, when more than 5,000 people visited the train and had a huge picnic on the county fair grounds.

The slogan "Save labor—your biggest cost" was chosen for the train as emblematic of the story told. The 14 cars of farming equipment and the 4 coaches of exhibits had lower labor costs as their ultimate message.

The machinery displayed on the flat cars included practically every phase of farming in the sections of Montana visited, and special emphasis was put upon the modern methods of summer fallowing and dry-land tillage. There were horse-drawn and power-operated implements; labor-saving hay tools; tractors; combines; bean, corn, and beet equipment; seed-cleaning equipment; and multiple team hitches.

The significant thing about this equipment was that every implement on the train had either actually been used on the experiment farms of the college or was a duplicate of such equipment. It had all been thoroughly tried and found worthy of recommendation. There were no attempts to force "new-fangled" machinery onto the farmers.

The first coach was known as the outlook car. It carried a message of correct farm management with a study of world and home markets as related to products produced on Montana farms. International competition with United States wheat growers was shown; the wool market situation and what happened to the butter market in 1929 were portrayed.

Another coach was planned to emphasize production of alfalfa hay, the legume that is frequently called the safety valve for well-balanced farming in Montana. Exhibits pointed the way toward better-quality hay and higher yields while cutting the production costs at least one-half. The kind of seed used, methods of curing and stacking, and equipment used were all featured.

Production of alfalfa seed was the subject covered in the third coach. Although Montana farmers already obtain an annual cash return of something like \$1,500,000 from alfalfa seed, the exhibits in the third coach showed the farmers how they may increase their seed returns even more by using registered seed and proper tillage and harvesting methods.

The last of the four coaches dealt with modern low-cost tillage methods, especially for dry-land farming. The duck-foot and the 1-way disk were compared to the plow for summer fallow. Methods of summer-fallowing and weed control were shown, and moisture conservation was emphasized.

The special train was enthusiastically received wherever it stopped. Specialists at the State college of agriculture feel that they have accomplished much in the way of assisting the farmers of eastern and south central Montana.

Planning an Adjustment Program

"I figure that I must have gross receipts of \$12,000 if I am to employ four men the entire year," said J. S. Williamson, owner of Sunrise Farm, Franklin County, Me. Said Lester Lee, a farmer of the same county, to George Lord, his county agent, "The first thing I want to know is how can I get one of those new publications that have just been put out by the farm organization committee? The Wilton Trust Co. sent one to my neighbor and he lent it to me to read. It is the best thing I have seen for a long time."

An attempt is being made to guide the people in Franklin and York Counties and the members of the extension staff to arrive at a true statement of the agricultural situation and to recommend adjustments which, if made, will increase incomes. Briefly, the method of procedure is one of determining the situation and adjustments, developing a public consciousness of the situation as found and the recommendations made, and assisting a few farmers whom the extension service can point to as examples of what can be done.

Preliminary details in working out the project consisted of: (1) A conference between Eugene Merritt and H. W. Hochbaum, of the Washington office; A. L. Deering, assistant director; and Donald W. Reed, farm management demonstrator of the State office. (2) Mr. Hochbaum met in the county with the farm management demonstrator and the county agent for the purpose of formulating more detailed plans. As a result of these two meetings a working plan was developed.

Results to date may be briefly summarized as follows: The preliminary plans of stating the situation and the adjustments were carried out and the result printed in a fully illustrated attractive 24-page bulletin costing approximately 10 cents per copy. The cost of printing was covered by farmers' organizations and commercial concerns dealing directly with farmers, such as banks, canneries, creameries, and feed stores. The following summary of the Franklin County publication gives an idea of the type of recommendations made:

"The present agricultural decline is the result of changing economic conditions. Farmers now practicing the agriculture of 20 to 50 years ago are working for a very small wage.

"The committee recommends producing for sale more market milk, sweet cream, dairy stock, fresh eggs, poultry, sweet corn, and string beans for canning,

and good quality apples of certain standard varieties. Those farmers who organize their business upon sound business principles and produce the above products can earn enough to maintain for themselves and family a standard of living comparable with that of other business men of equal managerial ability. In order to do this, a farm business which requires the employment of \$250 worth of seasonal labor must produce enough products to sell for over \$3,000. Some farmers in the county are now doing this with one of the following combinations of enterprises:

"(I) 10 dairy cows, 3 acres sweet corn, \$200 from the sale of wood and lumber, \$150 from outside labor.

"(II) 10 dairy cows, 100 hens, 2 acres sweet corn, \$150 from outside labor.

"(III) 8 dairy cows, 200 hens, 2 acres hoed crops, \$200 from the sale of wood and lumber.

"Both counties have been covered with district meetings, and already about 150 cooperators are enrolled. In the future meetings will be held with these cooperators and definite plans for adjustment on their individual farms made."

Food Models

Food models used in an exhibit on a train by the extension service in Missouri are described by Marion K. White, nutrition specialist, and Flora L. Carl, county home demonstration agent at large.

The train went out in the height of summer heat. As there were no screening facilities, real food was impossible. Wax models of fruit, which showed to good advantage, were obtained. Milk, as usual, was preserved with formaldehyde in the half-pint bottles. Butter squares were cut from a yellow soap that was excellent in its color. Whole-wheat bread was shown by cutting oblong tan rubber sponges in half and painting the surface with brown water colors to give a shaded appearance. This was the best model made. Broiled steak was shown, using a dark, red-brown sink stopper as the foundation. This was cut in the proper shape for a serving; a real bone from a steak was broiled in preservative and strong soap; painted, and carefully fitted into the rubber. There was no mistaking what this represented. Baked potato was shown by using a real potato shell filled with tinted cotton. The chef on the train baked a fresh potato for the

exhibit daily so that the drying out wasn't detrimental to appearance.

Cream-of-pea soup was made from boiled soap mixtures to which was added milk of magnesia and fruit coloring. A few soaked dried peas floated on the surface. These were changed occasionally throughout the two weeks the train was out. Oatmeal was also made of soap, with real oatmeal added. The surface of this was moistened before each showing to keep it fresh looking. Baked custard was made by inserting a piece of cardboard covered with yellow oilcloth in the top of a custard cup. This was "browned" a little with paint and a tiny bit of glue held a flecking of cinnamon in place. Nutmeg was tried, but the cinnamon worked better.

Sick-Room Equipment

Costly sick-room appliances and equipment, necessary for only a short time perhaps, but nevertheless necessary, add heavily to the burden of expense attached to sickness or disability from accident in a rural home. A pair of crutches, a wheel chair, a back seat, or a bedside table are sometimes urgently needed and soon finished with. The average rural family can not afford a complete supply of such equipment, but the members of the family may need it as badly as city dwellers do.

Women in Green township, Shelby County, Ohio, took a long step toward solving the problem when they canvassed their township and made a survey of all the sick-room equipment owned in the township. Then they posted a list in the centralized township school, showing what articles were available and who owned them.

Now, when sickness attacks a Green township family, reference to the list shows where the necessary appliances can be located and borrowed from their owners. The list was compiled during the working out of a project in home care of the sick, sponsored by the extension service and directed by Wanda Przyluska, extension health specialist.

"Other townships have established loan chests at central points where sick-room equipment is assembled. But that means that some one has to take charge of it and make loans from it. The Green township method leaves it up to the borrower and the owner. Incidentally, it has helped in creating a spirit of neighborliness and willingness to help each other in the whole township," says Miss Przyluska.

Junior Conferences

In the words of Stanwood Cobb, "The group mind—planning, creating, and achieving can accomplish marvels of which the individual is incapable." It was this thought that prompted emphasis on youth participation in the junior conferences at the Fourth National Club Camp held in Washington June 18 to 24. The club delegates, ranging in age from 15 to 21, were divided into five discussion groups to consider, from their own point of view, the same topics assigned to the State club leaders; namely, minimum essentials for the first two years of 4-H club work, local volunteer leadership in 4-H club work, 4-H club incentives, a desirable program for older farm boys and girls, and possible solutions to some of the economic problems confronting farm boys and girls.

Throughout the discussions a committee of State club leaders endeavored to guide these young people to think for themselves and to express their own opinions freely. At the same time, every opportunity was taken to train them in assuming such responsibilities as chairman of a group, secretary, or group discussion leader in order to enable them to avoid unnecessary mistakes and to gain confidence through their successes. At all times, regardless of the amount of youth participation, the young people gave evidence of desiring the assistance of their State leaders.

A committee of 31 made up of those young people acting as chairmen, secretaries, recorders, and discussion leaders met daily with George L. Farley, Massachusetts State club leader, and Miss Dorothy Emerson, Maryland girls' club agent, to plan for the work of the following session and to carry back to the groups the best thought of such conferences.

It was interesting to note how the tone of the junior conference gradually became more impersonal each day. The young people appreciated the guidance given them in the art of discussing 4-H club problems. As a result, they soon turned away from giving personal stories of their own experiences, as was true the first few days of the conference, to discussions of general conclusions based upon their experiences.

It was also gratifying to note the ease with which the junior delegates presided over their morning assemblies when a delegate from each discussion group presented a daily progress report and a general report at the final session. Those who heard these reports were

unanimous in their opinion that the junior conferences were well worth while. It was felt that the young people placed upon their own responsibility made good in a remarkable way. Throughout the week every advantage was taken of opportunities for youth participation. This spirit of youth participation, prevalent not only in the junior conference but also in the preparation of the camp news sheet, the tours, and the camp-fire programs, seemed to mark the high point of development of the Fourth National Club Camp.

Moreover, what these young people did at the Fourth National Camp was a demonstration of the possibilities of work with older farm boys and girls. They proved conclusively that the more responsibility is placed upon them and the more they are enabled to take part in discussions, the more interest will they take in the work under way and the more they will be able to contribute to the group as a whole. In addition, through the discussions the club members proved that they were being increasingly enabled to advance their own point of view regarding matters of general interest. The need of farmers to-day is not only for strong cooperation among themselves but greater ability to state their problems and desires. The experiences gained by these farm young people in such discussion groups should be of much value not only to them as young farmers and citizens a few years hence but also to our country as a whole in furtherance of its rural cooperative movement.

House-Dress Contest

Better fitting and more becoming work dresses became the chief aim of the women in home-economics clubs in Whatcom, Snohomish, and Clallam Counties, Wash., this past spring, says Ruth Gaskill, extension editor of that State. A house-dress contest, inaugurated by the extension work in home economics, under the direction of E. Belle Alger, State clothing specialist, brought into competition approximately 800 women in these three counties. Local and county contests were held, the winner of each local contest becoming eligible to compete in the county contest and style show.

Two classes of dresses were made—one with set-in sleeves and one without sleeves. Tub-fast cotton material costing not more than 40 cents a yard was used in each case. Workmanship, suitability to purpose and to individual, becomingness of color, and allowance for freedom

of action were all taken into consideration in selecting the winning garments.

In discussing this contest, Inez J. Arnquist, home demonstration agent in Whatcom County said:

The house-dress contest is centering the attention of home demonstration clubs on various problems in connection with the making of house dresses. These problems include the selection of the best lines to suit the individual figure, becoming color, alterations of the pattern to provide for variations from the so-called "normal," and finish of the seams and edges to provide for comfort, wear, and easy laundering.

A perfect fitting dress is a real achievement when one considers that patterns are made for a type of figure. Few women are true to type in all proportions. Who has not experienced the annoyance of a sleeve that binds, an unfinished seam that scratches, or a garment that does not allow freedom of motion while working? These defects not only make for discomfiture but also hamper and distract the mind from the work at hand. Comfort and ease of motion should be the keynotes of work clothes.

The finals of the contest were held in the form of a style show, the stage setting being a kitchen. Each woman modeled her own dress, and in showing it she was asked to sit, stoop, and reach. In one county, as a means of helping ease the stage fright of the contestants, each woman was asked to set a certain portion of the breakfast table, which was included in the stage setting, as well as walk across the floor. Soft music played throughout the revue added an attractive feature.

The enthusiastic comments of the judges and of those attending the revue indicated that this contest was a worthwhile project, the agents in these counties have reported. Such expressions as "I have never seen such lovely house dresses anywhere" were heard throughout the audiences.

The Oregon Extension Service is issuing a series of 4-page printed circulars, entitled "Ten Lessons in Marketing," to teach marketing methods to 4-H club members. The series covers the following subjects: What is marketing and what purpose does it serve? Assembling, inspecting, standardization; transportation; preservation and storage; manufacturing in relation to marketing; advertising and selling; financing, risk bearing, insurance, and speculation; marketing agencies and their functions; methods of business organization—the cooperative association; and cooperative marketing—its difficulties and advantages.

Extension Service Review

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AUGUST, 1930

Cooperating with the Farm Board

Extension workers have followed closely the program of the Federal Farm Board as it has been developed from month to month during the first year of its existence. The early announcement of the board that it would render assistance to farmers only when they were collectively organized into cooperative associations naturally gave impetus to the formation of these associations. With this policy to reinforce them, extension workers have made vigorous efforts to acquaint farmers with the objects and operations of cooperative associations and requirements for membership. The fact that over 1,000 cooperative associations were organized with extension assistance during 1929 indicates that extension effort in support of the farm board's policy has been accomplishing results. It is not to be expected that it would be possible to organize cooperative associations in tremendous numbers nor was it to be desired. Past experience has taught the extension worker that one cooperative association organized on a sound basis is worth 20 into which farmers have combined without an understanding of what might be expected of such associations or of themselves.

The farm board has concentrated on the development of national and regional commodity organizations through which the local cooperative associations might effectively function. Out of this effort

the national and regional organization of five commodities—grain, wool, livestock, beans, and cotton—have been largely accomplished. In the formation of regional organizations, in particular, extension aid has been sought and information given which has facilitated the forming of organizations capable of operating successfully.

The farm board has included in its program the financing of qualified regional cooperatives in a large variety of commodities. In many cases, existing regional cooperatives were not organized to meet the full requirements of the board. In revising their organization to meet the requirements of the farm board, extension specialists in a number of States have proved most helpful.

Several large-scale efforts to adjust production to meet the economic situation with respect to a commodity, which have been favored by the board, have likewise been vigorously supported by the extension service. Notable among these were the efforts to adjust production and lower production costs in the Cotton Belt and in the spring Wheat Belt in the Northwest. Similar efforts are now being made in the hard red Wheat Belt.

Finally, the farm board and the extension service have combined with the research divisions of the State agricultural colleges and the United States Department of Agriculture to develop further facts which are needed in developing a sound and businesslike conduct of farming in every section of the country. In review, it would seem that a commendable beginning has been made in the coordination of effort by the farm board and the extension service.

A New Development

The farm home takes on a new significance in the extension program. To be sure, the life of the farm always has revolved about the home, yet the management of the farm and the management of the home have each had a special and independent sphere. New standards of living—new ideas of what constitute convenience, comfort, attractiveness, and efficiency in the home—are changing this relation. Before we undertake to-day to outline an extension program for agricultural improvement, we are tending to give thought first to the requirements of the family which the farm business must support. What should be the standard of living of the family, what conveniences and comforts should it afford,

what other things ought to be provided to insure a happy and satisfying life, what will all this cost are some of the questions we stop to consider. Then, knowing what we require, we proceed to plan the development of the farm business, select the enterprises to be undertaken, and determine the time and capital to be devoted to each. The home becomes no longer the product of whatever the business happens to be. The business is built around the home and the requirements of the latter determine in large degree the kind of business we shall have.

In bringing about this change, home demonstration work has had no little part. The encouragement given to higher standards of nutrition, of clothing, and of the equipment of the farm home has had a direct influence. Through the introduction of money-making activities and industries among farm women, through the development of markets for home-grown and home-made products, and through a better knowledge of purchase values in clothing and furnishings, well-dressed families and well-furnished and attractive homes have resulted. Improved methods of home management have given the home maker leisure for opportunities for recreation and an enjoyable social life not before experienced. Extension work, too, through local meetings, community achievement days, county camps, and trips to the State agricultural colleges to attend short courses, has made the educational influence and inspiration of the college and university a vital part of her life.

These results in turn have reacted favorably on the expansion and development of home demonstration work. The 18 months following July 1, 1928, when the Capper-Ketcham Act became effective, have witnessed the addition of more than 300 home demonstration agents to the extension field force. With this increased force have come improved teaching technique, a wider spread of influence, more effective local leadership, and the inspiration and enthusiasm of a great and growing movement.

The entire Extension Service learns with deep regret of the recent death of Mr. Walter Dimmitt Bentley, of Oklahoma. Mr. Bentley was one of the oldest members of the extension force in years of service. An appreciation of the man and his work will appear in the September issue of the *REVIEW*.

Kansas Wheat-Belt Program

H. J. C. UMBERGER,

Director, Kansas Extension Service

THE 5-year Kansas Wheat-Belt program is designed especially to fit the needs and natural resources of the central and western sections of the State. Wheat produced in Kansas affects practically everyone in the State, as the average yearly income from this crop is more than \$100,000,000.

The 5-year program, which is now in its fifth year, is sponsored by the extension service of the Kansas State Agricultural College in cooperation with the Kansas State Board of Agriculture; the Southwestern Wheat Improvement Association; the Atchison, Topeka & Santa Fe Railway; Chicago, Rock Island & Pacific Railway; the Union Pacific Railway; the Kansas Crop Improvement Association; the Kansas City (Mo.) Chamber of Commerce; the Kansas State Grain Inspection Department; the Federal Grain Inspection Department; Hutchinson Chamber of Commerce; local chambers of commerce; and county farm bureaus throughout the Kansas Wheat Belt.

The program provides for improvement along the lines of marketing, agronomy, entomology, and plant pathology. The work in marketing deals with the handling of wheat on a quality basis and a careful study of market conditions as a guide to marketing. The agronomy work considers the proper handling of the soil to conserve moisture and furnish a sufficient supply of available nitrates to grow a profitable crop and the use of pure seed of adapted varieties. The work in entomology presents the best methods of controlling those insects which affect the wheat crop; such as the Hessian fly, chinch bug, wireworm, and wheat straw worm. The principal part of the plant pathology work is the control of the smuts.

Marketing

Four years of work on the Wheat Belt program has shown very outstanding results in the improvement of methods growing and marketing the wheat crop. A campaign to interest elevator men in buying wheat on a quality and grade basis was started in 1926, and now the grain buyers in 10 counties are cooperating in this effort to make it a benefit to the farmer to produce quality wheat. Farmers are actually studying

their markets. It required 750 copies of the Kansas Agricultural Situation to meet the demand in 1925 while in November, 1929, it required 3,400 copies.

Good Seed

The amount of good seed wheat that actually changed hands during the four years prior to the organization of the Wheat Belt program for the years 1922, 1923, 1924, and 1925 was 790,000 bushels; approximately 200,000 bushels each year.

reported by county agents has increased from 66,849 acres in 1926 to 185,761 acres in 1929.

Twenty-four counties which have been conducting the Wheat Belt program for four years reported an average of 77 per cent of the wheat land tilled by August 1. The average planting of wheat in the 24 counties within the area conducting the Wheat Belt program for four years is 5,508,432 acres. Since 77 per cent was early prepared in the program



During the four years of the Wheat Belt program, 1926, 1927, 1928, and 1929, the amount of good seed changing hands has increased to 1,931,000 bushels, approximately 500,000 bushels each year.

Summer Fallow

Summer fallow is necessary to a profitable and permanent wheat industry of the western part of the Wheat Belt. The Hays Experiment Station found that summer fallow reduced the number of failures (crops under 5 bushels) to 3 times out of 20, while other methods had 4 to 9 failures. At the Colby Experiment Station summer fallow has more than doubled the yield. The amount of wheat on both summer-fallowed land and following wide-spaced row crop seed bed

area and only 32 per cent outside there is an increase of 45 per cent within the area. Forty-five per cent of the total acreage of 5,508,432 within the area is 2,478,794 acres. Early tillage increased the yield of wheat at Manhattan 8 bushels per acre and 6 bushels at Hays. Assuming that there was not a great difference between the ground tilled before and after August 1, therefore reducing the advantage to 2 bushels per acre, there is an increase of 4,957,587 bushels per year in the counties conducting the Wheat Belt program.

Smut Control

In 1925 Kansas county agents reported 220,000 acres of wheat planted with treated seed. Since then the acreage on

which smut control is practiced has increased to 1,001,275 in 1926; 1,212,179 in 1927; 2,780,083 in 1928; and 3,421,866 in 1929. These figures represent the acreage in 44 counties reporting and are not complete for the State. Farm-bureau counties taking part in the Wheat Belt program report smut control practiced on 70 per cent of the acreage, while other farm-bureau counties report 45 per cent, and unorganized counties run less than 30 per cent. Farm-bureau counties in the Wheat Belt program report sorghum smut control practiced on 72 per cent of the sorghum acreage; other farm-bureau counties report 27 per cent.

Insect Control

The training of farmers to be project leaders in insect control has grown rapidly since the correlated program of work began in 1926. At that time there were 56 men who were interested in insect control to the extent that they were willing to learn about the insect to tell the methods of control to their neighbors. Now there are 520 farmers in the 52 counties comprising the Wheat Belt of Kansas learning about insect control.

These men realize the importance of insect control in their communities and are interested not only in the control on their farms but also on the farms of their neighbors. Kansas farmers practiced insect control on 3,195,000 acres in 1929, this being an increase of 2,000,000 acres over 1926. Through the efforts of the extension service of the Kansas State Agricultural College and the cooperating agencies, Kansas farmers are becoming well informed about insects which attack their crops.

The 1930 Program

A conference of all the Kansas Wheat Belt program cooperators held at Manhattan, November 9, 1929, laid definite plans for carrying this program to the farmers and grain men of 60 counties of Kansas during 1930. These 60 counties produced 10,388,065 bushels, or 87 per cent of the 1928-29 Kansas wheat crop. The plans made at this conference provided for a series of four state-wide campaigns. The first of these campaigns was a series of thirteen 2-day district Wheat Belt schools which were held at Wichita, Kingman, Pratt, Ashland, Dodge City, Satanta, Great Bend, Salina, Mankato, Dighton, Norton, Hays, and Colby. These schools, held between January 20 and March 1, were attended by 520 delegates. These delegates are now helping the county agents spread the information given at the district

schools by meetings, personal conversations, and demonstrations.

A series of 10 district grain-grading meetings was held in April. The Kansas State Agricultural College, the Federal Grain Supervision Department, and the State Grain Inspection Department cooperated in giving the elevator managers information on methods of grading wheat, factors affecting grades, control of weevil, and good methods of wheat production at these meetings.

In June the farmers of the various counties had the opportunity of seeing the results of methods advocated in demonstrations on field test plots in their own counties. These field meetings were conducted by the extension service and the county farm bureaus.

The climax of the year's activities will be the agricultural trains to tour the Santa Fe and Rock Island Railroads, July 20 to August 13. These trains will carry exhibits pertaining to each of the phases of the Wheat Belt program, 4-H club work, and a home-economics exhibit showing the need of a conveniently arranged kitchen. Specialists on all of the phases of the program will accompany the trains to answer questions. The trains will make stops in all the counties in the Wheat Belt reached by the lines of these two railroads.

Texas Swine Demonstration

Swine demonstrations in Texas decreased by 55 per cent last season, but profits per hog increased 20 per cent over the average of the preceding three years. This result was due to wide abandonment of single-practice demonstrations in favor of complete swine demonstrations involving feeding, breeding, housing, management, and marketing all in the same demonstration, in the opinion of E. M. Regenbrecht, swine specialist in that State. A total of 1,538 farmers and club boys, more than two-thirds of them being club boys, completed such demonstrations in about 100 counties with an average of more than six animals per demonstration.

The immediate object of Texas swine work, as developed in recent ton-litter and pork-production contests, is the production of ideal 225-pound packer hogs in the minimum of time. Last year's contest, in which 41 farmers and club boys entered, was won by Orth Yowell of Montague County by bringing eight purebred Poland China pigs to the desirable weight in 140 days at a feed cost of a little less than 6 cents per pound of pork. The highest feed cost per

pound of pork in the contest was slightly over 9 cents, and the lowest about 3½ cents.

The champion litter is of particular interest because it was fed by a 4-H club boy. As told by E. C. Jameson, county agent of Montague County:

"The Yowell litter made a total weight of 1,817 pounds in 140 days, and brought 25 cents premium on the Fort Worth market, amounting to a gross price of \$181.70 and a net profit of \$77.02. The litter paid \$1.93 per bushel for its corn, \$1.65 per bushel for its barley, \$2.07 per bushel for its wheat, 40 cents per hundred for its skim milk, and \$17.12 per acre for its Sudan pasture. The litter was produced entirely on home-grown feeds. During the run of these demonstrations, meetings of farmers were held on weighing dates and news stories of progress and results published."

Wool Marketing

Cooperative marketing is not only taught but practiced among the 46 members of the Salt Lake Rambouillet 4-H Sheep Club, Utah, who are prospective woolgrowers. These boys are from Granger, Taylorsville, Bennion, West Jordan, South Jordan, and River-ton.

This 4-H club, under the direction of V. L. Martineau, county agricultural agent of Salt Lake County, pooled its wool this year, following the shearing season, and sold more than 3,000 pounds through the Utah Wool Marketing Association, a branch of the National Wool Marketing Association. Another group of young woolgrowers residing in the southern part of the county and members of the county sheep club marketed more than 2,000 pounds of wool with a shipment made by a local sheepman.

The Salt Lake County boys were advanced 20 cents a pound on their shipment at the time of delivery and indications point to additional receipts.

All the wool in the lot pooled with the association was shorn under supervision of Prof. A. C. Esplin, sheep and wool specialist, of the Utah Extension Service, and Mr. Martineau. Following the shearing, Professor Esplin instructed the boys in the art of grading and preparing the wool for the first-class market.

The wool shipped with the local sheepman was not graded and the club boys are waiting anxiously for final returns which will, in a measure, indicate the value in dollars and cents of grading

and special preparation. Each of the fleeces from the 250 ewes owned by the 46 boys averaged more than 15 pounds in weight.

Returns from the wool clip will not be the only profits the boys will enjoy this year. Due to the ideal weather conditions in Utah during the lambing season the boys report an unusual lamb crop. As there are 200 purebred Rambouillet ewes in the club, a number of the most promising lambs will be groomed for the county, State, and National shows according to Mr. Martineau. At the last national ram sale in Salt Lake City members of the club succeeded in selling a pen of five rams and two stud lambs. Several entries will be made this year at the national sale. A number of the boys earned additional spending money during the fair season in 1929 by winning prizes.

Elwood Spencer, president of the club, is an interesting lad. In 1928 he and his brother won the Plummer trophy at the Pacific International Livestock Show, Portland, Oreg., in competition with teams from the West. The Spencer brothers gave a demonstration in fitting sheep. In 1929, Elwood represented Utah at the National 4-H Club Congress at Chicago; and at a recent livestock show held at the Utah State Agricultural College he won first and grand-champion prizes for having the best-fitted animal in the show.

Besides winning distinction at various livestock shows, the 4-H sheep club boys of Utah show a commendable spirit in cooperatively marketing their wool.

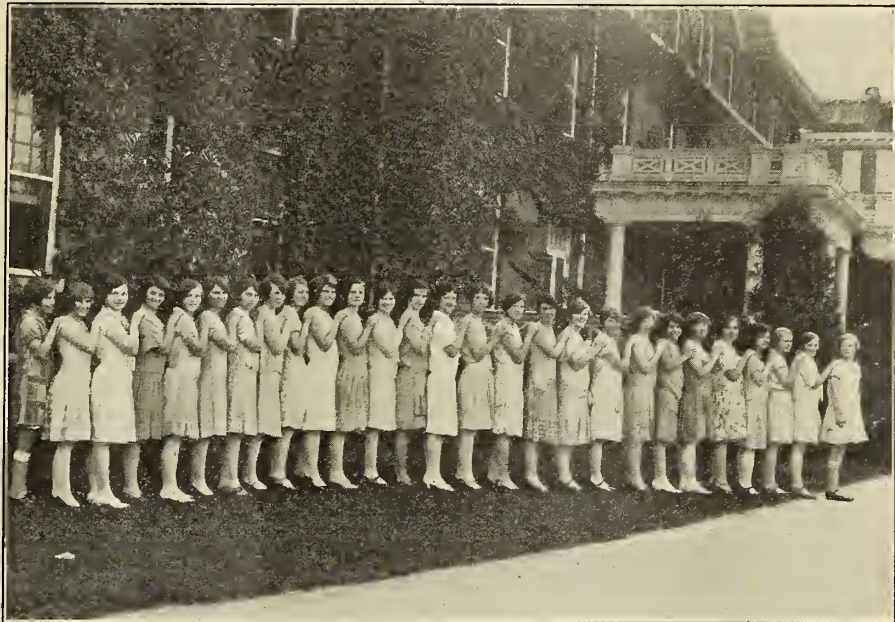
Home-Grown Products Dinner

A home-grown products dinner was a recent feature for Northampton County, N. C., of the achievement program in foods, says Lois Rainwater, home demonstration agent. Each woman's club contributed one item to the menu. The menu was planned to include a number of the foods prepared during the 2-year food work. Two hundred and twenty-five club women and their husbands attended this dinner, 14 4-H club girls served the dinner, and 8 women received awards of merit for their foods and for keeping the foods and health score card. Similar live-at-home dinners to further the live-at-home agricultural program in North Carolina were given this spring, in Currituck, Buncombe, Onslow, Catawba, Vance, Wayne, and Jones Counties.

The Health Program in 4-H Club Work

The health "H" is being increasingly emphasized in 4-H club activities. In many States, irrespective of the specific work undertaken, all members keep their food and health habits throughout the year in accordance with their height and weight findings as well as those other findings determining what foods are lacking in their diet. Health contests, involving the making of awards to those who have the highest ratings, have stimulated this work. More recognition is

As is true of all instruction in 4-H club work, attempt is made to have the health work as closely correlated as possible with all other phases of the club program. In the clothing club work, 4-H club girls learn and demonstrate the relation of clothing to health. Special emphasis is placed upon the importance of good posture and how to attain and maintain it, the wearing of healthful shoes and the proper construction or selection of those support garments that



4-H club health class

also being given to those who make the most improvement in their general physical condition. In a few States there are special health clubs which, in addition to keeping scores of food and health habits, are organized to demonstrate the necessary precautions for avoiding accidents and injuries; emergency care of such as do occur; and through the club group to develop an interest in rural home and community health problems. In other words, the objective of such clubs is for each member not only to attain and maintain his or her own best possible condition of health but for each member to acquire a health conscience in relation to home, school, and community welfare.

In several other States, club members each year select some one faulty food or health habit with the aim of correcting it. Reports also indicate an increasing number of 4-H club boys and girls who are having physical and dental examinations to the end that physical defects may be corrected.

influence health. An increasing number of older girls each year are making healthful garments for their younger brothers and sisters. In this work, consideration is being given to those psychological appeals that are fundamental in the development of a good physical condition as well as in the development of personality in young children.

The food club program in 4-H club work has always been considered important to the health of the rural family. A gratifying increase is being noted in the number of State reports showing how food club activities are being organized to meet the dietary needs of local farming communities. In some of the food clubs also the older girls are assuming responsibility for younger brothers and sisters in relation to their food and health habits, often through interesting games by which these younger children are led to eat the proper foods.

In the home-management and room-improvement clubs, 4-H club girls learn

and demonstrate furnishing and caring for a bedroom from the standpoint of health, the relation of ventilation to health, and the importance of cleanliness to the health of the entire family. All work of the garden and canning clubs is based upon the family dietary needs in relation to what should be planted and what should be canned, dried, or stored. Only recently has recognition been given to the importance of the corn, potato, cotton, and other agricultural club activities from the standpoint of the healthful benefits to be gained while working in the open sunshine, attention being also called to the parallel between livestock-feeding practices and good food habits for the club boy and girl.

The social and recreational program which is a part of all 4-H club activities has a direct relationship to the health of rural boys and girls. Reports indicate that through the social or recreational phases of the club meeting, more 4-H club boys and girls as groups are learning how to have wholesome, enjoyable, social times together. Physical exercises in the form of games are emphasized. In addition, there are held each year a greater number of club camps, field days, festivals, and picnics, as a part of the 4-H recreational program. Besides the camps conducted either at the State agricultural colleges or on regular or improvised camp sites in various sections of the different States, there are at present a number of permanent 4-H club camp sites with well-equipped buildings. Recreation constitutes a large feature of all these camps with some instruction in subject matter by specialists from the agricultural colleges or by the county agents themselves. There are hikes with nature study, swimming, games, and athletic contests. The keeping of food and health habits is emphasized.

Development Along Educational Lines

As a result of the work of the Playground Association of America and the Children's Bureau of the United States Department of Labor in cooperation with the United States Department of Agriculture, there were held in 1929 a large number of local 4-H club leaders' conferences in which specific training in recreation was given. The outstanding development along recreational lines during 1929 was the introduction of organized dramatics in the 4-H club program. The 4-H club plays not only provide wholesome entertainment but also demonstrate in a rather new way the various things learned in the 4-H club pro-

gram. In all this work, the importance of health plays a significant part.

From this brief résumé of the 4-H health club work by Gertrude L. Warren of the United States Department of Agriculture, it may readily be seen how 4-H club work is helping to give farm boys and girls a keen interest in making themselves fine exhibits in their 4-H club work and in enabling them through the health principles and practices demonstrated to make the most of their own personal resources.

Grain Grading at Country Points

The activities of the Federal Farm Board in the marketing of grain have directed attention to the necessity for grain grading at country points. It is only through the purchase of grain on grade that the benefits of standardization reach the grower. Through grading he receives a better price for grain of superior quality. The purchase of grain from the grower on grade is of especial importance if everyone is to be dealt with equitably and with general satisfaction. This applies with even more force to cooperative enterprises than to other methods of marketing.

The grain division of the Bureau of Agricultural Economics, in cooperation with extension specialists, cooperative dealers, and crop improvement associations, has been conducting educational campaigns throughout the grain-growing States. The purpose of these campaigns is to carry the benefits of a more general and efficient grain-grading system to the grower.

Federal grain supervisors have given grain-grading demonstrations and instructions at hundreds of meetings throughout the grain-growing territory both last year and during the past winter. These men, coming from the large grain markets, bring much in the way of information and advice which is of assistance to growers and dealers in harvesting and handling grain in such a way as to improve the grades received in the terminal markets. They also explain the reasons why grain of inferior quality does not command the same price as grain of contract grade.

Bulletins have been prepared on the subject of handling grain for better grades and describing grain-grading procedure. This material has been widely distributed to producers' and dealers' associations and through agricultural colleges. Most of this informa-

tion has been reprinted in agricultural and trade journals having wide distribution. These bulletins have been used for classroom work by many agricultural colleges. Motion pictures and exhibit material have been widely shown at conventions, exhibitions, and producers' meetings.

The most effective means of encouraging grain grading at country points is for persons thoroughly familiar with grading at terminal markets to show producers and growers that it is greatly to their advantage to know the grade of their grain if it is to be marketed in the best market at the best price. The grain division can furnish information concerning inspection facilities and provide material and speakers for grading demonstrations. The whole field of grain grading is so specialized that it is only through contacts between producers and supervisors or inspectors actually engaged in the grading of grain that a clear understanding of grading problems and a satisfactory application of the standards at country points can be obtained.

Better Business Methods

Keenly alert to better business methods, more farmers in Illinois than in any other State had 1929 accounts on their entire business analyzed in a standard accounting service supervised by the various State agricultural colleges, reported R. R. Hudelson, extension specialist in farm organization and management at the College of Agriculture, University of Illinois. Although the service is available in nearly all States, Illinois has held the lead for several years, he states.

More than 1,900 farmers checked in their 1929 accounts for auditing by the farm organization and management department. More than 1,500 of these accounts were kept in connection with the college's state-wide extension project on account keeping, while about 400 were kept by members of the special farm-bureau management service in Woodford, McLean, Livingston, and Tazewell Counties.

Interest in better business methods is increasing among Illinois farmers. Seven hundred and forty-four farmers were helped to start accounts for the first time this spring. During the first three months of this year, members of the department visited 95 counties of the State, checking accounts with farm operators and assisting new account keepers to start their records.

Work of closing and analyzing the 1,900 accounts for 1929 was started in December as soon as the first accounts were available. Each book, when completed, carried a summary of the year's business, giving an analysis of the investment, income and expenses, and a statement of net income, rate earned on the investment, and the realized value of the farm operator's labor and management for the year.

During the year 1930 each farm operator completing his 1929 accounts will be visited by one of the college representatives, who will bring with him a final statement on the year's business. This report is set up in such a way as to show how the individual business differed from that of other farmers in the same locality for the same year and what changes would be most likely to improve the net earnings of the particular business. In the past this has led to better incomes on the great majority of those farms where an attempt has been made to correct weaknesses revealed in the accounts.

Summer Outlook Reports

The summer series of agricultural outlook reports designed to aid farmers in organizing production programs during the coming season will be issued by the Bureau of Agricultural Economics, United States Department of Agriculture, during the next three months.

The winter wheat outlook was issued on July 3, so as to be available for use in the special series of meetings in the winter wheat States of the West. The dates set for the release of other summer reports are as follows: Poultry and eggs, July 24; sheep and lambs, August 4; beef cattle, August 25; fall grains, September 5; hogs, September 15; feedstuffs, September 22.

Copies of each of these reports, together with statistical data and such new chart books as may be prepared, will be mailed to extension workers by the bureau. Several of these reports will be available for use at the regional outlook meetings.

The date for the annual outlook report for 1931 has been set for February 1, 1931, and the conference of representatives of the States will be held during the preceding week January 26 to 31, 1931, at Washington, D. C.

The annual report forms for county agents are nearly ready to be distributed by the Washington office.

Mrs. McKimmon Honored

A student loan fund amounting now to nearly \$700, which will be used to help worthy 4-H club girls pursue a college education in home economics, has been established in honor of Mrs. Jane S. McKimmon, assistant director, through the joint action of the North Carolina Home Demonstration Agents' Association and the State federation of home demonstration clubs.

Mrs. Estelle T. Smith, district agent, in an address before the home agents at their conference in December, 1927, suggested that the fund be started as a token of affection for Mrs. McKimmon and in recognition of her lifelong work for farm women and girls.

The home demonstration agents' association decided that the State federation of home demonstration clubs might want a part in the movement and so the matter was presented to them. At first the federation agreed to donate \$50 each year. This was done the first year but at the annual meeting held in July, 1929, the farm women were so enthusiastic over the matter that the treasurer was instructed to take pledges from the floor. The sum of \$366 was pledged by individuals, county councils, and clubs.

Finally it was decided to combine the supervision of the fund. This was done on July 30, 1929, when a resolution was passed by the federation of home demonstration clubs calling for a board of three members from the federation and two members from the home agents' association to raise and administer the fund. The resolution was approved by the home demonstration agents at their meeting in January, 1930.

The entire fund is now in the hands of the State federation of home demonstration clubs, where it will be used by rural girls to prepare themselves for lives of usefulness to the State.

Marketing Conference

A farmers' marketing conference is to be held at the University of Maryland, College Park, August 12 to 15, as announced by authorities of the university. This is the first event of its kind to be held in the State and will take the place of farmers' day, which has been held at the university for a number of years.

The program for the conference provides for general sessions in the forenoon of each day, at which marketing problems will be discussed that are common to the

marketing of all kinds of farm products. In the afternoon, those in attendance will divide themselves into groups according to the particular products in which they are especially interested. Specific problems related to the marketing of dairy products, poultry and poultry products, grain and livestock, fruits and vegetables, and tobacco will form the topics for the several group conferences.

Keystone State farmers, by producing 544 ton litters in the past six years, have set a national record, L. C. Madison, animal husbandry extension specialist of the Pennsylvania State College, announces. In 1928 Pennsylvania led all the States by producing 65 ton litters, and the previous year the State outdistanced all others with 127 ton litters. In 1925 Keystone State farmers tied for first place with Illinois pork producers, when there were 122 ton litters in each State.

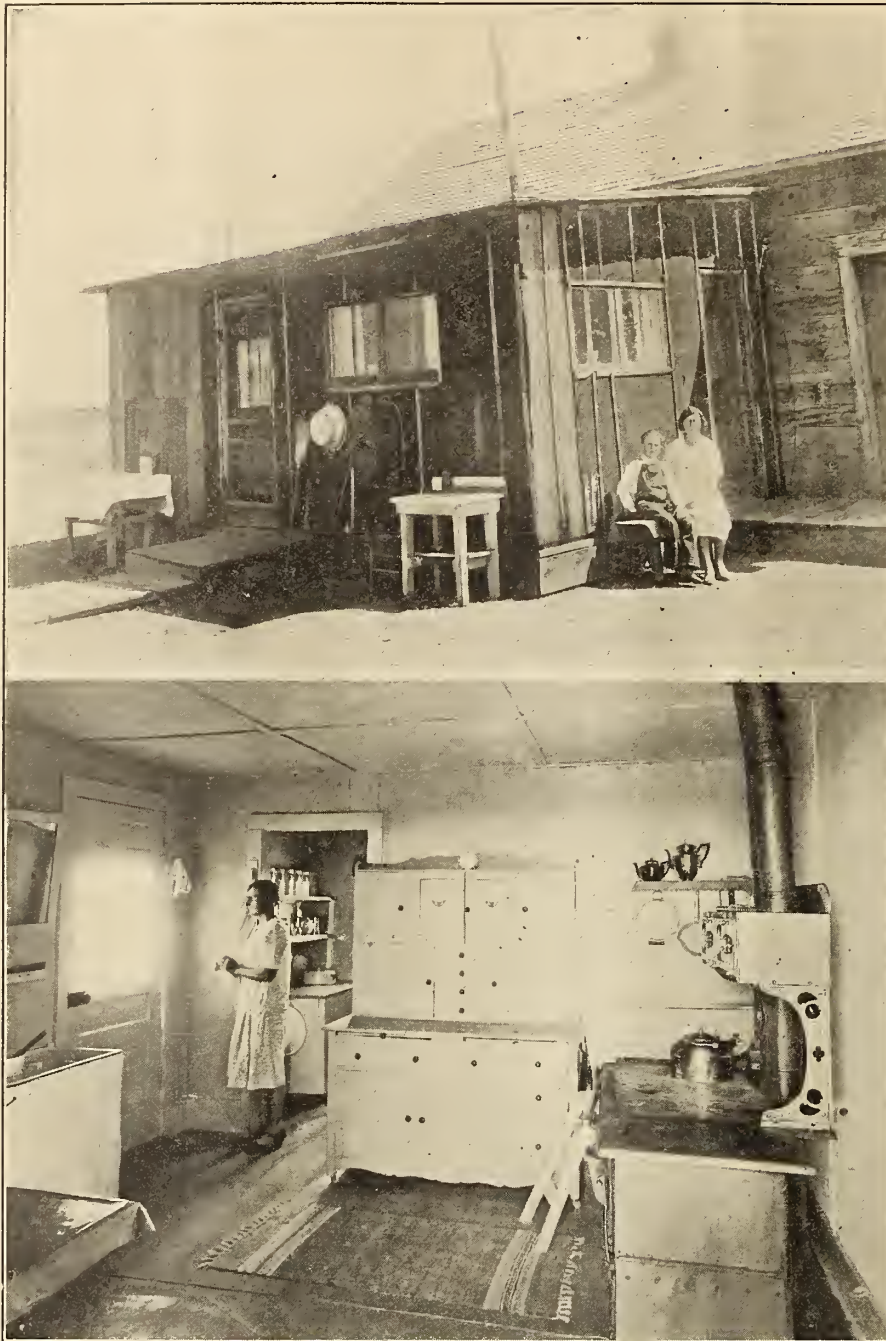
Editors to Meet in Capital

Washington, D. C., has been selected by the American Association of Agricultural College Editors for its annual meeting August 26 to 29. The association, which has as its membership the information personnel of State agricultural colleges, State experiment stations, and the United States Department of Agriculture, was organized in July, 1913, and has had a conference each succeeding year at various State agricultural colleges. Last year the association met at Durham, N. H. The 1930 meeting is the first one to come to Washington, D. C. More than half of the States have usually been represented at the annual conferences.

Important problems concerned with getting to farmers and farm women helpful information in an attractive and useful way will be considered. Radio, exhibits, news, publications, and other visual and editorial mediums will be thoroughly discussed and effective solutions to difficulties encountered in various States will be worked out.

Meetings of the association will be held in the conference room of the new department administration building and exhibits brought by association members will be set up in the palm court of this building. The editors will be provided with every opportunity to become familiar with the sources of information available in the United States Department of Agriculture.

Kitchen-Improvement Contest



Outside and inside views of first-prize kitchen in Colorado kitchen-improvement contest

How Colorado's most successful kitchen-improvement contest was conducted in Garfield County, a rather rugged, mountainous section of western Colorado, where Gladys Bradley is home demonstration agent and where women's extension work was something new, is described by Mary G. Collopy, extension specialist at the State Agricultural College of Colorado. Eleven counties in the State held contests.

Five outstanding reasons listed for the success of the project in Garfield County are:

1. Timely planning of the contest through the winter months so that the men would be comparatively free to aid their wives in improving their kitchens.
2. General meetings at which interest was stimulated and contestants enrolled.
3. Follow-up personal visits by Gladys Bradley, home demonstration agent, who

gave suggestions and encouragement to the farm women taking part in the contest.

4. Hearty cooperation of the husbands of the contestants, merchants, and business men who gave liberal prizes, and A. V. Lough, Garfield County extension agent, who aided in making the husbands feel that they had a real part in the contest and urged the expenditure of receipts from farm poultry flocks on kitchen improvements.

5. Generous newspaper publicity and individual follow-up letters from the home management specialist, including a combined business and personal Christmas letter.

In October, Miss Collopy launched the contest at a series of meetings of farm women, to which the public was invited. A special invitation was extended to the husbands of the women. Some of the possibilities of the work were emphasized by showing photographs of the winners of the Alamosa County contest in their kitchens. Twelve kitchens had entered this contest which was held early in 1929. Press notices in the local newspapers aided in obtaining large attendance at these meetings.

Immediately after the entries had been received, the kitchens were scored. Bulletins and plans for building certain articles of kitchen furniture were furnished those who requested them.

The greatest possible improvement in proportion to the cost was emphasized as the basis for this contest. A committee of farm women and the home demonstration agent found the merchants very willing to give the various contest prizes. Final scoring of the kitchens was held late in February, 1930.

Forty of the forty-five women who entered, completed the contest, which was brought to a climax on the final achievement day by the crowning of the kitchen queen. The kitchen queen was crowned with a dainty kitchen cap and presented with an apron. Blue ribbons stamped with the words "Handy husband," were publicly awarded to about 20 of the husbands who had materially aided their wives in the contest. What each "Handy husband" had done was mentioned as the ribbon was pinned on his coat.

"4-H Echoes" was chosen as the name of a mimeographed monthly publication as the result of a contest among the 4-H club boys and girls of Jackson County, Minn. One club member in the county is editor in chief, and there are four assistants, one from each district into which the county has been divided for this purpose.

Departments Cooperate

Who manages the home? We like to think that father and mother have nearly equal parts. Then a home-management project should include some phase of interest to men.

In the fall of 1924 for the first time a family demonstration was planned for the home management project clubs in Nebraska, Muriel Smith, home management specialist reported. The State extension engineer prepared circulars and charts on simple farm water systems and gave a demonstration to men and women leaders who represented each project of the various communities. Arrangements were made for training meetings for these men and women leaders a month in advance by the home management specialist. Men leaders came much to the surprise of those who said, "Men will not serve as leaders and give the talk and demonstration back in their communities." Men leaders presented the demonstration before the club members and their husbands in 112 communities that year. That was the start of combined demonstrations for men and women in extension project clubs in Nebraska.

This idea was found to be valuable and each year the work on simple farm water systems was presented in a new group of counties until all organized counties had been reached. The home management specialist took a part of each day's training meeting for the organization of material and for making plans on how the men and women leaders should divide the work of presenting the demonstration in their local community meetings. One of the women leaders always gave the home management specialist's short demonstration on care and repair of plumbing.

The Use of Charts

The State extension engineer, I. D. Wood, used large cloth charts showing the same water systems as were pictured in the circular given to all members. He found these charts most valuable in making his points clear and in holding the attention of the audience on the matter under discussion. For 112 local men leaders to have cloth charts would be too costly, and blue-print charts 3 by 4 feet were made showing the same drawings as those on the cloth charts. Six blue-print charts were prepared so that the local clubs or leaders might purchase the set at a cost of 60 cents. A majority of clubs planned to purchase these demonstration charts in order for their men leaders to have good

illustrative material when repeating the demonstration.

The second series of home management demonstrations termed "Convenient Home Equipment and Accounts," is now being given in Nebraska. A part of home equipment is a comfortable house. A house which gives comfort in summer and winter must protect from wind and heat. Old houses may be made comfortable with good insulation thus allowing less costly heat to escape around doors and windows. There are practical home remodeling problems which any family can solve and provide more comfort for their families. The kinds and sources of building materials are often not known. The importance of insulation when constructing a new house is often not realized. The actual economy in heating a well insulated house for comfort as compared with the cost of heating a poorly insulated one had not been figured out by many families.

Combined Demonstrations

During March of this year, the home management specialist and the extension engineer conducted the combined demonstrations for men and women leaders of project clubs in eight counties. Of the 111 clubs enrolled in the home-management project, 71 were represented by men leaders. Plans were definitely worked out for repeating the demonstrations in local communities at evening meetings. Again charts were made available for the leaders to use in giving their demonstrations.

A part of the day's demonstration was given by the home management specialist in planning the built-in cabinet. The women leaders present this phase at their regular club meeting.

One man, who came as leader to the Blair meeting, said, "We are going to build a fine new house next summer. We have studied and planned for features we wanted to include, but the importance and necessity of insulation for attics and weather stripping for windows and doors had never come to my mind. Since hearing Mr. Wood's talk, I have decided to include some kind of good insulation and stripping for the windows and doors."

The demonstration on practical home remodeling was presented in March. Spring work on the farms delayed the actual improvements to be made. A home improvement report contest has been planned for the women project leaders. Every leader may enter a contest for the county by sending to the home management specialist on or before No-

vember 1 a report listing the homes in which changes for the improvement of the houses were made, with a description and the cost value of the changes made. The reward is a valuable prize in building material.

It is realized that many of the actual results of the work will not be attained for months and years after reports have been obtained.

Labor Savers Planned

This year the home management specialist was anxious to have the leaders take home with them one or more ideas for simply made labor savers. In this connection we had on hand for each club 5½ feet of No. 12 soft galvanized wire from which Mr. Wood taught the men to turn out a simple rack for pan lids. That was possible and easily done at the meeting for the only equipment necessary were rulers, wire, and pliers. While in the county the month before these combined meetings the home management specialist showed lumber dealers of the training center town a small blue-print plan of a knife rack which they were anxious to prepare for the leaders to use in giving their demonstration. These two plans have made possible the preparing of illustrative material for the local leaders' demonstration on homemade labor savers. The labor savers could be easily made at home after a person had seen one and had the picture with measurements in the circular.

The same work will be presented in another group of counties next February by the home management specialist and the extension engineer.

Illinois 4-H Club Work

Enriched by more than a half million dollars, 14,670 of the 18,454 rural boys and girls enrolled in 4-H club work in Illinois carried through their farming and home-making projects to completion to make 1929 a record year in club work in that State, according to reports compiled by club leaders at the Illinois College of Agriculture.

The year showed an increase of 4.1 per cent over 1928 in the percentage of club members finishing their work, when almost four-fifths, or 79.5 per cent, of the enrolled members completed their endeavors. Also, there were 298 more local clubs in 1929 than in 1928 and 3,532 more members enrolled. In eight counties, 100 per cent of the boys' club members completed their projects and in six counties perfect records were recorded by girls' club members.

Massachusetts Develops Film-Strip Service

For a long time there has existed a need for cheaper and less burdensome methods of projecting still pictures. Such a need has been largely satisfied by film strips, which contain from 30 to 50 or more pictures in the space of a few feet of 35-millimeter motion-picture film. Many extension agents have acquired film-strip projectors and have purchased the inexpensive lantern-slide series that the Office of Cooperative Extension Work has made available in the form of film strips. Other extension agents, believing that pictures of local conditions and methods have the greatest appeal, have supplemented the department's series with film strips prepared from their own amateur photographs. The Massachusetts Extension Service has been successful in developing a State film-strip service for its county extension agents.

In a recent statement to the department, Earl S. Carpenter, secretary of the Massachusetts Extension Service, reported that film strips have provided desirable illustrative material to support extension teaching for the past two and one-half years. He further stated:

About two and one-half years ago, before the final spring exhibit season of the 4-H clubs, a film strip was prepared at the State office covering 4-H club work in Massachusetts. This film strip showed the organization of a 4-H club, the requirements for completion of a project, the various projects in which club members enrolled, and the awards available for the successful club members. In making up the film-strip series, it was decided that each of the 14 counties should be represented by at least two pictures to add local human interest. At the final club exhibits in 1928, the State club leaders showed the film strip several times daily for nearly a month. Since that time the strip has been shown at least 1,000 times before 50,000 people in the State, the groups varying in size from 6 in a small rural club to 500 at a county-wide rally.

About a year ago one of our county club agents prepared a film strip on 4-H club work in Norfolk County. This strip proved of great value in selling club work in that county and is considered one of the best types of illustrative material ever presented. In three months "Massachusetts Pastures," another film strip made up from local photographs, was shown by the agronomy extension specialist to 886 persons attending 37 meetings. Three counties have also purchased copies and have used it many times. Other film strips prepared for use in Massachusetts have been equally popular.

It has been our policy to include in our strips pictures from as many sections of the State as possible. The State office pays for the making of the negative of the strip and recommends that counties purchase copies for their use.

Supplementary notes for lecture purposes are also prepared to accompany those series that do not contain explanatory captions under each picture.

For the convenience of specialists and for loan to agents, the State maintains a film-strip library of Government films. However, agents are advised to purchase their own strips because they are so inexpensive. Some of the department strips have been very helpful, but we believe the real value in showing pictures in support of project work is their local interest. The popularity of film strips in Massachusetts is shown by the fact that over two-thirds of the county offices own film-strip projectors.

Events of Extension Interest

State 4-H club short course, North Carolina State College of Agriculture, Raleigh, August 4-9.

State 4-H club congress, Mississippi Agricultural and Mechanical College, Agricultural and Mechanical College, August 4-9.

Farmers' and home-makers' week and Camp Carlisle, the State 4-H camp, University of New Hampshire, Durham, August 11-16.

Market garden field day, Field Station, Waltham, Mass., August 6.

Farmers' week and Arkansas 4-H encampment, College of Agriculture, University of Arkansas, Fayetteville, August 5-8.

Annual conference of extension workers, University of Arkansas, Fayetteville, August 9-12.

Annual farm short course, Louisiana State University, Baton Rouge, August 11-14.

Film-Strip Prices Unchanged

Film-strip prices remain unchanged for another fiscal year, according to an announcement recently made by the Office of Cooperative Extension Work. The contract was awarded to the Consolidated Film Industries, of 1776 Broadway, New York City. Prices range from 35 to 71 cents for each department film strip, depending upon the number of illustrations in the series.

With the excellent possibilities of this inexpensive and effective method of making and presenting pictures to the public, an increasing demand is becoming apparent among extension workers, teachers, and others for a wider application of the film strip. They are realizing that there is a distinct asset in having film strips prepared from their own pictures of local scenes to supplement the film strips prepared for sale by the

Department of Agriculture. Farmers and farm women are keenly interested in pictures taken locally.

The extension worker who wishes to organize his own film strips may do so with little difficulty and slight expense. For the fiscal year ending June 30, 1931, the contract price charged by the Consolidated Film Industries is 25 cents for each illustration or subtitle appearing in the strip. That is, a film strip containing 40 frames, including title, subtitles, and pictures, would cost \$10. This price is for the negative and one positive print. Additional positive prints of a film strip of this length would cost 35 cents each.

Complete information concerning film strips and projection equipment and instructions and help in the preparation of local material for film-strip production will be given upon request to the Office of Cooperative Extension Work.

Mayor Proclaims a Holiday

The following proclamation was issued by the mayor of Plankinton, S. Dak., prior to the Aurora County achievement day this year:

Thursday, June 5, is County Extension Day in Plankinton and whereas the people of Plankinton are interested in the work done by the extension clubs, therefore, I, F. O. Guindon, mayor of Plankinton, do hereby earnestly solicit the citizens of Plankinton to participate with the extension club members in their program in the high-school building. And to this end it is asked that the business places close their doors between the hours of 12 o'clock and 4 in the afternoon and that the business men attend the program.

The above proclamation was published in the Plankinton newspaper and in spite of bad weather conditions 700 persons attended the program.

In the 4-H cotton clubs of Louisiana during 1929, 1,484 members produced an average yield per acre of 1,037.8 pounds of seed cotton or nearly twice the average of 546 pounds per acre for the State. The value of the cotton produced by the club members reporting on completed projects was \$70,000.

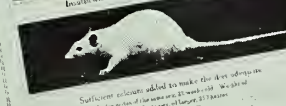
The 1930 meeting of the National Conference of the American Country Life Association will be held at Madison, Wis., October 7-10. The theme of the conference will be "Rural Standards of Living." The widespread interest at the present time in standards of living on the farm will attract to this conference a large number of farmers as well as scientifically trained men and women engaged in the research and extension guidance in this field.

Calcium In the Diet

Effect of Different Amounts of Calcium on Growth

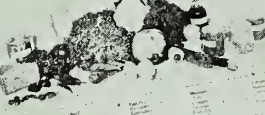


Results are shown in an order of size from left to right.



Sufficient calcium added to make the diet adequate for growth of the mice on 21 weeks old. The diet of the mice on the right is 21 weeks old.

Some Common Sources of Calcium



Bureau of Home Economics
UNITED STATES DEPARTMENT OF AGRICULTURE

Growth May Be Controlled by Diet

No. 1 rats of the same age and same litter.

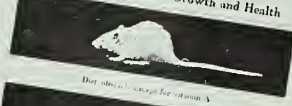
Each rat had all its stomachs of a diet composed of iron, beef and potatoes, whole wheat and butter sugar and salt—had been six days when milk and vegetables are added in small amounts. The rats were fed for 13 weeks.



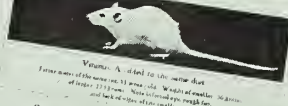
Bureau of Home Economics
UNITED STATES DEPARTMENT OF AGRICULTURE

Vitamin A In the Diet

Effect of Vitamin A on Growth and Health



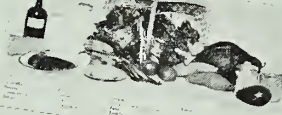
Diet deficient in Vitamin A



Vitamin A added to the same diet

Four weeks of the same diet. 31 weeks old. Weight of mouse on left of right 213 grams. Same treatment as right-hand mouse but not of the diet of the mouse on the left.

Some Common Sources of Vitamin A



Bureau of Home Economics
UNITED STATES DEPARTMENT OF AGRICULTURE

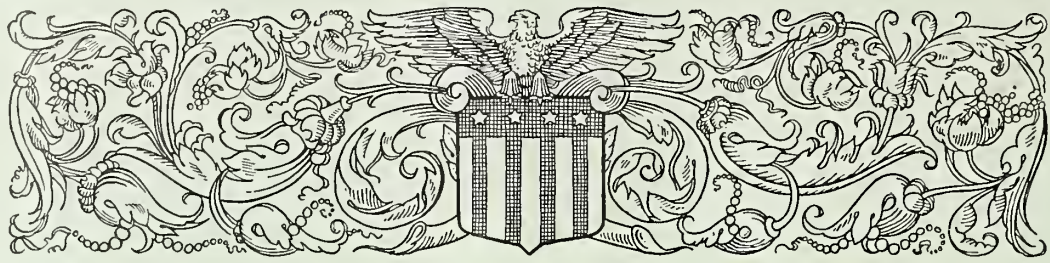
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PRIMARY IMPORTANCE

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