

Chapter 20

Extension Home Economics

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The information that follows focuses on a portion of the educational activities and programs in Extension Home Economics. It should not be viewed as a comprehensive review.

Early Development

Home Demonstration Work

The real history of home demonstration work is not the story of the rise and fall of appropriations, nor the glory of our part in war and the exploits of our militant co-workers, not even the numbers of women who have become members of the home demonstration units.

It is, rather, a record of the ideas and ideals—their birth, their growth and fruition. It is the lives of our local leaders, our organization committees and advisory committees.

In short, our history is the story of the evolution of the "help others to help themselves" approach and that consciousness of social and educational trusteeship which we call Home Demonstration Work.

It is concerned particularly with the impact of facts upon the awakened and responsive minds of rural men, women and children.

(This philosophic overview of the Home Economics program in Kansas was written in 1960, by Ellen Batchelor, a 40-year professional leader in Extension.)

Extension Home Economics—1906

The Extension program in Home Economics began with participation in the early Farmers' Institutes. Members of the Home Economics faculty would appear on the institute programs with one or more men from the faculty.

The situation soon after the turn of the century was described in an article appearing in *The Industrialist* (the college newspaper), August 1, 1906, written by Henrietta Calvin, Professor of Domestic Science:

Occasional addresses on topics particularly of interest to women have been given at Farmers' Institutes for more than twenty years, but in the majority of such meetings the women have been more or less interested listeners to talks on subjects that related only to the outside of farm life.

Sometimes a woman would enter into a discussion on the care of poultry or the farm garden, but even this was not of frequent occurrence.

Yet, the highest success of farming is not to get the most money from the farm, but the most comfort, and that certainly will carry the interest into the inside of the house.

Topics for Women

So it has seemed reasonable that those topics which strictly concern the inside of the home shall hereafter have more attention given them in Farmers' Institutes.

As to whether this can be done best by having women's meetings separate from men's, but at the same time, or to have sessions at which such topics are given special consideration, but which are attended by both men and women, is yet to be decided. There are arguments both ways.

The experiment will be made this year in many communities of having separate meetings for women at the same time that the men are discussing some topic not of special interest to women.

All the many questions relating to foods and their preparation; to the care and rearing of children; to the structure, furnishing, and care of homes; to the care of women's own health and the wise use of their time; to the uplifting of the social and moral life of the neighborhoods; and many more belong in the women's work in Farmers' Institutes.

It is difficult for a woman to stand in a crowd and express her thoughts, but it becomes less hard after making the effort a few times. In each neighborhood, there is some woman who has succeeded most thoroughly in one line, some other woman who has succeeded in some other way.

Let these women tell how they have attained the results that have been theirs and thus start a discussion that will be helpful to others.

Meetings for Women

The Domestic Science Department is anxious to come into correspondence with any woman who is interested in better home conditions in her own home or in the locality in which she lives, and will gladly give any aid in institutes or by letters that is within its power.

It seems possible to the writer that women's institutes might not always need to be held at the same season that the men's institutes are held.

Men can most easily leave the farm in mid-winter, but many times a woman is kept at home at that time of the year because the weather is too severe to take the smaller children out.

Spring time might suit them better, and in the Kansas home there is usually one faithful horse that can be spared, even in the busiest season, to take the wife to town.

As far as the speakers from the Domestic Science Department of the College are concerned, it is more convenient to go at that time.

The young girls of today are the homemakers of the future, and it seems desirable that they should appreciate the privileges and duties of homemaking

to the fullest extent, and, therefore, they should be interested in the institutes.

Homemaking is a profession. The majority of all women adopt it. They should be trained for it, even as the doctor is trained for his life work.

Let us, women, accept this view and hasten the time when the woman called to make a home will undertake it as if it were a high mission, requiring the best of her in every way.

The bread-making contests of this year are of value, both because they encourage the young girls in a womanly and necessary accomplishment, and also because they will introduce the young girls to the Institutes.

Womens' Auxiliaries—1908

The second Biennial Report of Farmers' Institutes, made in 1908, encouraged the organization of women's auxiliaries and made suggestions for their organization, prepared by the Kansas State Agricultural College Home Economics staff. The suggestion included:

No Institute program is complete without having women represented and women in the audience. Whenever there is enough interest, and where this department can send a lady speaker, it will be recommended that women's auxiliaries be formed.

At any rate, it is recommended that one separate session be held for the women and girls. Where there is a boys' corn contest and a bread and sewing contest for girls, it is recommended that two sessions for the contests and the short essays by the young people be assigned to the morning of the first day.

A part of the afternoon sessions should also be held separately, one to be devoted to strictly farming subjects and the other to domestic subjects.

No matter how well the Farmers' Institute may be organized, it, as a business organization, can hardly do all the thoughtful farmer will hope to have accomplished.

The "Farmers' Club" has a distinct and valuable place in this agricultural education system.

Every school district might well have a Farmers' Club, where the farmers and their wives and older children might meet several times a year in a social way and at the same time discuss one or two subjects relating to the farm or household.

This year we only hope to get a start in this matter, but in another year we hope to organize a thousand Farmers' Clubs in Kansas.

No constitution and by-laws are needed, nothing but an agreement of at least six men and their wives to form such a club and meet at least six times each year in the members' homes.

It is a club of sixes—six husbands, six wives, six meetings, but nine farm, domestic, and general subjects.

When desired, this department will send for each meeting a printed brief of each subject to be discussed, six copies, provided a report be made to the department, written within ten days after the meeting, summarizing opinions of the members, especially any opinions or experiences differing from those sent in the brief.

It is hoped that there may be at least one hundred such clubs organized before October 1, 1908.

Extension Staff Needs—1908

In June, 1908, John H. Miller, Superintendent of Farmers' Institutes, made this statement:

It is utterly impossible for the College men to carry on all this great work and do what is expected of them in the College and on the Station farm.

One assistant is to be employed next year for field work in Eastern Kansas for six or eight months, and other men, able and active farmers and stockmen, will be employed for from two to three weeks each.

I want, and can use, a half dozen assistants for at least eight months every year for Institute and Demonstration work—work with farmers and their sons.

This department, home economics, could use one lady all the year round for regular institute work for six months, for special institutes for farmers' wives in March, April and May, and for meetings in villages and towns for June, July and August, and for a world of correspondence with farmers' wives and girls.

Another could be used with great profit for educational work, including the boys' and girls' work.

Another could be used with great gain to the state in dairy work, and another in orcharding.

First Extension Home Economist—1909

Frances Brown was employed as "Lecturer in Home Economics" at Kansas State Agricultural College, July 1, 1909, as the first Extension Home Economist in Kansas.

Her employment was made possible by a \$25,000 appropriation by the 1909 Kansas legislature. That amount permitted the employment of six other Extension Specialists in July of 1909.

Frances Langdon Brown was born on March 3, 1878, in New York State. She attended the rural schools in Osborne County, Kansas, and the city schools in Emporia, Kansas.

She attended the Kansas State Normal School at Emporia, from 1894 to 1898, and, later, a few summer schools.

From 1898 to 1908, she taught in the public schools of Kansas. At that time she enrolled at the Kansas State Agricultural College and obtained a B. S. degree in home economics in 1909. She was then appointed to the Extension position.

Youth Work Leaflet—1910

About 1910, Frances Brown and Josephine Edwards prepared a leaflet which contained suggestions for conducting girls' contests in sewing and cooking. Such contests were being sponsored by the Farmers' Institutes.

Youth Contest Proposal—1910

The following is quoted from the leaflet:

Contest work is growing in importance. Other states have taken it up and found it to be of inestimable value.

The government has just issued a bulletin on this very subject because of its national influence.

Surely that which has proved to be helpful to our boys and girls of other states should not be overlooked in the education of our Kansas boys and girls.

Now is the time for the older ones to take a more active interest in the practical training of the young folks on the farm. Results of the contest show that this is worthwhile.

The leaflet then suggested some of the benefits of contests, including:

- 1) The contest educates the boy or girl along the line of the particular contest.
- 2) Knowledge of one subject stimulates a desire to learn about other lines of work.
- 3) The contest enables the contestant to express herself.
- 4) Producing something of value makes a girl more independent and capable of action along that line.
- 5) Many persons doing the same thing at the same time is convincing as well as pleasing.

Using Adult Leaders

The efforts of men and women in helping boys and girls in contest work was the beginning of adult leadership in 4-H Club work as well as in home economics.

Neighborhood Improvement Clubs—1911

In 1911, the Farmers' Institutes continued with their programs. The need for more definite associations

was expressed in the organization of Neighborhood Improvement Clubs.

Their purposes were the building of higher levels of community life, economic development, crop production, social and civic levels, higher health levels, moral levels, and education. The neighborhood improvement clubs continued in varying degrees from 1911 to 1925.

Extension Home Ec. Dept.—1912

The Department of Home Economics apparently was established in 1910 with Frances Brown as the Director and Josephine Edwards as her assistant.

The Department of Home Economics Extension was one of four departments in the Division of Extension when the division was created by the Board of Regents in December, 1912. In 1912, the home economics staff consisted of Frances Brown, Mary Simons, Florence Snell, and Ada Lewis.

The Extension Home Economics staff was charged with the responsibility of carrying instruction in home economics to Kansas homemakers and girls who were not students at the College.

The work included Farmers' Institutes, Women's Auxiliaries, Movable Schools, women's meetings, Teachers' Institutes, Chautauquas, Granges, Women's Clubs, Girls' Home Economics Clubs who were using cooking and sewing lessons prepared and distributed by the department, and correspondence with women's groups who had been invited to use the printed lessons available.

Women's Auxiliaries—1911-17

During the years 1911 to 1917, Women's Auxiliaries flourished and contributed to the successful programs of the Farmers' Institutes. The Department of Extension Home Economics prepared and distributed a handbook of organization for the Auxiliaries and other organized groups.

Lessons in the various phases of home economics were prepared for use in the monthly meetings held by the homemaker members of any organized group.

Home Economics Staff—1915

In 1915, the staff of the Department of Home Economics Extension was increased to six persons. They and their titles were: Frances Brown, Director; Marion Broughton, Extension Schools; Florence Smith, Assistant in Institutes; Stella Mather, Assistant in Institutes; Louise Caldwell, Assistant in Institutes; Adda Root, Assistant in Institutes.

Program Developments—1915

The Movable Schools were then called Extension Schools in Home Economics. Correspondence Study included reading courses in canning and preservation, and jelly making. Correspondence courses were offered in Cookery I and Cookery II. The home economics staff were called upon to do fair judging for the first time in 1915.

By 1915, four of the staff devoted full time to giving lectures and demonstrations before Farmers' Institutes and Homemakers' Clubs and gave other assistance to county Normal Institutes, fair judging, Chautauquas and special Extension Schools.

Home Study Clubs

Home Study Clubs were organized for a specific purpose, to study some specific phase of foods. Later, programs were broadened to include other home economics subjects.

For texts, the members used U.S.D.A. bulletins and correspondence courses sent from the Home Study Service of KSAC (Kansas State Agricultural College).

Other clubs were organized with different names to study some other phase of Domestic Science, the term used generally to designate the field of what later became "Home Economics."

Canning Clubs

Mother-Daughter Canning Clubs were organized to teach the cold-pack method of canning. This method replaced the process of boiling the jars for one hour on three different successive days.

Those clubs were made up of mothers and their daughters or any young girl or girls in whom the senior member was interested.

The Canning Clubs accomplished their purpose, but generally the results benefited the mothers far more than the girls.

The Mother-Daughter Canning Clubs reached their peak of influence following World War I (1914-18), when the clubs began to disappear.

The daughters began to affiliate with clubs for girls in the various projects, and the mothers became members of homemakers' clubs, Farm Bureau units, and home demonstration clubs.

The Mother-Daughter Clubs were always the responsibility of the Boys' and Girls' Club Department but are included here because the women who were the organizers of the mother-daughter

clubs usually organized an adult program in home economics also.

Extension Home Economics—1915

The Annual Report of Dean and Director John Miller for the year ending June 30, 1915, contained the following statement about the work in Home Economics Extension:

During the year, 48 five-day Extension Schools for women were conducted at which the attendance was 1,487 or an average of 31 women at each school.

In one type of home economics Extension School the members did individual work each day under the guidance of the Extension instructor.

In a second type a group of members demonstrated for the benefit of the entire school.

In a third type, the instructor demonstrated for the benefit of the members of the school.

There were 26 schools of the first type, two of the second, and twenty of the third. A half-day session is given to the selection, preparation and use of foods and half a day to the selection, use and construction of clothing.

These schools were held in church base-ments, school rooms, vacant stores and in large kitchens in residences.

Most of the utensils are borrowed or rented for the week. A membership fee of \$1.00 was charged with which to defray local expenses.

Two classes of clubs have been formed as a result of these schools, one for women and one for girls. Printed instructions in cooking and sewing were furnished these clubs by the College.

Fourteen Extension schools of one week each were held at the county normal institutes for public school teachers.

Practically the same program was rendered in these normal institutes as was given in the extension schools for the adult women.

The Home Economics Specialists gave instruction in what are known as Women's Auxiliaries, associations of the wives and daughters of the men belonging to the Farmers' Institutes.

There were ninety-two auxiliaries in the state with a membership of nearly 2,000. Many of these meet once a month and the programs and instruction was furnished by the home economics department of the Extension Division.

By 1917, the Division of Extension had grown to include seven departments, one of which was Home Economics.

The others were:

Institutes and Demonstrations.
 County Agent Work.
 Boys' and Girls' Club Work.
 Rural Engineering.
 Home Study Service.
 Rural Service.

The Extension Home Economics program had continued to develop under the leadership of Frances Brown.

In his report for the year ending June 30, 1917, the Dean and Director Edward Johnson made the following summary statement about the Home Economics program:

The leader of this project, Frances Brown, was assisted during the year by six specialists in Home Economics.

The object of this work was to give instruction in the fundamental principles of food preparation; to instruct in matters pertaining to home and farm sanitation and hygiene of members of the family; care and feeding of infants; home nursing; home decoration; home preservation of food, including canning; home management; household economy; textiles; and clothing.

This work was conducted principally through Extension Schools in Agriculture in February and March and independently from March to September, inclusive.

It is conducted also at annual meetings of Homemakers Clubs and of Farm and Home Institutes beginning in October and continuing until February.

Exhibits in home economics were held in connection with the agricultural fairs and judged by the women specialists, while demonstrations to emphasize some subject matter such as Home Economics, were held in cooperation with the agricultural agents.

Outline programs were prepared each month for the Homemakers Clubs in the state. These were also used to a considerable extent by many women's club organizations and Granges.

In the Extension schools in Home Economics, six different courses were offered; food preparation, dietetics, home management, home decoration, canning, and home nursing.

These schools were placed in communities where classes of fifteen or more women were organized, guaranteeing all local expenses. Two specialists were sent to each school, the school being five days in length.

Teaching was done through the demonstration method. In the dress making schools, which was the only schools two weeks in length, each student was expected to prepare a full garment, such as a house dress, during the time spent in the school.

The work of the schools was made intensely practical so that it may be duplicated in the home by every student. In connection with the school work, many homes were visited to make suggestions and to assist in home management and equipment.

The following is a brief summary of the work done by the specialists for the year 1917:

Extension Schools held	38
Attendance	1,387
Demonstration Schools	8
Attendance	300
Institutes & Homemaking Clubs . . .	299
Number of sessions	758
Attendance	57,238
Addresses given	651
Women's Special Meetings	130
Attendance	7,000
Meetings held at High Schools with Extension Schools	74
Attendance	6,931
Judging of HE exhibits at Fairs	26
Number of Homemakers' Clubs	103
Homemakers' Club Members.	2,091
Programs to club members	28,525

World War I Years—1917-1919

At the outbreak of World War I in 1914, the Extension Home Economics staff directed their attention to food production in home gardens and food conservation as aids to supply the armed forces with adequate supplies of food.

The report of the Dean and Director of Extension, Edward Johnson, for the year ending June 30, 1917,

included the following:

Special food conservation campaigns were undertaken by the home economics specialists in the spring and continued throughout the summer. One of these was conducted in cooperation with the Kansas City Star.

This campaign lasted three weeks, a lecture and a demonstration being given each day before a large

group of women in Kansas City, the substance of the lecture being published daily in the Kansas City Star - a newspaper with a circulation of 500,000.

This campaign attracted very great attention throughout Kansas and adjoining states.

The June 30, 1918, report stated:

In addition to the regular program, numerous requests were received for special meetings and plans and speakers for such meetings were provided whenever it is possible to do so.

A large part of the work during the year was conducted at meetings arranged through the women's committees of the County Councils of Defense.

During the year 233 Farm-and-Home Institutes of 548 sessions were attended by Home Economics Specialists under this project; the total attendance at these Institutes was 47,926.

Sixteen Extension Schools, in home economics

alone, were conducted, and Specialists had a part in eighteen Extension Schools in agriculture and home economics; the total attendance of women at these schools was 1,020.

Assistance was given to 90 Homemakers' Clubs having a membership of 2,125.

Fifty-one special women's meetings were planned and conducted, forty-nine fairs were attended, and 166 Council of Defense meetings were attended by workers in home economics.

The continued emphasis, in the meetings held and through the press, the proper use of substitutes for wheat flour, for animal fats, and for sugar, resulted in a very widespread interest and study of this subject throughout the state.

Even though the direct results are not measurable, it is safe to say that the average Kansas housewife became not only well informed as to the need for the use of substitutes but learned how to use them and applied what she learned as a result of this educational work.

Emergency Home Demonstration Work

On November 1, 1917, the Department of Emergency Home Demonstration Agents was organized and charged with the responsibility of emergency programs in Extension home economics for the period of the war.

Funds to support the program were war funds allocated to the state.

Frances Brown was transferred from the position of Director of Home Economics Extension to State Leader of Extension Emergency Home Demonstration Agents.

At that time, 27 counties had organized County Farm Bureaus and employed County Agricultural Extension Agents.

Twenty-four additional counties organized County Farm Bureaus by the time of the Armistice, November 11, 1918.

Frances Brown and her Assistant, Stella Mather, recruited County Emergency Home Demonstration Agents for those counties.

Larger cities organized to provide the local expenses of the Agents under the plan. The list of emergency personnel included:

State Emergency Personnel

Frances Brown
State Leader, Nov 1, 1917 to Jun 30, 1919¹

Stella Mather,
Asst. State Ldr., Nov 1, 1917 to Sep 5, 1918
Mary W. Ward Sep 1, 1918 to Feb 15, 1919
Mollie Gold Mar 1, 1919 to Jul 7, 1919
Della Stroud Apr 15, 1919 to Jun 1, 1919

County	Agent	Appointed	Resigned
Anderson	Elsie Baird	Oct 5, 1917	to Feb 29, 1920
Atchison	Avis Talcott	Oct 15, 1917	to Jun 30, 1919
Chase	Florine Fate	Feb 1, 1918	to Nov 1, 1918
	Effie May Carp	Jan 4, 1919	to Mar 5, 1919
Cherokee	Sara Patton	Nov 15, 1918	to Jun 30, 1924
Clay	Elizabeth R. Hardy	May 20, 1918	to Dec 30, 1918
	Sue Hemphill	Feb 1, 1919	to Jun 30, 1919
Cowley ¹	Juanita Sutcliffe	Sep 15, 1917	to Jun 30, 1918
Lyon	Ruth Wooster	Jul 1, 1918	to Jun 30, 1919
McPherson	Maude Coe	Sep 25, 1917	to Jun 30, 1919 ³
Marshall	Edna Danner	Oct 2, 1917	to Jun 30, 1919
Meade	Vera E. Goffe	Apr 15, 1919	to Jun 30, 1919

Morris ³	Ruth Wooster	Dec 1, 1917	to	Jun 30, 1918
	Edith Holmberg	Aug 1, 1918	to	Jun 30, 1919
Nemaha	Olivia Peugh	Oct 15, 1918	to	Jun 30, 1919
Ness ¹	Mollie Lindsey	Sep 20, 1917	to	May 10, 1919
Riley	Marjorie Kimball	Jan 1, 1918	to	Jun 30, 1919
Seward ¹	Ellen Nelson	Sep 17, 1917	to	Jun 30, 1919
Shawnee	Clyda Greene	Nov 3, 1917	to	Jun 30, 1918
	Irene Taylor			
	Chapman	Aug 1, 1918	to	Jun 30, 1919 ³
Stevens ¹	Berta Boyd	Sep 25, 1917	to	Jun 30, 1918
	Letty Ham-Baker	Jul 1, 1918	to	Mar 1, 1919
Washington	Myrtle Blythe	Oct 4, 1917	to	Jun 30, 1918
	Helen Anderson	Aug 15, 1918	to	Mar 15, 1919
Wyandotte	Ellen Batchelor	Sep 1, 1917	to	Mar 25, 1918
	Maude Estes	Jul 1, 1918	to	Feb 10, 1919

¹Not a County Farm Bureau county

²Continued as regular Home Demonstration Agent

³Federal funds discontinued June 30, 1919

CITIES

Fort Scott	Isa Allene Greene	Feb 1, 1918	to	Nov 16, 1918
	Carrie Kittell	Nov 1, 1918	to	Jun 30, 1919
Hutchinson	Mae McLeod	Feb 1, 1918	to	Feb 1, 1919
Independence	Anna Allen	Feb 20, 1918	to	Jul 6, 1919
Kansas City	Marion Broughton	Jul 2, 1917	to	Jun 30 1919
Pittsburg	Ethel Marchbanks	Mar 2, 1918	to	Jun 30, 1919
Topeka	Mary W. Ward	Sep 15, 1917	to	Jul 12, 1918
Wichita	Iris Livingston	Feb 1, 1918	to	Mar 22, 1918
	Lottie Burkholder	Apr 1, 1918	to	Jun 30, 1919

Extension Home Economics—1918

The Department of Home Economics Extension was continued from its inception, first with Frances Brown as director and, beginning June 1, 1918, with Mary Whiting McFarlane as Director.

In the 1918 report made by Frances Brown, the Emergency State Home Demonstration Agent

Leader, said:

When there was a Farm Bureau already organized and a Home Demonstration Agent was desired, it was necessary for the Farm Bureau to set aside from the local funds, a sum of \$400 to defray the local expenses of the Home Demonstration Agent.

As soon as this was done, a letter was sent out to the Executive Committee of the Farm Bureau, asking that they appoint a woman vice-president in every township who should herself be a member of the Farm Bureau, or the wife of a member.

They were further asked to call these vice-presidents together and enable them from their own number, to elect regular officers, president, vice-president, secretary, and treasurer, and when this was done, to send a petition to the College asking for a woman agent

This group of women officials, together with representatives from certain other cooperative organizations, formed the Advisory Committee. This Advisory Committee was the body to whom the Home Demonstration Agent looked for local support and suggestions.

The other organizations whose representatives were placed upon the Advisory Committee were the Women's Committee of the Council of Defense, a member of the Red Cross organization, and the Food Administrator for the county.

While our first efforts were mainly directed towards locating the Home Demonstration Agents in counties where a Farm Bureau was already organized, yet five counties not having a Farm Bureau organization petition for the Agent on the Emergency basis.

In these counties, either the Council of Defense or a reputable committee representing some other organization sent in a petition stating that the local fund had been raised and asking for an agent.

We have had Home Demonstration Agents located in Cowley, Seward, Stevens, and Ness Counties on this emergency basis. The work in Cowley County was discontinued on July 1, 1918, because of a lack of funds to carry on the work of both the man and woman agent.

Placing Home Demonstration Agents in the cities has been upon a different basis from that of placing them in counties having Farm Bureaus. Three Home Demonstration Agents were placed in Kansas City, Topeka and Wichita, prior to December 1, 1917.

In Topeka the Agent was employed in cooperation with the Womens' Club. That arrangement proved to be unsatisfactory. Future contracts and plans were made with public bodies such as the public school system or the city officials in order

that the work of the County Home Demonstration Agent would be considered a public program.

Representatives of the County Council of Defense, the Red Cross, and the public schools were asked to serve on an advisory committee.

Emergency Funds Cease—1919

When funds from Federal sources were discontinued June 30, 1919, the program, as such, ceased.

The Department of Emergency Home Demonstration Agents became the Department of Home Demonstration Work with Frances Brown as the department head.

Her responsibility was to supervise the work of the County Extension Home Demonstration Agents.

Programs By Communities—1915-20

Special efforts were made to plan emergency programs with the people by communities. The approach was new to everyone, therefore the efforts were very scattered.

The state office sent to the counties a list of projects which suggested possible opportunities for service. The projects were:

- 1) Food Production
- 2) Economical Use of Special Foods
- 3) Food Preservation
- 4) Conservation of Waste
- 5) Sanitation
- 6) Health and Diet
- 7) Community Betterment
- 8) Club Work
- 9) Clothing
- 10) Shelter
- 11) Family Budget
- 12) Fuel

One special effort was the encouragement of people to save flour and sugar by using substitutes.

In four counties and four cities reporting for a period of four to six weeks, the reports stated that 1,996,163 pounds of wheat and 79,643 pounds of sugar were saved for use in the war effort.

In the State Leader's report for 1919, Frances Brown listed these projects as organized at that time:

- 1) **Foods**
 - General Nutrition
 - School Lunches
 - Utilization of Dairy Product. (In Coop-

eration with Dairy Division, U. S. Bureau of Animal Industry)

Food Preservation

2) **Textiles**

Dressmaking

Textile Lessons

Fair Judging

3) **Household Management**

Thrift

Household Conveniences

4) **Nursing**

Sanitation

Care of Patient

Each of the projects had a Specialist who carried on her work by means of:

- 1) Farm and Home Institute meetings.
- 2) Normal Institute meetings.
- 3) Extension Schools.
- 4) Exhibits and judging at fairs.
- 5) Dairy meetings.
- 6) Special meetings.
- 7) Special help by correspondence.
- 8) Conferences.
- 9) Assistance to Homemakers Clubs.
- 10) Special home demonstration meetings.

During 1919, the Home Economics Extension staff participated in the following activities:

<u>Meetings</u>	<u>No. Held</u>	<u>Attendance</u>
Special Meetings	97	4,524
Meetings held at fairs	28	N/A
Farm Bureau Meetings	73	2,339
Homemakers' Club meetings	14	274
Farmers' Institutes	148	13,276
Dairy Meetings	46	1,792
Extension Schools	123	3,370
Home Nursing Meetings	317	8,923
Dressmaking Schools	300	9,384
Normal Institute meetings	41	3,175
Exhibits at Fairs	1	N/A
Exhibits at Fairs Judged	23	N/A
Homemakers' Clubs Assisted	105	1,873
Club meetings held	1,060	15,900

Combine Departments—1936

Amy Kelly administered both the Department of Home Demonstration Work and the Department of Home Economics Extension. Her appointment as Extension State Home Demonstration Agent Leader

extended from November 17, 1923 to the time of her resignation, February 15, 1936.

The two departments were combined February 15, 1936.

Developments After World War I

A permanent Extension home economics program was inaugurated when a formal plan of work was written for the first time early in 1919. The objective of the program as stated was:

To raise the standards of home life and develop a recognition of the dignity of homemaking.

Project Programs—1920

The situation prevailing in 1920 and the development of the various project programs are described in selected paragraphs from the 1920 annual reports made by the Extension Specialists in Home Economics:

Milk Utilization

The larger part of the work throughout the year has been to teach the food value of milk and increase its use in the diet. The most effective work done has been that in the nature of campaigns.

During the year there has been one city campaign (Topeka), three county-wide campaigns, and a state-wide MilkWeek, October 11-16.

Foods

Although the foods work for the year was somewhat miscellaneous in character, an effort was made to concentrate as far as possible on nutrition work with emphasis on child-feeding, which is the special project of the foods specialist.

As far as possible some phase of nutrition, usually child-feeding, was chosen as the subject for consideration at Institutes, Extension Schools, and other special meetings where the child-feeding project was not carried on, the object being to arouse interest in the importance and necessity for this work.

Attention was also given to the DIETS for underweight and over-weight women and children.

School Lunches

The Specialist was assigned to the School Lunch Project in June of 1919, but for some time after that the calls for other lines of work were so numerous there was little opportunity to concentrate on the new project.

The Specialist made it a point, however, to talk to County Superintendents whenever possible in order to get 'the lay of the land.'

In February, 1920, two things helped to bring the idea of hot lunches to the attention of the rural school boards, patrons and teachers.

One of these was the campaign at the Annual School District Meetings and the publicity work that accompanied it, and the other, the State Board of Health Car which carried our School Lunch Exhibit and some leaflets and mimeographed sheets prepared for this purpose.

During the summer of 1920, there was a much greater demand for work at Teachers Institutes and many calls came in for talks and demonstrations at rural schools.

In addition to the work in School Lunches which the Specialist did she gave 50 talks on milk during the Topeka and Shawnee County Milk Campaign, 16 canning demonstrations, nine talks or demonstrations on other food subjects, 51 talks on home management subjects, and one on sewing for rural schools. She judged women's work at four fairs.

As a result of the canning demonstrations, two Mother-Daughter Canning Clubs were organized in Montgomery County and three in Jackson County.

Clothing

This project was presented through a ten-day school based upon the dress form. The clothing Specialist gave a series of lectures and demonstrations for five days to a group of from ten to fifteen women.

The subjects given were:

- Making the Dress Form
- Alteration and Use of Patterns
- Color and Design in Dress
- Short Cuts in Sewing
- Selection of Materials for Dresses

The second week's project was paid for by the women and was a class in garment-making, using the patterns and dress forms made during the first week of work.

A short course in Millinery was offered and consisted of:

- Selection of Hats
- Remodeling of Hats
- Making and Covering Frames

Home Nursing

The principal farm and home problems attacked this year with reference to the Home Nursing project included:

- Equipment
- Sanitation
- Infant Care

Instruction included the need for and use of the clinical thermometer, how to provide an elevated bed for the sick, when to call the doctor, diets for health, and where disease germs thrive - dish cloths, door knobs, etc.

Household Management

Although the Specialist has been called the Household Management Specialist, there have been several other lines of work to which it has been necessary for her to give considerable time.

The principal home problems have been lack of proper equipment in homes to do better work and make better homes. Reference is to the lack of running water in rural homes, few homes equipped with power, lack of labor-saving equipment, and no system of keeping accounts or records.

Although emphasis has been made on all these, the principal results were gained in rearrangement of home equipment, installing labor-saving equipment, and the keeping of books and accounts.

In a community survey made in one county the following information was obtained:

- 25% had complete water systems
- 50% had a wash-house
- 30% had cold water throughout the house
- 15% had an electric or power washer
- 50% had water in the kitchen
- 100% had sewing machines
- 15% had electricity (home plants)
- 20% had fireless cookers
- 20% had acetylene lights
- 30% had vacuum cleaners
- 20% had carpet sweepers
- 20% had dustless mops
- 30% had ice for refrigeration
- 2 had gasoline irons
- 1 had a steam cooker
- 1 had an electric iron
- 1 had a pipeless furnace
- 1 had an electric fan

The foregoing paragraphs present an overview of the nature of home economics projects as they were conducted in the earlier years of the work.

Following the first home economics work initiated by Frances Brown in 1909, the first division of the program was into Domestic Science and Domestic Art.

The first projects, such as Foods and Nutrition, Clothing, etc. were written and organized at the conclusion of the Emergency Home Economics Program conducted during World War I, which was concluded June 30, 1919.

Projects were organized and written after that time to meet changing situations and the needs of people.

Homemakers Clubs/Programs—1920

During 1920, 47 counties reported 85 Homemakers' Clubs with 1,726 members.

During the year the Extension Home Economics Specialists held meetings on the various projects and programs as follows:

Project	No. Co.	Mtgs	Attend
Milk Utilization	18	344	14,653
Child Feeding	12	127	3,937
Food Preservation	11	36	964
School Lunches	32	90	5,370
Household Mgnt	38	154	7,173
Clothing	22	497	7,997
Home Nursing	23	134	1,194

Home Economics Specialists—1920

In 1920, the Extension Home Economics Specialist staff consisted of:

- Mary Whiting McFarlane, State Leader
- Harriett W. Allard, Household Management
- Rena A. Faubin, Utilization of Dairy Products
- Gertrude Lynn, Domestic Science, School Lunch Programs
- Susanna Schneyer, Domestic Science
- Minnie Sequist, Domestic Art
- Gladys Payne, Domestic Art (Three months to June 30)
- Hazel Tweedy, Domestic Art (Sixteen Weeks during the summer)
- W. Pearl Martin, Home Nursing

Leader Training—1920

Project Leader-training was developed to help the Specialist reach more people and, indirectly, to develop leadership among the rural women of Kansas.

The first leader training meeting was conducted by the millinery Specialist in Pratt County in 1920. The second training meeting for millinery leaders was in Leavenworth County. Both leader-training meetings brought surprising results.

Local Leader Use—1924

By 1924, the local leader plan had proved to be a valuable method for reaching many persons with a limited staff of Extension Specialists and Home Demonstration Agents.

The effectiveness of the plan was described in the 1924 annual report of Maude Finley, Assistant in Charge of Home Economics Specialists:

It has been found through experience that leaders can pass the work on to others. However, the things passed on have been the mechanical things to a great extent.

Four years ago last August, it was thought to be impossible for the women to learn hat making, but it has developed to such an extent that in 1924, 1,182 leaders assisted in making 7,211 hats during the year.

Some subject matter can be passed on, but whatever is given by the Specialist must necessarily be supplemented by mimeographed material.

The plan used last year was that the Specialist train two local leaders from each community when at least five communities desire that particular work in clothing and millinery.

This makes a group of ten local leaders. These local leaders then assisted their local women, not over five at a time, with their problems.

In Foods and Nutrition, Health, and Household Management, the Specialists trained twelve local leaders from six communities, and these leaders assisted not over five women at any one time.

Definite instructions were given the local leaders so they knew exactly what they were to pass on and what time they should devote to it.

District Project Leader Plan Fails

A district project leader plan was developed soon after the local leader plan was initiated and was used for three or four years.

It was discontinued because of the time needed by the district leader, the distances to be traveled, and the difficulty in arranging dates for the local leader-training meetings.

Home Demonstration Units —1925-27

Following a decline in the number of Farmers' Institutes and their auxiliaries around 1915, Home

Women in County Farm Bureaus--1925-27

County	Dues	Members		
		1925	1926	1927
Allen*	1.00	358	241	156
Bourbon*	N/A	231	204	209
Butler*	2.00	256	190	130
Cheyenne	N/A	000	000	108
Cherokee*	1.00	278	282	167
Clark	1.00	60	135	121
Clay *	2.00	210	182	165
Cloud	N/A	30	92	68
Coffey	N/A	35	240	250
Comanche	N/A	0	22	37
Dickinson	N/A	87	84	62
Douglas*	1.00	355	351	200
Finney	1.00	11	241	65
Ford*	1.00	250	390	281
Franklin*	1.00	448	320	201
Greenwood	2.00	286	293	241
Harper	N/A	299	160	N/A
Harvey	N/A	176	271	301
Hodgeman	1.00	66	51	104
Jackson	N/A	26	20	N/A
Jewell	N/A	200	305	44
Johnson*	N/A	256	232	N/A
Labette*	1.00	200	165	175
Kingman	N/A	4	4	45
Leavenworth*	1.00	N/A	123	127
Lincoln	N/A	120	48	65
Marion	N/A	00	63	202
Meade *	1.00	168	17	N/A
Miami	1.00	106	67	00
Montgomery*	1.00	270	225	178
Morris	N/A	150	308	214
Osage	N/A	56	110	60
Ottawa	N/A	0	59	71
Pratt*	1.00	294	179	125
Rawlins*	1.00	227	240	124
Reno*	1.00	295	350	151
Rice	N/A	00	115	35
Riley	N/A	00	110	105
Sedgwick*	2.00	300	298	N/A
Shawnee*	N/A	N/A	113	82
Sherman	1.00	4	30	59
Wyandotte	1.00	226	213	200
Totals		6,428	7,043	4,927

*Home Demonstration Agent Counties

Demonstration Units (Units of the County farm bureaus) were organized.

Each Home Demonstration unit had its officers and project leaders for the various projects being studied in the unit's annual program.

In 1920, nine counties reported 107 communities organized. Seventy-nine of these were organized by Home Demonstration agents.

On June 30, 1926, the "Extension Schools in Home Economics and the Supervision of Home Economics Specialists" project was discontinued.

Local Leader Training—1927

By 1927-28, some of the larger counties planned two or more training meetings for their local leaders in order that the leaders would not need to travel so far and to reduce the number of leaders at a single training-meeting.

Butler, Montgomery, Bourbon, Labette, Reno, and Leavenworth counties adopted that plan. Greenwood County used three training-meetings.

Plans for local leader-training meetings were modified as time went on to make the training sessions most effective for the leaders.

Training-meetings varied from:

- 1) One-day sessions to one-week sessions.
- 2) Two leaders for each Home Demonstration Unit to one leader per unit.
- 3) Training for unit leaders only to leaders representing other women's clubs with special interests.
- 4) Training for groups of individual women with a special interest, such as reupholstering and furniture refinishing, tailoring, or other specialized interests.

Standard of Excellence—1937

In 1937, a Standard of Excellence was designed as a means to encourage officers of the home demonstration units to build their programs to a high degree of

excellence in self improvement, home improvement, family living, and community betterment.

The standards were developed by a committee composed of county home economics advisory committee members. They were approved by the Kansas Home Economics Advisory Council.

Only 15 units were awarded the Standard of Excellence in 1937. In 1941, 247 units received the award. When the Kansas Home Demonstration Council assumed responsibility for Standard of Excellence and the awards each year information was not recorded in Extension Reports.

Urban Home Economics Programs—1940's

During the 1940's, Extension Home Economics programs in urban areas developed greatly perhaps because of two situations:

- 1) Extension of electric power lines to almost every Kansas farm home, providing an opportunity for conveniences formerly possessed only by the city dweller.
- 2) Movement of many farm families into the cities during World War II.

Those situations brought about a change in the Extension Home Economics programs as developed by rural leaders, so there was little difference to a point of no difference between the interests of rural or urban women in homemaking.

Furthermore, the rural families who moved to urban areas took with them their interest in Extension programs and continued to ask for participation and assistance. They also told their new city neighbors about the Extension program.

As a result many urban families began to ask for the opportunity to participate in the Extension Home Economics and 4-H club programs. Program planning experiences revealed that no differences existed between the interests and needs of the urban and rural homemakers.

World War II Activities in Home Economics

The Extension Home Economics Specialists made full use of Neighborhood Leaders to reach a maximum number of families with war-time information of all kinds.

Each county designated neighborhoods within its borders and selected a leader to quickly relay information to neighbors by telephone, visits, or neighborhood meetings.

A publication, *The Neighborhood Leader*, was prepared and mailed to each neighborhood leader once each month. Each Extension Specialist and Extension department contributed timely material to be included in the monthly publication.

In 1943, neighborhood leaders reported reaching 88,269 families with critical information.

Nutrition Program—1942

During 1942, a nutrition survey was conducted to determine the areas of family living to which home economists should give emphasis.

The survey revealed that diets were low in whole grain cereals and enriched flour, green leafy and other vegetables, dried legumes, and fruit.

A war-time program was developed and included these items:

- 1) Strong nutrition program with consideration given to rationing and food conservation.
- 2) Emphasis on home food production programs to meet Kansas needs and National goals.
- 3) Garden programs with emphasis on larger gardens, best varieties for Kansas, shelter, irrigation, insect control, and fall gardens.
- 4) Food preservation demonstrations suited to the needs of the county.
- 5) Dairy program directed toward raising the standards of home produced milk, butter, and cheese. Continued effort to increase production records through feeding, culling, and breeding.
- 6) Butchering and Meat Preservation program directions based upon rationing regulations.
- 7) Poultry programs to improve housing and feeding practices and encourage present trend to increase the size of the flock and adopt practices relating to higher egg production.
- 8) Special emphasis in all departments on labor-saving practices

During 1943, four additional Specialists were employed in Foods and Nutrition. Those Specialists devoted their time to a program in the 57 counties in which Home Demonstration Agents were not employed.

The nutrition program in 1943 included:_____

<u>Meetings</u>	<u>No</u>	<u>Attend</u>
Meat Preservation and Rationing	41	1,022
Planning the Family Food Supply	99	2,512
Food Preservation	100	3,255
Breadmaking	121	3,407

The program was continued through 1944 with the addition of instruction in the care of canning equipment, testing pressure gauges, help with school lunches where requested, and suggestions for main dishes, vegetables, and desserts for war-time meals.

Assistance was also given to County Nutrition

Committees, groups of women organized to promote adequate and economical nutrition among the people.

Two films, "Modest Miracle" and "Food For Fighters," were shown to approximately 20,000 persons.

Conserve Clothing Program

Extension Clothing Specialists assisted with a state-wide Conservation of Clothing program. It was directed to selection, care, laundry, repair, and reconstruction (using adult discarded clothing for children's garments).

People were reached by 4-H demonstrations, radio, window displays, contacts with organizations, schools, and other opportunities as they became available.

Assistance was also given in the design and selection of clothing suitable for farm women to use while helping with field work.

Health Program

The health program was continued on much the usual basis, with emphasis on detection of cancer, inoculations against communicable diseases, and other ways to help keep people healthy and able to work.

Improve Family Recreation

Family recreation suggestions were made through the Home Demonstration Units, schools, 4-H Clubs, and mass media.

Recreation at home eliminated the need for unnecessary travel to picture shows, dances, and other recreation away from the home community.

Wartime Extension Activities--1943

The 1943 Annual Report gave the following summary of War-Time Activities:

- 64,671 Persons reached with Food For Freedom Program
- 85,201 Persons attended 5,085 meetings where food production and preservation was demonstrated in the "Share the Meat" program.
- 21 Community canning centers were established.
- 11,824 Persons participated in Better Health Program.
- 9,701 Families repaired and conditioned in kitchen repair program.
- 6,201 Pieces of furniture were repaired in the conservation program.

- 6,365 Families used the games of the month for family recreation.
- 22,558 Persons extended the usefulness of their clothing by renovation and construction.
- 15,214 Persons extended the life of outer garments by proper methods of cleaning, storing, and mending.
- 8,147 Families used clothing buying information.
- 88,268 Homemakers were contacted by the Neighborhood Leader.

Many homemakers joined the Women's Land Army to help with the farm work by driving tractors and trucks.

Wartime Nutrition Specialists—1944-46

Three of the nutrition specialists, appointed early in the war years, completed their work toward or at the close of the war; one on June 3, 1944; one on August 9, 1945; and one on June 30, 1946. The fourth remained as a permanent employee and retired June 30, 1952.

Activities Following World War II

Immediately following World War II, Extension Home Economists adjusted their programs to help people adjust to post-war living conditions.

Balanced Farming and Family Living—1945

The Balanced Farming and Family Living Program was inaugurated as a new Extension method to assist families to reach their goals for better family living.

This was done by making an analysis of available resources and preparing a plan to produce an income sufficient to meet family expenses, education of the children, and security for later years.

The war years, with their various demands for meeting emergencies, had widened the experience and interest of Extension Home Economics Specialists and Extension Home Demonstration Agents.

Many Home Agents supervised the agricultural program in a county while the Agricultural Extension Agent position was vacant. County program planning received new emphasis because of new problems and opportunities.

Programs in Ext. Home Ec.—1945

The planning of county Extension programs received much impetus with the beginning of the Balanced Farming and Family Living program, established in 1945.

A special effort was made in that program to help a family plan a program for their farm and family activities.

In the 1953 annual report of the State Home Demonstration Leader, Georgiana Smurthwaite, this statement was made:

Agents in Kansas are given supervisory assistance and training to plan programs based upon

family needs and to develop Balanced Farming and Family Living.

The Kansas law (effective January 1, 1952) governing the Agricultural Extension program in the several counties delegated the responsibility of the program to the 'County Agricultural Extension Council.'

Project Committees are used in the county to advise with the Council regarding problems and needs of families within the county.

This procedure is used to enlist and interest more lay people in the development of a program that will promote better living.

The program planning procedure was further advanced with the development of systematic methods for procuring factual data about the farms, homes, and families within a county. Analysis of data secured by questionnaires became a greater task than anticipated.

Leaders in counties were trained to help summarize the data. Questionnaires were revised after two or three years, and the number of items greatly reduced to reduce the work of summarizing them.

The factual data collected proved to be excellent educational material as well as useful for program development.

A statewide plan was devised so that one-fifth of the counties worked intensively on their program development work each year on a rotational basis. Supervisors were then able to give greatest assistance to the counties that were doing their planning.

There was some difficulty in persuading Extension Specialists to give the specific assistance requested by a county as a result of their program development work.

The home economics report for 1955 listed these objectives pertaining to program development:

- 1) A common understanding of the philosophy of program development by the state staff, county staff members, and the county home economics advisory committee members.
- 2) The development and use of improved methods in program determination.
- 3) The determination in each county of home economics program for community betterment which is based on the state and county situation and the expressed needs and interests of the people and which includes objectives, methods, and priorities for execution of the program.
- 4) The extension of Home Economics Extension work beyond Home Demonstration Unit members into both rural and urban communities.

The program development effort in home economics was vigorously expedited until the position of Coordinator of Extension Program Development was filled in 1957.

Extension program planning was then modified to include all phases of the Extension program; agriculture, home economics, and 4-H Club work. During the intervening years, the overall planning program was operative in every county of the state.

Frozen Food Emphasis—1946

Freezer lockers had become available, providing a new method of food preservation. A shift was made from canning to freezing.

In 1946, 19,365 homemakers reported freezing 3,639,343 pounds of fruits, vegetables, and meat. At the same time 13,353 homemakers reported canning 2,779,029 quarts of food.

Home Equipment

New types of home equipment became available as a result of war developments. Home freezers became common in many farm homes and instruction on freezing cooked foods was made available by the Extension specialists.

Home improvement included the installation of central heating, water systems, bathrooms, storage, insulation, remodeling, and new construction as reported by homemakers.

Health Programs

Sanitation, home care of the sick, immunizations, and information on disease control were phases of

health programs that continued to be important.

The mental well-being of families was given attention, particularly to help families adjust to post-war family situations. A more favorable attitude among people toward a health program was evident.

Wives of Veterans—1948

A Post-War Activity supervised by Ellen Batchelor involved a program of assistance to the wives of veterans who were enrolled in college. The annual report for 1948 related these activities:

The Assistant Home Economist is responsible for arranging classes for veteran students' wives. A monthly mailing list of 1,600 names receives the Family Circle Letter which gives suggestions for good buys in foods and announces the program of classes for the month.

A total of 2,678 different veteran students' wives have been contacted during the year by the circular letters.

The subjects for the classes cover such fields as crafts, child welfare, cleaning and care of the sewing machine, attractive interiors, temporary furniture making, storage, ironing demonstrations, home nursing, and sketching.

Classes were held during eleven months of the year, beginning in December and finishing in November with no meetings held in September. The average attendance at a class was 28 persons and there were approximately 10.4 different classes held during each month.

Student Wives Educ. Association—1949

In 1949, the wives of student veterans organized themselves into the Student Wives Educational Association.

The association helped to plan for classes desired by the group and promoted a nursery for the care of small children so that some of the wives might enroll in college classes.

Most of the classes were conducted during the day, but in 1950 some classes were conducted in the evening to allow husbands to attend.

The last mention of the student wives program in annual reports was in 1951. By that time the large number of veterans in college following the war had been greatly reduced.

The 1951 classes had been somewhat modified from the earlier offerings, and included: cooking and nutrition, choral singing, child care, beginning and intermediate bridge, knitting, crocheting, clothing construction, swimming, and crafts.

Home Demonstration Units—1951

Home Demonstration Units were the organized groups of homemakers who, with their officers and project leaders, helped to plan and carry out the county program in home economics.

(The number of HDU groups and their membership in 1951 are shown in the table below.)

Programs for Non-Unit Members—Mid 50's

In the mid 1950's, public meetings and demonstrations were organized and presented to give people who were not home demonstration unit members greater opportunity to gain information in special areas, such as nutrition, health, and consumer information.

Training County Home Economics Agents

Both internal and external training opportunities are available for Kansas Extension Home Economics Agents.

school at Fort Collins, Colorado, or at Madison, Wisconsin. A few attended Cornell University, New York.

Regional Extension Schools—1937-65

Regional summer schools were started in 1937, one in each Extension administrative region. Kansas Extension Agents usually participated in the regional

About 1960, "winter schools" were established at Arizona State University at Tucson and at Georgia State University. These regional summer and winter schools provided the inspiration and an opportunity for

Home Demonstration Units/Members—1951

County	Units	Mbrs	County	Units	Mbrs	County	Units	Mbrs	County	Units	Mbrs
Allen	26	490	Cherokee	26	465	Hamilton	6	116	Rush	17	341
Anderson	23	398	Cheyenne	10	163	Harper	21	456	Russell	16	319
Atchison	30	525	Clark	11	230	Harvey	25	580	Saline	22	432
Barber	14	245	Clay	30	501	Haskell	6	107	Scott	11	248
Barton	43	775	Cloud	21	341	Hodgeman	12	210	Sedgwick	52	1808
Bourbon	19	485	Coffey	17	318	Jackson	14	253	Seward	7	130
Brown	23	440	Comanche	14	303	Jefferson	29	505	Shawnee	40	1000
Butler	45	1040	Cowley	31	591	Jewell*	15	236	Sheridan	8	118
Chase	17	308	Crawford	25	524	Johnson	24	674	Sherman	15	311
Chautauqua	15	232	Decatur	11	267	Kearny	9	149	Smith	14	254
Dickinson	34	743	Nemaha	19	266	Kingman	11	387	Stafford	26	469
Doniphan	22	437	Neosho	25	725	Kiowa	15	273	Stanton*	7	125
Douglas	31	661	Ness	12	220	Labette	27	569	Stevens	8	149
Edwards	16	343	Norton	22	338	Lane	8	194	Sumner	31	640
Elk	15	285	Osage	37	663	Leavenworth	21	476	Thomas	14	269
Ellis	8	107	Osborne	16	249	Lincoln	9	143	Trego	00	000
Ellsworth	24	405	Ottawa	19	270	Linn	18	348	Wabaunsee	13	210
Finney	17	365	Pawnee	20	377	Logan*	6	112	Wallace	10	175
Ford	30	629	Phillips	8	159	Lyon	39	781	Washington	15	245
Franklin	38	728	Pottawatomie	18	364	McPherson	29	575	Wichita	6	107
Geary	15	307	Pratt	17	422	Marion	22	404	Wilson	26	466
Gove	00	000	Rawlins	17	273	Marshall	27	437	Woodson	14	210
Graham	24	302	Reno	43	1285	Meade	14	266	Wyandotte	29	685
Grant	8	131	Republic	20	360	Miami	35	727	Morris	22	405
Gray	10	165	Rice	30	560	Mitchell*	19	379	Morton	3	77
Greeley	11	206	Riley	20	392	Montgomery	37	826	Totals	2062	41,486
Greenwood	23	444	Rooks	18	288						

*Non-Home Demonstration Agent

many agents to use their sabbatical leave privileges toward obtaining advanced training and degrees in Extension education.

At the same time, the Coordinator of Extension Studies determined from Agents the areas in which they desired training. The District Extension Agents and Extension Specialists then organized training programs to provide the training desired when possible. Since most of the training was given at the district or state level, out of the Agents' counties, there was a limit of 15 days of training per year for each Agent.

Junior Assistant Program

The provision for Junior Assistants was another method of providing training for people who had an interest in County Extension Home Demonstration Agent work.

In this program students were employed as junior assistants for two or three months during the summer between their junior and senior year.

Such employment provided several advantages—the student was able to make a firm decision about her interest in Extension, and the supervisor and trainer agents were able to evaluate the student and determine her acceptability as an Extension Home Demonstration Agent.

The Junior Assistant program was continued for many years. The number of junior assistants employed varied, depending on finances available and the number of interested students.

New Agent Training—1958

A satisfactory agent-training program for County Extension Home Economics Agents was difficult to maintain for two reasons. One was the variation in finances available from year to year and the second, up to about 1970, was a frequent shortage of qualified women interested in the work.

The minimum training program placed a new appointee in a county with an experienced, successful Home Demonstration Agent for a few weeks.

By observation, questions and special instruction by the trainer agent, the trainee was able to obtain some help in understanding her new responsibilities as an agent.

By about 1958, a carefully organized training program had been developed. Prior to training programs developed by the Training Committee and the Coordinator of Extension Personnel Training, In-Service training was provided mostly by District Extension Supervisors and Extension Specialists, in a district or at state-wide meetings.

HE Personnel/Programs—1950's

Vacancies in Extension Home Demonstration Agent positions were a serious problem for Extension Supervisors from the time of World War II until the early 1960's.

By then salaries had improved sufficiently to maintain career Agents and to attract home economists from other fields.

In the annual report for 1953 it was reported:

Vacancies occurred in more than half of the counties during the year. It was possible to make replacements immediately in some of the counties.

Forty-six counties had vacancies ranging from two weeks (in the case of Grant County) to the entire year.

In 34 counties the position was vacant from two weeks to six months; in nine counties, from six to nine months; and in three counties, more than nine months.

The annual report for 1960 indicated that the problem had continued. It stated:

There are 115 Home Economics Agent and Assistant Agent positions. During the year, 41 counties were vacant or had a change in Agents. As of November 30, 1960, six counties have been vacant over a year.

Nineteen positions were vacant December 1, 1959. Twenty-four were filled during the year. Eighteen are vacant on November 30, 1960.

Twenty-two Agents have served more than ten years. All counties have appropriations for Home Economics Agents although one Agent serves both Gove and Logan Counties.

Appropriations have been made for an Agent in each county in 1961.

Long-Time Programs—1950's

Written, long-time programs were developed with the people, and revised as needed, to help make the efforts of Extension personnel more efficient and effective.

Early attempts at program development were reported to have met with some resistance by

Extension Specialists and County Extension Agents who desired to emphasize their favorite project work.

Furthermore, Extension Home Economics Specialists found themselves with requests for assistance not previously considered, so educational materials were not prepared.

A few years of experience reportedly brought changed attitudes when the people expressed satisfaction with assistance received as a result of their program development work.

The annual report for 1961 stated:

Twenty-five county long-time plans are filed in the State Extension Home Economics Office.

Home Economics Agents have assumed increased leadership in developing planning procedures and in assisting Agricultural Extension Councils to realize planning of programs is their important responsibility.

Program development has become a concern of Home Economics Advisory Committee members in more counties throughout the year rather than a very short period of time designated as program planning time.

Program development procedures also served as a means of evaluating county Extension programs. Data collected indicated not only unsatisfactory situations and opportunities for programming, but also revealed the progress being made with program efforts.

Natl. Home Demonstration Week—1949

National Home Demonstration Week was first mentioned in the annual Extension report for 1949. A copy of the program for a district meeting was included in the Exhibit Section without further comment.

The 1951 report, however, included the following quotations:

Values resulting from National Home Demonstration Week as reported by Agents:

My observation has been that the main value resulting from National Home Demonstration Week is in making the public aware of the programs, and thus stimulating interest in it. It also serves to strengthen the organization by helping those participating to gain pride through a review of their accomplishments.

National Home Demonstration Week brings to the people the possibilities of an educational program based upon the needs and desires of the people themselves. It is broadening the homemaker's horizon for happier family living.

Meetings help members realize that their efforts

when combined with other groups over Kansas are a force which has national and international results.

Meetings are inspirational, members seemed to realize more of the vastness of the home demonstration organization, and the type of work being done.

During the first week of May, 1951, 14 district meetings were attended by 6,850 homemakers; 40 editorials appeared in county and local newspapers; 288 news stories appeared in the papers; three special editions were devoted to the home demonstration program; and 29 radio programs were devoted to the activity. In 1954, 15 district meetings were attended by 10,773 homemakers.

The 1960 annual report was the last one in which National Home Demonstration Week was mentioned, although the activity has been continued each year. The following paragraphs are quoted from the 1960 report:

A better understanding of home demonstration work by the public, and gain in Home Demonstration Unit membership are some of the most important values resulting from the fifteenth observance of National Home Demonstration Week in Kansas.

Over 10,000 Home Demonstration Unit members and guests attended the twenty-three district meetings held in Kansas during National Home Demonstration Week. Over 20,000 non-unit members were reached by the Extension program during the week. All counties in Kansas actively promoted National Home Demonstration Week.

Eight new Home Demonstration Units with an enrollment of 304 members were organized in Kansas during National Home Demonstration Week. A total of 149 radio programs and 19 television presentations featuring the Week were presented in Kansas. Almost 700 newspaper and magazine items were published promoting National Home Demonstration Week. Six hundred and sixty-five exhibits were set up over the state. Nearly three hundred special county-wide and community meetings were held.

Local leaders shared the responsibilities for planning and carrying out activities connected with the Week. One homemaker summed up the feelings of thousands of home demonstration unit members in Kansas, when she commented, "It's an up-lift to feel yourself a part of such a large group of women who work for the same objectives."

Home Demonstration work achievements did not end with National Home Demonstration Week, but continued throughout the year. Plans were made to follow-up the Week's promotions through county-wide meetings, special interest workshops

and fair booths into the fall of the year.

Home Economics Days—1958

Home Economics Days were organized in 1958 after the Farm and Home Week program was conducted for the last time in 1957.

The Home Economics Days had been a two-day program, organized by the College of Home Economics and the Department of Extension Home Economics.

It was conducted during the week between university semesters, usually the last day or two of January or the first day or two of February.

The programs were attended by approximately 1,000 homemakers from all parts of the state.

The program was organized in sections, with classes repeated, so that all who desired could attend each class. Limited room space for the classes was a handicap.

The Sears Roebuck Foundation established a policy of being host to a dinner honoring Rural Leadership.

Invited guests included one representative of the Home Economics Advisory Committee of each county, the County Extension Home Economics Agents, officers of the Kansas Home Demonstration Council, Extension Home Economics Specialists and Supervisors, the Dean of the College of Home Economics, the Dean of Women, the Director of Extension, the Dean of the College of Agriculture, and the President of the University.

Invitations to the "Sears Dinner" were coveted by every woman attending the Home Economics Days program each year.

Home Demonstration Advisory Council

The Kansas Home Demonstration Advisory Council, composed of all members of Home Dem-

onstration Units, held its annual meetings during the Home Economics Days. Each year the Council also conducted a "work and planning" meeting for state and county chairmen at which time plans were made for special program activities and projects.

The Council, for example, took the lead in raising approximately \$100,000 which, added to some state dormitory funds, made the construction of Smurthwaite House possible.

The 1960 annual Extension report stated that the ninth workshop was held that year, June 15 to 17, on the University campus. There were 129 homemakers from 56 counties in attendance.

Projects included Health, Safety, Civil Defense, Family Living, International Relations and Readings, and a follow-up of the White House Conference on Youth.

Home Demonstration Units—1963

The total number of units in 1963 was 2,156 and the total membership 36,401. There were 673 special interest groups in 1963, with 33,477 homemakers participating in their meetings.

Extension Home Economics Agents assisted 297 non-Extension groups with 13,726 homemakers participating, and trained 776 leaders in non-Extension groups during 1963.

Following World War II the situation changed so that all of the members of a Home Demonstration Unit were not interested in the entire program the unit may have planned. Conversely, some members were interested in doing more intensified work in certain projects such as tailoring or furniture refinishing.

To provide assistance for the more specialized interests, groups known as "Special Interest" groups were organized and given special assistance in their line of work.

Extension Home Economics Subject Matter Areas

Extension Home Economics programs have always been focused on several major concerns of Kansas homemakers and their families.

Discussion of selected past and present activities relating to these subject matter project areas follow, under headings of:

- Clothing and Textiles
- Consumer Information
- Cultural Arts

- Expanded Foods and Nutrition Program
- Foods and Nutrition
- Family Life
- Family Economics/Management
- Health
- Home Furnishings
- Housing
- Human Development
- Recreation

Clothing and Textiles

For many years before the turn of the century, Kansas State Agricultural College faculty members assisted with the thriving Farmers' Institute programs.

The College newspaper, *The Industrialist*, in the issue for October 29, 1887, carried an editorial entitled "Are Sewing Classes Needed?," written by Nellie Kedzie who occupied the chair of Domestic Science at KSAC from 1882 to 1897.

The editorial read:

The larger proportion of clothing worn by the women of our country gives indisputable evidence that its makers don't know how to sew.

The numberless ill-fitting garments, the uneven seams, the puckered arms eyes, the uneven ruffles, the waists askew, the torn button-holes, the pinned-on buttons, and pinned-up draperies—all these are to be seen in every crowd and on the streets of every city.

It is possible that the owners and wearers of such dresses really don't know how to sew.

Other editorials on the subject of reasons for teaching sewing, and on materials from which buttons were made, appeared from time to time. No article appeared which gave definite information on sewing processes such as did appear on the subjects of cheese making and the value of the various foods.

Nellie Kedzie and Ms. Winchip appeared on Farmers' Institute programs in 1885 and 1886, but no titles of their talks were recorded.

It is assumed that, in addition to talks in the Domestic Science field, the ladies judged fancy work and food exhibits prepared by the women and girls.

Home Economics at Institutes—1908

Not until 1908 and 1909 did a home economics program appear on a Farmers' Institute program.

In those years, 47 girls attended the first home economics programs presented in connection with the State Farmers' Institute.

At that time, sewing and cooking had been taught only in the College laboratories.

Movable Schools—1909-10

In 1909 and 1910, Frances Brown, the first Extension Specialist employed for home economics, and a few regular faculty members, gave lectures and demonstrations at movable schools held in April, May and September.

The schools were held at Farmers' Institutes during the winter months; and before Teachers' Institutes and Chautauquas during the summer months. That general work continued for several years.

The first Extension Clothing Specialist was apparently Winifred Fortney, Specialist in "Domestic Art," on September 1, 1915.

The records reveal that in 1915 and 1916 special schools in dressmaking, two weeks in length, were given on request.

During World War I, most emphasis was placed on foods and nutrition. The records are vague on clothing programs during those years.

Clothing Construction Schools—1919

By 1919, the reports included reference to schools devoted to clothing construction. The schools were mentioned as "a highly specialized form of work designed to meet a particular need."

Francis Brown was quoted as saying, "Most of the women in Kansas are able to make the simple dresses such as are made in the one-week schools, but many feel the need of instruction on making more complicated wool and silk garments."

Two-week schools were then organized to meet the needs of the women. During the time for county and state fairs, the Extension Clothing Specialist devoted a large amount of time judging exhibits.

That time was considered justified, as large numbers of people attended the fairs and the Specialist had a fine opportunity to discuss clothing standards with those who were interested.

On April 1, 1921, Maude Finley was employed as an Extension Specialist for millinery work.

During the next year, leaders were trained in millinery work in ten counties. There were 3,725 women in 258 different meetings to take advantage of the new work.

Goals in clothing and other home economics projects were established. For clothing the goal was - "to enable women to do a better grade of home sewing by teaching them to make dress forms, to alter patterns, to make construction processes, and to select clothing."

Extension Three-Year Course—1925

In 1925, the clothing project was revised to a three-year course of instruction. The first year included foundation garments; the second, correct

combinations of principles; and the third, clothing standards.

Childrens' Clothing—1925

About the same time, the instruction of children's clothing was added and carried to young homemakers by local leaders in Cloud, Jackson, Wyandotte, Franklin, Montgomery, Cherokee, Reno, Sedgwick, Clay, Lincoln, Atchison, and Rice counties.

That work eventually led to a well organized project in clothing for 4-H Club girls.

Radio Talks on Textiles—1925

In 1925, the Extension Clothing Specialist gave a series of six radio talks on textiles for the first time.

Leaders Teach Unit Members—1925

During the same period of time, the local leaders, realizing the personal benefit derived for their work as leaders, expressed willingness to spend more time in training classes in order that they could give the home demonstration unit members more thorough instruction.

Clothing Subprojects—1949

By 1949, the clothing project had been organized into these subprojects:

- 1) Clothing Construction.
- 2) Self Expression Through Dress.
- 3) Care of Clothing.
- 4) Buying Clothing.

Clothing Construction

Interest was high in clothing construction during the 1940's. In 1949, 58 counties reported 16,362 women participating. That number rose to 23,000 in 1950. The high prices of the period stimulated interest in construction.

In 1952, plaid fabrics received special attention and tailoring training was given, with 41 counties reporting 1,172 women making 3,725 garments for a saving of \$112,050. Sewing equipment and its care was taught to 922 women.

In 1953, the use of "pattern shells" (waists made of sanforized percale) was developed in Douglas County by the Extension Specialist and Home Agent.

In 1954, the following accomplishments were reported:

- 6 Counties made pattern shells for use as tools in selection of commercial patterns and pattern alteration.

- 3,207 Homemakers and girls used pattern shells
- 8,042 Homemakers adopted practices in pattern alteration.
- 22,163 Homemakers adopted the methods given in the demonstration, "Easy Way To Sew."
- 28,988 Garments made by the Easy Way To Sew methods.
- 1,196 Women were instructed in cleaning sewing machines.
- 827 Sewing machines were cleaned.
- 741 Women learned to use all sewing machine attachments.
- 3,185 Women made tailored suits and coats.
- 246 Homemakers reported remodeling 1,346 garments.

In 1955, homemakers using the sewing aids as demonstrated in the Easy Way To Sew were:

- 3,928 Pressing equipment.
- 3,928 Marking devices.
- 1,737 Small measuring gauge.
- 694 Wrist pincushion.
- 453 Small tools and gadgets.
- 331 Cording and zipper foot.

Homemakers who were not members of the Home Demonstration Units began asking for help in the clothing field.

Department stores offered their facilities and merchandise to demonstrate clothing selection by using different types of dresses (misses, junior, half sizes, etc.).

In 1956, reports stated that 3,037 women did tailoring—making 766 suits, 748 coats, and 927 other articles.

In Sedgwick County, hat making was revived (inactive since 1922) with 143 leaders being trained.

The man-made fibers, now being quite numerous (1957), commanded attention regarding problems involved in using them in clothing construction.

Training for Agents and leaders in tailoring was modified to three three-day sessions with three or more days intervening between the training sessions so participants could complete the construction work in progress.

In 1958, training was given in machine mending by the stitched patch, reweave patch, machine darning, rantering stitch, inset patch, hemmed patch, and press-on patches.

Some advanced clothing construction techniques were demonstrated by the specialists in 1959. They included:

- 1) Construction of straight and rounded collars with interfacing.
- 2) Interfacing a blouse or dress front.
- 3) Joining the collar and blouse with facing and interfacing.
- 4) The application of a fitted facing with an interfacing.
- 5) The application of a single bias facing.
- 6) The application of a double bias facing and binding.
- 7) The use of short machine stitching to reinforce sharp angles to be slashed.

Interest in tailoring continued with a special five-day training school held in Rice County in 1961 for 16 County Extension Home Economics Agents.

A three-day training school for 22 County Extension Home Economics Agents was conducted in Justin Hall on the University campus in 1961.

"Clothes For Free and Easy Motion" was designed for use by the physically handicapped. Demonstrations and training was given to 140 persons in four sections during 1961.

Participants included County Welfare Directors and others with responsibilities for handicapped persons, Extension Home Economists in clothing work, and County Extension Home Economics Agents.

Self Expression Through Dress

This subject received considerable attention beginning in the early 1950's.

In 1949, 21 counties reported 11,412 families participating in the program of demonstrations and training.

In 1952, 5,242 women and girls were assisted with self-analysis in the selection of their clothing. Another feature was training in grooming, the use of accessories, and wardrobe selection.

In 1954, the number of homemakers adopting and using the various practices in this phase of clothing work were:

- 12,125 Adopted principles taught in grooming and personal appearance.
- 3,411 Applied principles taught in planning and selection of a wardrobe.
- 9,325 Adopted the principles in planning and selection of accessories.

4,317 Adopted principles taught in grooming routine.

4,285 Used the principles taught in analyzing face shape for make-up and hair style.

2,946 Used the information presented for planning becoming colors for the wardrobe.

3,393 Adopted the principles taught for improving choice of line and design for wearing apparel.

1,933 Used the principles taught in deciding personality and figure types in the selection of clothing.

Surveys were made among homemakers to determine their needs and the satisfactions being gained from the Extension clothing program.

In 1959, in the Northeast Extension District, a rather extensive survey produced much data of value in program planning, not only for clothing but for all projects.

The clothing program in the Northeast District was planned around the needs revealed by the survey.

Further assistance was provided by the Extension Clothing Specialists in 1961 when two sets of slides were prepared on basic art principles and lines for the wardrobe.

Those sets of slides were available for County Home Economics Agents to use in training sessions held with adult and 4-H Club leaders.

Care of Clothing

Attention was given to care of clothing, depending upon the financial situation of families. Training in this area included care of fabrics, especially the newer fabrics, mending and cleaning.

Mending by machine methods included the stitched patch, reweave patch, machine darning, rantering stitch, inset patch, hemmed patch, and press-on patches.

The reports for 1954 and 1955 include these records of the number of homemakers adopting care of clothing practices:

- 827 Sewing machines cleaned and adjusted.
- 1,740 Quick overall patch.
- 597 Reweave patch.
- 1,466 Machine darning.
- 237 Rantering stitch.
- 214 Knitted items.

Cleaning and care of the new fabrics were studied as each new fabric came on the market.

Buying Clothing

This became part of the clothing project in the years following World War II when prices were comparatively high and the newer materials made economical buying more difficult.

Training was first given on how to interpret the labels on clothing. Federal legislation required "truth in labeling" but each individual needed to understand the information on the label.

Buymanship of clothing included children's clothing, ready-tosses, and foundation garments. Assistance was given to 30,522 homemakers during the year 1956.

Later attention was also given to buying shoes, foundation garments, hose, drapery fabrics, and upholstery materials.

Agent In-Depth Training—1960's-80's

The Extension Home Economics program was well established in the 1960's and 70's, and became a prominent program effort in the 80's across the state.

Many in-depth training workshops were developed for Extension Agents during that time.

Program Emphasis—1965-88

The emphasis of the program in clothing and textiles was on:

- 1) Maintenance of equipment, such as sewing machines.
- 2) Assisting low-income families with wardrobe planning.
- 3) Training retail sales clerks.
- 4) Clothing construction to help families stretch their clothing dollar.
- 5) Sewing new synthetic fabrics, including polyester and ultrasuede.

Color Training—1965-79

Intensive consumer color training was taught by the Extension Specialists in Clothing and Home Furnishings, Naomi Johnson and Winona Starkey, to County Extension Home Economists between 1965 to 1979.

Also, in-depth design courses were given to agents in the late 60's and early 70's.

Sewing Clinics/Workshops—1969

In 1969, "Know Your Sewing Machine" clinics were offered to 4-H clothing leaders.

Clothing construction workshops continued in the 70's as a method for delivering the education program. Subjects taught included:

- 1) Sewing menswear.
- 2) Sewing pants.
- 3) Sewing with specialty fabrics such as knits and denims.

In the 70's, with many new developments in the textile industry, training and publications were available on fabrics and their care, laundry procedures and products, and spot and stain removal.

Sewing Fairs/Satellites—1970's-80's

In the late 70's and early 80's, Sewing Fairs became a popular method for many home sewers to receive information.

Extension hosted Sewing Fairs in Topeka, Wichita, Manhattan, Hays, Colby, Winfield, and Emporia, to name a few of the sites. These events attracted 200-500 participants in one day.

After the Sewing Fairs came a three-year series of national workshops called Sewing by Satellite, which began in 1982.

These all-day seminars were broadcast via satellite and attracted large audiences of 400 participants in Manhattan and in Garden City.

After the satellite program, teachers, agents and leaders re-taught information learned to other established groups such as 4-H clubs, schools, and women's clubs.

Other Program Areas

Other topics developed for educational in-depth programs and lessons based upon requests from program development committees included:

- 1) Winter Warm-ups.
- 2) Investment Dressing.
- 3) Altering Ready-to-Wear.
- 4) Active Sportswear.
- 5) Stitch and Save It series (mending).
- 6) Recycling Clothing.

Trends in the 80's

In the mid 80's, more emphasis was placed on purchasing clothing, catalog shopping, color analysis, wardrobe planning, and overall clothing management.

New technology and products, including the serger sewing machine, answered the need for making garments that were quick and easy to sew.

Sewing for Profit workshops offered training to home sewers who wanted to turn their hobby into a business.

4-H Club Clothing Project

4-H received the attention of the Extension Clothing Specialist from the beginning of the clothing project.

Clothing construction was the important phase during the earlier years of 4-H Club work but later all other phases of the clothing project were extended to the 4-H Club program.

In 1949, each Kansas county had enrollments in the 4-H clothing project. The total number of members were 10,675.

At the State Fair, 1,406 clothing items were exhibited in 1949. That number increased until space for the exhibits became a major problem.

In 1950, counties reported \$90,044 as the amount 4-H girls had saved in their clothing work.

The county and state Style Revues grew out of the clothing program among 4-H Club members, both girls and boys.

Schools to provide training in judging clothing were conducted for 4-H leaders and girls to give them information on an evaluation of the different clothing construction techniques.

In 1954, the J. C. Penney Company provided the service of two home economists to train County Ex-

tension Home Economics Agents in a new program of techniques, "Easy Way To Sew."

The Penney Company also furnished 46,000 copies of a booklet on clothing construction methods.

In 1956, Barbara David of Winfield, was one of twelve National Clothing Award winners.

Clothing/Textiles in 4-H—1978

4-H clothing judges training was offered on a three-year rotation basis beginning in 1978.

County and state fair judges and 4-H clothing leaders learned about standards for evaluating clothing, consultative judging, and new products and techniques which 4-H'ers were incorporating into their garments.

Modeling and accessorizing were also emphasized.

Clothes Strategy and Clothing Carousel— clothing buying projects for boys and girls—introduced a new era in 4-H clothing projects.

State 4-H Fashion Review

After many decades of holding the State Fair Fashion Revue in the Encampment Building on the State Fair grounds, the event was moved to the Lake Talbot area of the fairgrounds.

This gave greater visibility to the clothing project work of 4-H'ers.

Consumer Information

The Consumer Information project was established in 1952 as "Consumer Education." Helen Neighbor was appointed as Extension Specialist, February 1, 1952. The beginning of the project was explained in Neighbor's first report:

Extension Consumer Education in Kansas is a new field as a project. Consumer information has been a part of individual Specialists' programs for several years.

The trend from self-sufficiency to interdependence of the population on each other has made the need for buymanship paramount.

Our State of Kansas is shifting from an area that produced and made most family necessities to one that buys more products than the family makes or produces for itself.

In striving to serve the people, Extension incorporated Consumer Education into the State Plan of Work. The project serves the producer by improving the marketing of his products.

Consumers wish to spend their family dollars for the greatest satisfaction. Statistical reports show that:

16,837 Families were assisted with food buying.

11,828 Families were assisted with clothing buying.

10,491 Families were assisted with buymanship of house furnishing and equipment.

7,929 Families were assisted with buymanship of general household supplies.

In many cases a family must decide whether it will be to their greater advantage to make or to buy a particular product.

In all, 6,330 families were assisted with 'making' versus 'buying' decisions.

The problems recognized in the first plan of work included:

1) To promote consumption of plentiful foods

in season and help the consumer do better buying.

- 2) To improve buymanship practices.
- 3) To aid the producer and the consumer in obtaining high quality eggs.
- 4) To spend each dollar with the greatest possible satisfaction.

The program was centered around the buymanship of food, meat, clothing and home furnishings in 1952. Traditional methods with the Extension Service were used to reach the public.

A leaflet, *Be Wise With Your Buys*, was initiated during 1952, and was continued each month.

During 1953, in addition to the activities started in 1952, some work was done cooperatively with the Extension Home Management Specialist in the field of family finances.

The topic "How to Help Families Plan for Expenditures," was taught by discussions about insurance, annuities, business transactions with children, the family council, budgeting, and home accounts.

Label Reading and the meaning of information on labels was also introduced as additional content of the program.

Consumer Course for Economists—1954

A survey among County Extension Home Demonstration Agents in 1954 revealed that only one had enrolled in a college course, "Consumer in the Market." An Agent-training program was organized and conducted with the Home Agents.

Consumer Information in Media--1950's

Mass media were used whenever possible. The first television programs were given by the Extension Home Demonstration Agent in Reno County.

Three news stories per week were prepared and released during 1954.

Television programs in consumer information were presented by Home Demonstration Agents over stations in Topeka, Great Bend and Wichita in 1956.

In 1958, three Home Agents gave ten television programs.

A weekly program on the University radio station, KSAC, was started in 1954 and continued through the years. The title was "Let's Go Shopping."

Recorded or taped radio programs were carried by 16 commercial radio stations in 1957.

In 1958, the Specialist prepared 32 radio scripts for use by others, 156 three-minute programs, and 50 ten-minute radio programs.

The Home Demonstration Agents gave more than 200 radio programs that year.

Consumer Specialists—1954

Helen Neighbor resigned June 24, 1954, and Joanne Ezzard was appointed September 1 of the same year. She resigned January 31, 1955.

Mildred Walker was appointed January 1, 1956, and served until July 31, 1960, except while doing graduate study during the 1959-1960 school year.

Danguole Tan, a graduate student, assisted Walker from March 2 to May 31, 1957, and from September 17, 1957 to February 28, 1958. Margaret Ann Boren assisted from August 17, 1959 to August 15, 1960.

Meat Demonstrations—1956

The first meat selection and cutting demonstration was presented in 1956 with the assistance and cooperation of Professor David Mackintosh of the Department of Animal Husbandry.

In other years, Professor Merkle assisted with similar demonstrations. Representatives from the State Board of Agriculture and wholesalers also assisted from time to time.

Consumer Leaflets—1957

In 1957, a series of leaflets were prepared and published:

- Buying Pork for Health.
- Buying Citrus Fruits for Health.
- Buying Beef for Health.
- Buying Bread for Health.
- Buying Vegetables for Health.

Leaflets on availability and buying bargains were issued to give consumers timely information for reading reference. From 30,000 to 50,000 copies were distributed as each leaflet became available.

In 1959, timely leaflets began to be distributed from special racks in food markets. The plan received much support. Food market managers and observations indicated that few leaflets were wasted.

But the number needed to supply the public became so great that the practice was discontinued because of the lack of funds to continue the printing.

Training For Agents—1958

Agent-training was important in the Consumer Information project as few agents had received college training in the field.

In 1958, Professor R. L. D. Morse, Head of the Department of Family Economics, KSU, assisted with training 40 Extension Home Economics agents who had three or more years of experience.

Training was given other Home Demonstration Agents at appropriate times. The largest number of questions were on buying meat.

The presentation of Consumer Information at the District Outlook meetings was first reported in 1958 but was continued for many years.

In 1959, all Agents in the Northeast District were given training in the overall field of marketing during a two-day conference in Kansas City.

Consumer Information was a part of that training. Similar training was given the Agents in the Southeast

District in 1961.

Basic Communications Program—1958

The Consumer Information Specialist, in 1958, was selected as one of the four Specialists to take highly specialized training in Basic Communications. After training, the team of four conducted 16 four-day training sessions for Agents and Specialists.

Each year, for several years, one or more sessions were conducted to train new Extension personnel.

Specialist To Ag. Econ. Dept.—1961

On September 1, 1961, the Extension Consumer Information Specialist was transferred to the Department of Marketing and Utilization of Agricultural Products, and served with the other Extension Marketing Specialists.

In 1967 a survey was developed with the Kansas Cultural Arts Commission to determine educational opportunities for Kansans in cultural arts.

Cultural Arts—1967

The survey created further awareness of the interest in the aesthetics of Kansans and showed evidence that the on-going Extension Cultural Arts programs were leaving their effects.

In 1967, the program emphasized Kansas heritage. Programs in the 70's included:

Folk Music.

Heritage of American Hymns.

Celebrate the Bicentennial.

American Indian Heritage and Art.

Mexican American Heritage and Art.

The heritage of Kansas was also expressed in a statewide project of needlepoint tapestry celebrating the Bicentennial.

During 1976, each county created a 12-inch needlepoint square expressing their county's history. All squares were assembled into panels which are displayed in Heritage Hall at Rock Spring Ranch.

The Cultural Arts program from 1967 to 1988 evolved into a wide educational program which involved the remembrance of Kansas heritage, the recognition of the many forms of art including music, literature, painting, conservation, drama, and the development of art skills.

Genealogy, stained glass, and history of Kansas women and their dress were other popular programs offered to Kansas clientele.

The Kansas Extension Homemakers Council gave strong support to the program with state cultural arts chairpersons providing leadership with volunteers in presenting cultural arts programs.

Expanded Foods & Nutrition Education Program

New Federal Funds For Nutrition—1969

In 1969, the Expanded Food and Nutrition Education Program (EFNEP) was implemented in Kansas by Extension Service-USDA, with Section 32 funds.

In 1970, EFNEP was funded under the Smith-Lever Act; in 1977, under the Food and Agriculture Act, and in 1989, under the Agricultural and Food Act.

EFNEP was specifically designed to reach low income families, especially those with young children, to improve the quality of their diets and assist them in managing their food dollars.

EFNEP in 12 Counties—1969

During the first year, 1969, EFNEP was established in 12 Kansas counties.

The first program began in Sedgwick County, with five paraprofessional nutrition assistants trained to teach families in their homes on a one-to-one basis.

EFNEP was next expanded to Crawford, Miami, and Douglas counties.

At the close of the year, 1969, the program was also operative in Leavenworth, Linn, Riley, Saline, Finney, Seward, Ford, and Norton counties.

During the first year of the program in Kansas, EFNEP had a staff of 50 nutrition assistants who worked with a total of 1,028 families.

Under the supervision of County Extension Home Economists, the nutrition assistants helped families in areas of money management, credit use, food selection, and preparation.

The following statement appears in the 1969 Annual Report:

Progress of the Expanded Food and Nutrition Program seems slow. It is the hope of professional home economists in the program that families might be moved through the curriculum of this program and into other educational programs of Cooperative Extension.

However, this probably will take an intensive one or two year period of work with each participating family. Each family moves at its own pace.

Early Years of EFNEP—1970's

By 1972, EFNEP had been established in 21 Kansas counties. During that year, a major program review was conducted to identify program strengths and weaknesses and to develop plans to meet county needs more effectively. On the basis of the review, priority was given to the following objectives:

- 1) Recruitment of non-program families into EFNEP.
- 2) Working with youth.
- 3) Use of volunteers.
- 4) Provision of in-service training for EFNEP staff.
- 5) Development of educational materials and resources.

6) On-going program evaluation

During the 1970's, efforts were made to work cooperatively with other social agencies and organizations.

Nutrition assistants continued to work on a one-to-one basis with homemakers, but they also began to work with groups in schools, Head Start, family planning clinics, county welfare, public health, housing projects, and nursing programs.

Work with the Commodity Food Assistance and Food Stamp Programs was initiated in the early 1970's.

Over the years, EFNEP paraprofessionals were given a variety of titles—program and nutrition aides, assistants, sub professionals, and by 1988 nutrition assistants.

They were provided with ongoing training in the form of workshops, seminars, and conferences.

In the early years of EFNEP, many Extension Home Economics subject matter Specialists contributed to the development of the program.

Specialists provided in-service training and developed resource materials in nutrition, equipment, horticulture, money management, and family well-being.

Two EFNEP publications, *Homemaking Helps*, a nutrition newsletter for low income families written in both English and Spanish, and *Sunflower Express*, a leaflet for low income youth, were prepared and sent twice a month to EFNEP families.

Counties With EFNEP Programs—1969-88

In the first five years of the program, the number of EFNEP counties grew from 12 (1969) to 21 (1972). Then the number decreased to 17 (1974), 8 (1975), and 4 (1988).

During this time, EFNEP reached over 11,000 Kansas families and 24,000 Kansas youth ages 7 to 19.

Status of EFNEP In 1980's

Funding was an ongoing problem in EFNEP. Beginning in 1972, the funding for EFNEP was held at almost constant dollars.

Flat funding combined with the effects of inflation resulted in the loss of funds at a rate of 4-6 percent per year and the need for efforts to improve the cost effectiveness of the program.

In 1980, USDA provided funding for the Kansas Food Stamp project to determine the most cost-

effective methods for EFNEP to reach households receiving food stamps.

Also in 1980, USDA conducted a comprehensive evaluation of EFNEP to recommend changes in the target audience, the intervention approach, the funding formula, and methods for evaluation.

Results of these studies indicated that modifications in EFNEP could result in cost savings.

Recommendations for improving cost effectiveness included new methods for record keeping, recruiting, evaluation, and intervention. However, the evaluators did recommend that the traditional one-on-one teaching method be retained.

Crisis Year for EFNEP—1985

A crisis year for Kansas EFNEP was 1985. Three counties were removed from the program, and all nutrition assistants were put on lay-off status.

EFNEP depended to a great extent on volunteers for program delivery.

In 1986, EFNEP was re-established in four counties, providing an opportunity for a redefinition of the program.

Emphasis on group work and a new curriculum (Eating Right is Basic II) developed by Michigan State University provided a new focus in EFNEP.

By the end of 1988, EFNEP was operative in four Kansas counties (Shawnee, Wyandotte, Sedgwick, and Crawford).

Teaching Foods/Nutrition—1960's-80's

The staff included a State Specialist, four EFNEP County Home Economists, 23 Nutrition Assistants, and 310 volunteers.

In 1988, EFNEP reached 9,500 Kansas youth and a total of 2,246 homemakers (compared to 1,028 families 20 years ago).

Goals of EFNEP — 1988

In 1988, EFNEP was working toward the achievement of many of the same goals that were identified in 1972.

They were to reach low income families, especially those with young children, to improve the quality of their diets and assist them in managing their food dollars.

Additional goals included:

- 1) Reaching more non-English speaking homemakers
- 2) Placing greater emphasis on the United States Dietary Guidelines
- 3) Improving cost effectiveness through group teaching.
- 4) On-going cooperation collaboration with Food Stamp, Women, Infants and Children (WIC), and Commodity Food Agencies.

Foods and Nutrition

(Editor's Note: This historical summary of nutrition as a part of 4-H work was written by Ellen Batchelor and included here as background material.)

National Situation

Seaman Knapp started the first demonstrations as an educational technique on the Porter farm at Terrell, Texas, in 1903.

He organized Boy's Corn Clubs in Mississippi in 1907 and in Alabama in 1908. From these developed calf clubs, potato clubs, and pig clubs.

A. B. Graham organized the first Boy's and Girl's Club in Springfield, Clark County, Ohio, January 15, 1902. He later went to the United States Department of Agriculture to assist in the Federal Boys' and Girls' Club Work.

O. J. Kern of Rockford, Illinois, organized the next Boys' and Girls' Club, February 22, 1902.

A Miss Corner, a young teacher of a country school in South Carolina, organized the first Girls'

Club in the spring, 1910, for the purpose of growing their own tomatoes.

In three years, 30,000 girls were enrolled in 14 different states and a new profession was created—the Home Demonstration Agent.

The study of nutrition, dietetics, home management, and sanitation was stimulated.

Likewise was the invention and improvement of household conveniences, home canners, pressure cookers, fireless cookers, kitchen cabinets, and the hunt for labor-saving, time-saving, step-saving devices which have made the American kitchen the envy of housewives everywhere.

Mothers of girls were caught in their daughters' gardening and canning undertakings.

Egg grading was demonstrated, egg selling associations were started. Special touches in fine butter making and bread baking were next in order.

Kansas 4-H Situation

Otis Hall was appointed Boys' and Girls' Club Leader on September 1, 1914, and began the organization of Mother-Daughter Canning Clubs in Kansas.

L. C. Williams was appointed Assistant State Boys' and Girls' Club Leader on September 1, 1917. These two men worked together organizing project clubs for boys and girls of this state.

The girls had sewing clubs, garden clubs, and baking clubs as well as the famous Mother-Daughter Canning Clubs.

The first of the Mother-Daughter Canning Clubs in Kansas was organized in the Glenwood Community on the county line between Leavenworth and Wyandotte counties, with Mrs. J. M. Timmons as president.

The club was in existence in 1916. Soon the girls' club work was as varied, as welcome and as useful as the demonstration work for boys and men had become.

In 1920, Gertrude Warren (Federal Extension Service) argued with other Federal employees for "4-H Clubs" as a distinctive group while others wanted "Junior Extension Clubs."

By 1924, the work had officially acquired the name "4-H Club Work" by which it has since been known throughout the world.

In Wyandotte County Girls' Bread Clubs had been making war bread since 1917-1918 in Bethel and White Church communities.

In 1919, Bread Clubs were working in Anderson, Cherokee, Marshall, Meade, and Seward counties. Mother-Daughter Canning Clubs were functioning in practically all home demonstration agent counties.

There were such Agents in Anderson, Atchison, Chase, Cherokee, Lyon, McPherson, Marshall, Meade, Morris, Nemaha, Ness, Riley, Seward, Shawnee, Stevens, Washington and Wyandotte counties.

The Mother-Daughter Canning Club at Glenwood in Leavenworth and Wyandotte counties was still very much alive.

In Kansas City (Kansas) in 1919, Miss Gertrude Warren (Federal Extension Service) speaking at a National conference, emphasized the great cry was for the Canning Club, but the need was for a broader home economics program.

She suggested clothing conservation -garment making as a possibility.

Committees were appointed to prepare outlines for garment making, cooking and bread clubs. These outlines were offered to all states for their acceptance, rejection, or revision.

These and other homemaking activities had been conducted before in various regions. Miss Warren's idea was to make the experience of the few available to the many.

In working up their outlines, the committee followed certain criteria. The work should last throughout the year rather than coincide with the school year.

Two and three-year programs should be devised. No work should be planned beyond the ability of the girl to achieve. As far as possible, the tangible end result of any project should be a practical, useful article.

These leaders wisely decided that the program should be planned to please the girl, even though this might mean sacrificing completeness and logical order.

In other words, the objective was not a thorough going course in sewing or the art of baking, but rather a project or activity that would allow the girl to produce something useful in a relatively short time.

This type of thinking marked the difference between a voluntary program that must win the girl, and a school program that can compel work.

These committees of state leaders in girls' work did not disband after the Kansas City conference, but under Miss Warren's leadership continued to function in the years that followed.

In 1920, Atchison County had a Girls' Sewing Club at work, centering around Arlington, Kansas.

In 1922, Mother-Daughter Clubs were reported in Atchison, Leavenworth, McPherson, Marshall, and Shawnee counties. Miss Batchelor was certain some were working in Jefferson County.

Food for Health—1950's

Following World War II the primary emphasis given to the nutrition project was "food for health." Planning of all meals, with primary attention to breakfast, was included.

Basic nutrition was developed into a three or four-year program to thoroughly cover the subject matter, such as food values and calorie counting.

A survey in Barton County in 1951 indicated that more milk, eggs, and vegetables were being used by people in their diets. Low consumption of milk was very commonly noted among both children and adults.

In 1954, the Basic Seven was used widely as a basis for meal planning. Attention was also given to food for the aged. Diets for over-weight people

were emphasized. Some counties conducted weight-reducing contests.

School Lunches were given attention, to improve the lunches of school children by providing one hot dish and an opportunity to warm other dishes brought from home. That activity developed into a complete lunch prepared by employed help for all children in a school.

In 1950, the annual report of the Extension Nutrition Specialists stated that 132 schools were serving lunches to 72,159 children. The number increased to 817 schools serving 87,036 in 1952; and 1,096 schools serving over 125,000 children in 1956.

Extension Nutrition Specialists organized and conducted training schools for cooks and managers of school lunch programs, first mentioned in the 1950 annual report. In 1952, a three-day school was conducted for cooks and managers. In 1954, 40 one-day schools were conducted throughout the state.

In 1956, a three-day school was conducted at Kansas State University with emphasis on preparation of vegetables for the 230 persons attending. In one-day schools over the state, 1,644 other persons participated. Apparently by 1957, the school lunch training program had been transferred to the resident department of Institutional Management.

Food Preservation—1940's-50's

There was much emphasis on food preservation during the years following World War II. Garden crops were produced in abundance and there was a desire to provide food for the family at a low cost.

The annual Extension report for 1949 stated that in 71 counties reporting, 3,216 quarts of food were canned during the year.

That year the reports indicated an increased interest in freezing meat. Commercial food lockers had become common in many communities.

In 1952 it was reported that demonstrations were conducted over the state on the cutting and preparation of meat for the freezer. Home freezers were just becoming available.

Homemakers were finding that freezing a greater variety of foods was practical and provided a ready supply of food for use in emergencies. Canning had decreased to a substantial extent, replaced by freezing.

In 1953, special training schools were conducted to give Extension Home Demonstration Agents

instruction in freezing foods of all kinds, including baked food.

Pressure cooker gauge testers were owned by 74 counties.

New Kitchen Equipment—1940's-50's

Emphasis was given to new kitchen equipment during the late 1940's and early 1950's.

As copper and other materials to build electrical power lines became available in quantity after World War II, electricity from power lines was made available to almost every Kansas farm home.

Power line electricity provided opportunity for farm homes to install systems with water under pressure, electric ranges and refrigerators, food freezers, and numerous small electrical appliances.

Homemakers were given instruction in selection and buying such equipment and proper care for efficient use.

The use of a broiler for the preparation of food was a new cooking technique in which homemakers were interested and for which Extension Specialists gave instruction in the early 1950's.

Food Buying—1950's

Information and suggestions for food buying became a part of the instruction given by Extension Foods and Nutrition Specialists. It continued until the Extension Consumer Information project was established in 1952.

Leaders were trained in the value of the various meat cuts and how to prepare the cheaper cuts. The importance of reading the labels on packaged goods was emphasized.

Instruction was given in the specifications for the existing egg grades so egg buying could be done wisely.

Other interests during the 1950's included baking methods for home-made bread, master mixes as time-savers, outdoor meals, and buffet service.

In 1949, 11,066 4-H Club members were enrolled in the foods project; by 1963 that number had increased to 16,204.

During 1963, County Extension Home Economics Agents devoted 2,362 days to food preparation and selection, 674 days to food preservation, and 1,179 days to nutrition as such.

Foods Information Delivery—1960's-70's

Methods of delivery evolved in Extension food and nutrition programs also. Whereas the Extension Service had frequent access to television and

radio in the 60's and early 70's, this was no longer true after that time.

With the advent of deregulation in the communications industry, and competition from other organizations, the Cooperative Extension Service found it was more difficult to get Extension food and nutrition messages out to the public.

Perhaps the biggest change was in the sophistication of the information provided by the Cooperative Extension Service.

Consumers became more nutrition and health conscious as well as becoming very busy. They were also more knowledgeable.

Although the public was often fed slanted or misinformation through the media, in general, much of the information available to the public was more sophisticated than in previous times, and much of it reliable.

People were adopting healthier lifestyles in the 80's, including eating more nutritious diets. But, many young were becoming heavier, and adopting health-threatening food behaviors that might be detrimental to their health in later years.

To meet these challenges, the Cooperative Extension Service provided more comprehensive and in-depth programs than at any previous time.

Food Safety—1970's

Extension Foods and Nutrition programs have evolved over the years in response to economic, social, and physical health changes.

In the mid 1970's, there was a major emphasis on food safety. It continued through the 80's, with a changed emphasis from consumer concern about safe food preservation to concern about pesticides, safe water, and food additives.

Food Budgeting—1970's

During high inflation in the 70's, focus was on food budgeting and resource management because of rising food prices. People wanted to buy economically, yet meet nutritional needs.

Convenience of Food Preparation

Another aspect of food management education in Extension concerned convenience. By the end of 1988, microwave ovens were in 80 percent of U.S. homes.

This meant they were being used by most people for food preparation, including those in poverty.

Also, there was a tremendous increase in the purchase of ready-to-eat foods for home use as

well as an increase in eating out, particularly at fast food restaurants.

Nutrition by Age Groups—1975

Beginning about 1975, Extension had an active program of nutrition education for people of all ages and stages. One emphasis was maternal and child nutrition.

County Extension Agents and volunteers devoted considerable time to teaching nutrition to school-age children with a special emphasis on nutrition for youth in 4-H projects.

In 4-H and Youth work nutrition evolved from focusing only on the basic four foods to incorporating fitness and the dietary guidelines.

A small program on nutrition for athletes, particularly teenage athletes, was developed.

A major emphasis has been nutrition for the aging. Daisy Atkinson, Human Nutrition Specialist, did considerable work on nutrition for one or two person households.

She also devoted considerable amounts of time to osteoporosis, diabetes, weight control, and hypertension.

Seven Dietary Guidelines—1980's

Perhaps the biggest change was the adoption of the Seven Dietary Guidelines by the United States Department of Agriculture (USDA) and the United States Department of Health and Human Services (USHHS).

These guidelines were being implemented in the 80's in all Extension nutrition programs.

The guidelines related to the Federal Extension Program initiative. "Improving nutrition, diet and health."

Two related sub-initiatives were "diet, lifestyle and health" and "food safety, quality and composition."

Extension Nutrition Program—1980's

In the 80's, the major emphases in the nutrition program were on weight control and cardiovascular disease.

Many County Extension Home Economists have taught a 10-week weight control "New Dimensions" program and "Keeping on Track" weight maintenance program.

The cardiovascular risk reduction program encompasses both coronary heart disease and hypertension.

The foods program shifted away from home food preparation and home food preservation to:

- 1) Decision-making for good nutrition when eating away from home.
- 2) Family food decision-making and management to address needs of the two-income and/or single parent families, and "Time to Eat."
- 3) Food safety in a broad, multidisciplinary context as opposed to only a home food handling or home food preservations context. Program efforts included a "Residue Avoidance Project," which was a cooperative effort with agriculture and veterinary medicine—

funded by Food Safety and Inspection Service (FSIS)-USDA—and "Chemicals in Our Foods."

- 4) Issues about red meats—production methods, purchasing decisions, and nutritional value are subjects that are evident in programming materials.
- 5) Extension addressed some needs of individuals who wanted to start food related businesses. "Food for Profit" workshops were multi-disciplinary programming efforts with Community Development and regulatory agencies.

Family Life/Human Development

Family life was established as a project in the Kansas Extension Service with the employment of Vivian Briggs as Extension specialist January 1, 1946.

The Plan of Work provided for these subprojects:

- 1) Understanding Members of the Family.
- 2) The Family Plans Its Finance.
- 3) The Family's Place in the Community.
- 4) Family Plans for Enjoying Each Other.

The training-school and special-interest group topics used by the Extension Specialist during the first year of the program indicated the scope of the work. The topics included:

- Understanding the Family Members.
- Family Plans for Enjoying Each Other.
- Living Together.
- Your Child and His Habits.
- Habits That Make or Mar.
- Family Recreation.
- Being a Good Hostess.
- Human Behavior.
- Mental Health.

Program Emphasis—1940's-50's

Special attention was given young married couples and their new families. Many returning service men had not lived with their families during the war.

The people were reached through forums, study groups, and special interest groups. Ministers and church organizations began asking for the assistance of the Extension Specialist after they became acquainted with the new Extension program in Family Life.

The interest of parents soon developed in the area of child guidance, from the pre-school child through adolescence.

As a follow-up with parents participating in study groups, the Extension Specialist, Vivian Briggs, prepared and distributed a leaflet containing suggestions for parents. It went out monthly in 1947. A radio program over the University station, KSAC, was also given each month.

The work with parents continued through 1948, 1949 and 1950 with emphasis on youth, and understanding the emotional needs of the individual. Some work was conducted with 4-H Club members and older youth on personality adjustments for that age group.

Lesson topics for the home demonstration units included: Living Together in the Family, Guiding the Pre-school Child, Understanding and Guiding the Adolescent, and Getting Along With Others.

In 1950, the annual report of the Extension Family Life Specialist stated that 2,176 fathers and 6,124 mothers participated in the study forums for parents. Also, 15,219 families adopted one or more practices recommended for satisfactory family living.

In 1951 in Allen County, the lesson topic, "Understanding Family Members," was given to a husband and wife team from each unit and they relayed the information to their units at a family night meeting.

The influence of the Extension Family Life specialist was revealed in the 1952 report when she related the various organizations in which she had some responsibility in forming the annual conference program. Those included:

Kansas P.T.A. Family Life Workshop held at Emporia.

Human Dynamics Workshop held at Kansas State University.

Kansas Conference on Aging held at University of Kansas.

Kansas Council on Family Relations held at Salina.

Interdenominational Family Life Institute held at Pratt.

Student Wives Organization on the Kansas State University campus.

During the year, 890 persons attended public or semi-public meetings such as P.T.A., Woman's Clubs, or Civic Clubs addressed by the specialist.

In 1954, the areas of interest emphasized were indicated by the following lesson topics:

You and Your Family.

Guiding the Pre-school Child.

The Child and His Middle Years - 6 to 12.

Your Teen-Ager.

Understanding Ourselves.

Your Mental Health.

Looking Ahead to the Later Years.

Dissemination of information was continued through leader-training meetings, public meetings, special interest groups and by reading suggested books.

Family Life Research—1956-57

During the 1956-57 school year, Vivian Briggs was on sabbatical leave to study family living and do specific research on parent-adolescent relationships in the Middle-East.

That study was made possible by the Specialist's appointment as a visiting professor at the Beirut College for Women in Beirut, Lebanon. Through the faculty and students, Vivian Briggs was able to make contact with many families and to visit in their homes.

The results of the research were compared with the results of a study of parent-adolescent relationships in Kansas which Vivian Briggs made in 1952. There were some interesting and surprising facts brought out in the two studies.

Family Life Specialist—1958

On September 8, 1958, a second Extension Specialist was appointed to assist with the Family Life program, Laurence Lang II. Lang came to Kansas from New York City where he had been affiliated with churches.

Being new to Kansas he took considerable time to become familiar with the state and the people, and to organize a program to develop Family Life on a community basis by conducting study groups of men and women as well as older youth.

Lang was also to correlate efforts with Vivian Briggs in work with the Parent-Teacher Associations, the Kansas Council for Children and Youth, the Kansas Family Life Association, and the Kansas Mental Health Association.

Family Life Publications—1958

In 1958, the Family Life program was further strengthened by providing a list of suggested books and pamphlets relating to the various phases of the program. Some of those were:

For You and Your Family - Mental Health.

Too Young to Marry.

Building Your Marriage.

With the Family.

The Gentle House.

Room for One More.

The Happy Family.

Family Relationships.

Guiding the Pre-school Child - A Healthy Personality for Your Child.

Your Child From One to Six.

Some Special Problems of Children.

Aggressiveness in Children Understanding Your Young Child.

Pledge to Children.

My Child and Me.

How Do You Rate as a Parent.

Child Behavior.

Many other publications were made available for the other phases of the Family Life program.

Scope of FL Program—1959

In 1959, 4,172 persons reported that they had read one or more of the selected books, and 3,470 leaders had collected other supplementary materials for use in helping their neighbors with concerns on child development and human behavior.

The 1959 report further stated that 44,553 contacts concerning family life were made individually or through meetings in 99 counties, and 22,203 families not enrolled in the Extension Service groups were reached directly by leaders trained by the Extension specialist.

Teen-Ager Program—1959

The need for a program for teen-agers was stressed in a statement prepared by a group of leaders in Sumner County in 1959. The statement read:

We hear much today about teen problems. Times are changing so fast that each generation lives in a world that is only partially known to the one that precedes it or the one that follows.

Understanding these shifts, what they are, what they mean, and how they affect the thinking and behavior of the people who live through them is one span in bridging the generations today.

Tomorrow's world will depend a great extent upon our ability to solve transitional problems of one generation to another. It is a challenge that faces us all, not just the parents of young people.

Teen-ager situations and programs were considered and reported in 1960. Panels composed of adults, parents of teen-agers, and teen-agers were selected carefully for appearances before groups of adults and teen-agers to discuss situations and opportunities among members of the groups.

The discussions were free and constructive with mutual understanding resulting. Teen-agers involved asked for additional meetings of the nature mentioned.

In some counties, questionnaires and surveys were used to stimulate discussion. The benefits of such panel discussions included a dissolution of misunderstandings, increased confidence, and improved personal relationships.

Mental Health—1950's

The Extension Mental Health Program for the State of Kansas increased in quality greatly during the 1950's.

The report of the Extension Family Life Specialists for 1959 contained the following:

The Extension Family Life project (in Kansas) was started January 1, 1946. At that time the mental health program in Kansas was at a low ebb.

The facilities and trained personnel were entirely inadequate with the result that Kansas' mentally ill citizens received little more than custodial care.

As the Specialist traveled over the state, she found the people uninformed and many unaware of the situation.

As the people studied and learned that with adequate facilities and trained personnel, a high

percentage of the people suffering mental illness could be helped to return to normal living.

Public opinion and attitudes toward those who are mentally ill needed to be changed.

As the Home Demonstration Unit members studied to understand the situation and to recognize the need for change they started a campaign. They wrote and called upon their legislators. Some even wrote directly to the Governor.

They made so great an impact with their efforts that Dr. Warren, then director of the division of Mental Hygiene, Kansas State Board of Health, publicly commended the Specialist for her work in educating the people.

The activities of the Home Demonstration Unit members and other groups did considerable to start Kansas toward the place it now holds in its facilities and care of the mentally ill.

It has reached a place near the top in the United States. Other states and even other countries come to Kansas for assistance and guidance.

Family and Community—1958

Place in the Community, was given special emphasis with the appointment of the second specialist in 1958. A program was designed around the statement, "The strength of the community lies in the strength of the families which make up the community."

Subject matter included information on family responsibility to the community and community responsibility to all the people living in it.

The material was prepared in four sections:

- 1) The Family and the Home.
- 2) The Family and the Church.
- 3) The Family and the School.
- 4) The Community's Responsibility.

Study groups in a community were divided into four groups, each assigned one of the subdivisions mentioned. After an hour of discussion, the entire group assembled to hear reports from each division.

Further action needed was determined from the situations revealed by the discussion groups. Agents were trained in that procedure in order that a maximum number of communities could be reached.

Children and Mass Media—1960

Radio-Television and Your Family was a discussion topic introduced into the Family Life program in 1960. Studies were made of the listening and viewing habits of the children and the resultant effects.

It was emphasized that the family, not the radio or television, could be in control. Suggestions were offered on how to handle the situation.

Young Adults Program—1961

"The Young Adult" was added as another phase of the Family Life Program in 1961. Discussions concerning the young adult dealt with the selection of a career, the characteristics of a successful marriage and the important decisions to be made, relationships to one's Church and its importance, and the young adult's place in the community. The young adult discussions were conducted in those counties that had active programs with young families.

Family Life Developments—1946-64

The Family Life Program continued from the beginning of the project in 1946 through 1964, without a major revision of the original plan of work. Additions were made to meet changing situations, especially those relating to older youth and young families.

Laurence Lang resigned June 30, 1963. Deborah Hobble was appointed as Extension Specialist on September 1, 1963. She gave particular consideration to child development and the young families. The 1963 report of the Extension Specialists indicated the following program emphasis areas at that time:

- 1) The Pre-school Child.
- 2) The School-age Child.
- 3) Teenager.
- 4) Understanding One's Self and Others.
- 5) The Later Years.
- 6) Emotional and Mental Health.
- 7) Young Homemakers Programs.

Young Mothers Shortcourse—1965

In continuance with work already begun by previous Extension Human Development and Family Life Specialists, a short course was offered in 1965, to help women deal with emotional growth and communication.

This program continued to expand in 1966, as human development began to attract audiences consisting of pre-school mothers.

The non-credit course offered at that time consisted of topics dealing with the ages and stages of development of young children, and their parents. This program continued to broaden in 1968, to include a home study course consisting of six lessons dealing with child development.

Parenting Children—1970's

Parenting was still an important issue in the next decade of work in human development, the 1970's.

Pre-school and school age study lessons were provided to guide parents in their child's development.

Senior Citizen Clubs

Interest in organizing senior citizens clubs grew rapidly. Extension Human Development Specialists helped Kansans gain new insights in helping the state's elderly population.

Drugs and Sex Education

Drugs and sex education questions gave rise to a growing need for information on those topics. A program on "Family Living" was presented on WIBW-TV, Topeka.

Grandparenting—1972

In 1972, lessons on grandparenthood were generated as well as three-year camp counselor training program.

Parenting Older Youth

The previously trained parents of the earlier pre-school aged children were now facing new questions in dealing with their older youth.

Extension Human Development and Family Life Specialists worked to aid those parents as well as to provide new information on day care for working parents.

Kansas Forum on Families—1977

In 1977, Robert Jackson worked with other Extension Specialists to initiate a Kansas Forum on Families.

These 11 regional forums dealt with the importance of the family's role in strengthening relationships.

The forums identified problems in families which included stress, time management, and death education.

Family Awareness Week—1978

The emphasis on families continued in 1978, with "Family Awareness Week" along with a focus on the "Year of the Family."

Charles Smith, Extension Human Development Specialist, distributed new publications on discipline and guidance.

He joined with Bob Jackson to make available a publication on children's toys.

The Governor's Conference on Aging was held that same year.

Conference on Families—1979

Awareness of the family's importance grew as the Cooperative Extension Service and the College of Home Economics at Kansas State University sponsored a "Conference on Families" in June, 1979.

Michael Martin began working with new and expectant parents with the distribution of a monthly newsletter entitled *Pierre the Pelican*.

He distributed a series of videotapes entitled "Footsteps," which dealt with different problems and aspects of parenthood.

He also distributed material on child abuse and neglect.

Butterberry Hill Puppet Show—1979

In conjunction with Zoe Slinkman, Cultural Arts Specialist, Charles Smith worked to present a monthly puppetry television show on KTSB, the NBC affiliate for Topeka, titled "Butterberry Hill."

The program focused on intergenerational relationships.

Family Issues—1980's

Upon entering the 1980's, Extension Human Development Specialists faced growing problems with family life, television's effects on children, dual career families, and stress.

Role of the Father—1980's

Because of the continued growth of dual career families, fathers were now taking a more active role in child care than ever before.

A publication entitled "Father's Care" was distributed to help fathers understand their newly adjusting roles.

Children's Literature—1981

Charles Smith introduced children's literature as an important component in a child's learning and in dealing with relationships.

He began this program in 1981, with the "Once Upon a Mind" handbook listing 250 children's books.

This program was further expanded upon subsequent years with a three year addition to the handbook in the forms of a quarterly newsletter, a slide set, and an notebook for program leaders.

Intergenerational Relationships—1982-85

He also continued his work with intergenerational relationships including new publications on "Genera-

tions Together," "Grandletters," and "Grandparenting: A Gift for Generations."

Stress in the Family—Mid 1980's

Stress and its effects became a critical issue, especially in view of the growing financial problems experienced by rural farm families.

New publications and programs were developed to meet the needs of farm families.

These programs included a publication series entitled "Stress on the Farm," a home study course, "Friends indeed," and a satellite video broadcast, "Heartache in the Heartland."

Human development and family life professionals met in 1986-88 at the "Working with Families Conference," whose topics centered on stress and its related problems.

Family Closeness

Bringing families together remained the emphasis in the 80's and programs and publications were produced giving families help in finding more quality time together.

Information to help parents find ways to communicate with their teenagers was made available.

Better child care continued to be a concern, and that need was met in the funding of the Kansas Child Care Training Opportunities (KCCTO) grant.

Elder Care

Kathryn Beckham filled a growing need for information on elder care with a program prepared by Burton Halpert of the University of Missouri-Kansas City, entitled "Volunteer Information Provider Program" (VIPP).

This program trained volunteer in elder care in which they could use their skills to help trained professionals in their role of elder care providers.

Retirement

Kathryn Beckham also addressed retirement. Information was developed for Kansans regarding the aging process and its problems, entitled "The Second Half of Life: Growing Older."

Self-Esteem and Marital Enrichment

As the 80's began to draw to a close, the issues being addressed were self-esteem and marital enrichment.

Charles Smith helped fill the needs of children in Kansas to have better self-esteem by the distribution of "I'm Positive: Growing Up With Self-Esteem" materials.

Other Family Life Programs

Professionals who work with young children could receive a bimonthly newsletter called Cornerstones, created by Charles Smith and Extension Assistant Debbie Norris.

Two Extension Assistants, Theresa Russo and Lisa Lichlyter, were involved in continuing Kathryn Beckham's ongoing program.

Russo prepared a leader's guide on Choice Not Chance: Enhancing Your Marital Relationship, and Lichlyter assisted with the Volunteer Information Providers Program and other aging information.

Both Assistants prepared a tabloid newspaper to celebrate National Family Life Month in November, 1988. Extension Agents distributed the tabloid to families.

Family Economics/Management

Home Management in Extension had its beginning during World War I when all thinking and activities were war directed.

The home economics report for July 1, 1918 to June 30, 1919 included this statement:

The various war activities and the insistent demand for financing them showed a lamentable weakness in the business side of housekeeping; consequently, thrift campaigns were organized and a special project in household management dealing with household finances was developed.

In connection with that program, talks were also given on labor and time-saving devices and plans. These proved to be very successful forms of Extension work.

For a long time it has been apparent that the average American housewife was not conducting her household with any degree of business efficiency.

A campaign was and is sadly needed on the business side of housekeeping. The department has attempted to meet this need by a campaign for keeping household records of some kind.

The campaign was carried on by means of conferences with County Agents at which plans for meetings and demonstrations were made and some follow-up work planned for, a part of which consisted of the distribution to those interested of a simply made card index file with a sample budget and cards for totals.

During the month of July, a series of lectures and demonstrations on the subject was given before the school for rural pastors at Baker University where these community leaders were shown the possibilities of carrying on some extensive work in their communities.

Planning Household Finances—1918

The need for planning household finances was further shown in the same report when a campaign was started on fuel-saving devices. Lassie Lane, Extension Specialist in Extension Schools, featured

pressure cookers, Toledo cookers, and fireless cookers.

Through some of the County Extension Home Demonstration offices, studies in the use of various equipment were made and exhibits prepared to show the possibilities of equipping a kitchen with modern conveniences.

The next report giving information on household management covered the period from 1919 to 1921. That report stated that the goals to be attained for the household management project were:

- 1) To obtain a better mastery of the problems of household finances by budgeting, keeping a record of home expenses, and correlating the two.
- 2) Making housekeeping easier by arranging and selecting equipment.
- 3) Making the home more attractive by selecting and refinishing furniture.

Harriett Allard was employed as Extension Specialist in "Domestic Science," September 1, 1917. Apparently she was transferred to Instructor or Extension Specialist in Household Economics prior to November 7, 1921.

However, in correspondence dated April 12, 1931, she is mentioned as Specialist in Household Management. Harriett Allard was the first Extension Specialist in the area of Home Management.

The 1922 Dean and Director's report of Harry J. C. Umberger gave the plan of work for Household Management to include:

- 1) Home equipment, including power machinery, and methods of management in the home
 - a. Efficiency methods and equipment.
 - b. Cooking and equipment.
 - c. Cleaning and laundering.
 - d. Refrigeration.

- 2) Home furnishings and decorations including refinishing of wood and furniture
 - a. Color schemes and decoration in the home.
 - b. Refinishing and made over furniture.
 - c. Floor coverings and draperies
- 3) Household accounts, including home budgets
 - a. Explanation of household accounts; use of account book; income sheets and family budgets.
 - b. Savings and investments with a study of the summaries, both monthly and yearly.
 - c. The division of the food and clothing accounts in the budget.
 - d. The operating and general accounts with these budgets.

Each of the subheadings in the outline was the basis for a lesson for leader training and for presentation in the home demonstration units.

In 1922, the Extension Specialist, Harriett Allard, reported only nine leaders trained in the project but the number increased rapidly with 46 in 1923 and 249 in 1924.

The training of leaders was highly justified by Harriett Allard, in 1924, when she said:

Local leaders have developed individual women until they find themselves something more than a household drudge.

During 1922, the Household Management project was carried to six counties by community meetings, 11 by regular project work, 12 by judging at fairs, and seven by Extension Schools and Institutes.

As a result of that effort, the following accomplishments were recorded in the Director's report:

Modern conveniences installed:

- 86 power plants.
- 87 water systems.
- 7 sewer systems.
- 13 heating systems.
- 21 lighting systems.

Homes constructing or purchasing:

- 82 electric irons.
- 84 vacuum cleaners.
- 102 fireless cookers.

- 10 refrigerators
- 97 washing machines
- 112 pressure cookers
- 175 pieces of small kitchen equipment
- 45 homes remodeled
- 60 homes redecorated
- 60 homes refinishing furniture
- 24 homes keeping household accounts

Twenty-five club girls completed their "Own Your Own Room" demonstrations.

Home Accounts—1924

Accomplishments in home accounts programs were first reported in 1924. I. N. Chapman, Farm Management Demonstrator, organized 41 farm account clubs.

The Extension Household Management Specialist prepared 12 papers on home account subjects, and also a simple home account book which was revised the following year.

In 1925, 12 home account books were sent to the Extension Specialist to be summarized. The Extension Specialist position in home management was vacant during the first half of 1926 so there was an interruption in the program.

In 1927, however, home account work was again emphasized with the appointment of May Miles as Extension Specialist. The program was conducted cooperatively with the Extension Farm Management Specialist.

In 1928, 50 home account books were summarized by the Specialist. Leaders were used for a short time in home account work but dropped as not being suitable for that kind of work. It was conducted on an individual basis; except for work with the farm management associations which were first organized in 1930.

Family and Its Business

"The Family and Its Business" was under the leadership of Gladys Myers from August 15, 1939 to December 31, 1961, when she retired.

Elinor Anderson was appointed as Specialist in that field. As previously indicated, the early work in this area was with home accounts.

In 1944, 12,000 Kansas Farm and Household Account Books were printed as a record book that would be simple and easy to keep. A uniform book for summarization and research purposes was also desirable.

In 1946, 20,000 more books were printed; 5,000

more in 1948 and 30,000 in 1950 and 1951.

The 1949 report made by the Extension Specialist gave these accomplishments:

- 3,898 Families assisted with home accounts
- 3,333 Families assisted with financial planning.
- 4,608 Families assisted in using timely economics information to make adjustments in family living.

In 1950, a publication, *You Can Work It Out Together* was prepared by the Extension Specialist, Gladys Myers, for use in training leaders and for general distribution. The title indicated the nature of the work done in that field.

Agents, and leaders, with the assistance of the Specialist, became interested in joint bank accounts, property titles, and similar subjects.

In 1953, the Specialist reported 13,254 families had received help in financial planning. Some consumer education was included with financial planning with families.

By 1955, training by the Extension Specialist included the idea of a "business center" in the home, a place to keep all farm and family records.

Agent and leader training included Business Transactions, Social Security and Old Age Assistance, Life Insurance, Outlook, and the financial phases of the Balanced Farming and Family Living program.

The 1956 report included accomplishments in an understanding of wills, Kansas laws of descent and distribution of an estate, the wise use of credit, and information from the summaries of the home accounts kept by the members of the farm management associations.

The nature of the program in "The Family and Its Business" is indicated by a summary of accomplishments in the 1956 report which included:

- 1,838 Voluntary leaders.
- 25,934 Persons contacted through home demonstration units.
- 18,809 Persons reached outside of the units
- 68,280 Homemakers assisted by Specialists, Agents or leaders to adopt one or more recommended practices.
- 17,534 Assisted with rural outlook information.
- 19,719 Homemakers assisted with family financial planning.
- 10,982 Families assisted with family legal matters.

- 4,139 Families established a family council.
- 4,449 Families established an allowance system with their children.
- 3,615 Families operated on a budget system.
- 3,358 Families kept a household inventory.
- 2,804 Families made a net worth financial statement.
- 6,217 Families maintained a life insurance record.
- 2,333 Families improved a home business center.
- 2,034 Families prepared an investment record.
- 3,182 Families improved a filing system for business records.
- 2,401 Families considered the need for a will.
- 6,907 Families established joint bank accounts with the right of survivorship.
- 4,052 Families checked the nature of their property titles.
- 5,907 Families checked their insurance policies.
- 3,033 Families checked the cost of the credit being used.
- 9,057 Checked their Social Security records.
- 1,157 4-H Club members kept a record of their personal expenses.

In 1957, the Extension Specialist in Farm Management prepared and presented a series of 12 radio talks on the subject, "Money Matters."

The financial problems of older citizens were included in the 1959 program as was "Estate Planning" and "Investments."

Four widely used publications were prepared during 1961 by the Specialist with the cooperation of other interested parties.

The other parties presented leader-training material to a group in their counties with unexpected acceptance. They then agreed to assist publications on:

Planning a Will - by the Specialist.

Death and Taxes are Certain - by Harold Lewis, Scott City.

Planning for Care and Support of Orphans - by John Eland, Hoxie.

Guide for an Executor - by E. G. Clapp, Jr.

Lewis and Eland were attorneys. Clapp prepared the material as a part of the requirements for a master's

degree in Business Administration.

Home Management Project—1949

By 1949, the Home Management project had been organized into three subprojects:

- 1) The Family and Its Homemaking - Vera Ellithorpe, Specialist.
- 2) The Family and Its Business - Gladys Myers, Specialist.
- 3) The Family and Its Efficiency - Ethel W. Self, Specialist.

"The Family and Its Homemaking" was devoted largely to housing and some public building work. The annual report for 1949 gave the following accomplishments:

- 9,019 Families made improvements in kitchens and storage.
- 2,780 Families in 91 counties installed water systems.
- 1,265 Families in 48 counties insulated the house.
- 2,188 Families in 76 counties installed heating systems.
- 1,943 Families in 56 counties planned bathrooms.
- 1,786 4-H members were enrolled in room improvement.

Home Management Program—1963

By 1963, the new Extension Specialist, Elinor Anderson, had taken the leadership in the "Family and Its Business," and was giving emphasis to the following phases:

- 1) Financial Management -
Understand the resources managed by the family; establish goals and aspirations; plan for a college education for the children; understand family life cycles and the varying financial demands; understand the use of credit; prepare for emergencies; and understand the decision making process.
- 2) Financial Security -
Included the risk or hazards as threats to security; various forms of insurance and investments; Social Security benefits; and the awareness of inflation.
- 3) Pre-planning for Retirement -
Census data revealed the nature of the population; employment or lack of employment of older persons; the need for purposeful activity; financial security; estimating retirement income; understanding retirement needs (financial); assets and estimated income from investments;

and protection against ill health.

4) Consumer Credit -

Included the importance of credit in money management; kind and cost of different sources of credit; the legal aspects of credit; justifiable use of credit; the use or need for mortgages and promissory notes; credit agencies including credit unions; and possible recourse by the lender in case of non-payment of loans when due.

All activities in the money management area were enthusiastically received by leaders, Agents, and the individuals and families who had an opportunity to study in those areas.

Efficiency in the Family

"The Family and Its Efficiency" was under the leadership of Ethel Self, beginning January 1, 1946, to her retirement January 31, 1969. In her report for 1949, Self gave these accomplishments:

- 6,855 Families in 56 counties rearranged small equipment.
- 3,490 Families in 54 counties rearranged large equipment.
- 4,472 Families in 34 counties eliminated unessentials.
- 4,742 Families in 32 counties simplified at least two essential tasks

The practices mentioned indicated the nature of this phase of the home management project.

An expansion of the work was revealed in the 1953 report with 6,731 families improving their lighting condition; 6,712 rearranging equipment and supplies to save steps; 5,584 families studying and making better use of their body mechanics; and 6,725 families developing easier ways to do certain tasks.

Repair of small equipment was included in the project program in 1954 as were kitchen tools and utensils, gas and electrical equipment, lighting, laundering and ironing methods, and cleaning methods.

In 1956, the units of the project on which the Extension Specialist gave assistance were listed as: Living on 24 Hours; The General Laundry: Ironing Problems; ABC's of Keeping a Neat Clean House; Lighting for Eye Comfort; Selection and Care of Equipment; and Simple Equipment Repairs.

The subject matter of the project was varied through the years as program planning in the counties revealed different situations in which the homemakers desired some assistance, and the newer information made available by research.

During 1956, special attention was given to training Extension Home Economics Agents so they could more effectively give assistance to the homemakers of their counties.

As an example of new information available, new laundry methods included water temperatures and hardness, softeners, soaps, sundets, methods of stain removal, and special laundry problems.

Work Simplification Emphasis—1958

Work simplification principles were continued as a part of the home management efficiency program. The 1958 report contained this statement by the Specialist:

Since more and more women are taking active interest in outside activities along with their homemaking responsibilities, more have developed keener interest in studying more efficient methods of management in their homes.

They want to know how to eliminate the fatigue factors from the necessary routine housework.

The objectives were to:

- 1) Evaluate the income away from home and its problems with the value of the homemaker's time at home.
- 2) Gain greater knowledge of principles involved in the use of tools, equipment and work areas.
- 3) Use principles that assist the worker in better handling of supplies.
- 4) Improve the family work plan.
- 5) Use better body mechanics while performing tasks.

In 1958, the work in equipment repair was confined largely to the repair of lamp cords and the sharpening of cutlery.

By training leaders with demonstrations and the leaders in turn helping others, 23,032 families in 61 counties were assisted with the selection, care and use of equipment; 4,460 with cutlery.

The Extension Specialist prepared an excellent series of leaflets on selection of large and small equipment, laundry materials and methods, lighting, household cleaning, and work simplification.

Some of the material was revised each year due to the rapid change in situations, such as the new detergents at that time.

Radio and television were used to convey information to the public through those mass media.

Information concerning the new materials used in utensil manufacture was prepared in written form to be used in training Agents and leaders as well as for hand-out material at other meetings.

More than 13,000 pieces of printed material was distributed by the Specialist as she met with leaders and homemakers in 1958.

Extension Programs—1980's

Three Extension programs developed in the mid 80's were:

- 1) "Make Your Voice Count: Citizen Involvement in Public Policy"—was a program that provided information on methods of analyzing issues and expressing views to public decision-makers.
- 2) "Current Issues in Consumer Credit" — provided information on obtaining credit and in laws and regulations pertaining to consumer credit.
- 3) The "Family Community Leadership" (FCL)—program was a major new interdisciplinary program co-sponsored by Extension and the Kansas Extension Homemakers Council with funding from a W. K. Kellogg Foundation grant.

The FCL program was designed to improve individual leadership skills, encourage increased participation in public decision-making opportunities, and strengthen the educational system. This was done by:

- 1) Broadening awareness and understanding of public policy choices and improving skills in analyzing and resolving policy issues.
- 2) Increasing the effective participation of many community residents, particularly women and others who traditionally have not been involved actively in policy choices affecting family, economic, and community life.
- 3) Strengthening organizations and educational support systems for individuals and groups involved in addressing public issues.

Special features included team teaching by volunteers and staff; joint planning, consensus decision making, and learning by doing.

Public Policy Education—1983-88

One of the major developments in the Family Economics field from 1983-1988 was a gradual expansion to include the areas of public policy education and leadership development.

Public policy and legal issues had affected people's decisions in consumer economics and family financial management for many years. The growing role of

government intensified this influence.

Public policy Extension education was a process aimed at helping citizens clarify public issues, explore the alternatives and consequences of various policy choices, and develop the skills to transmit their opinions and to effect change.

Family Community Leadership (FCL) —1988

In 1988, Kansas had 52 certified trainers with programming under way in 24 counties.

Audiences included a wide variety of people and organizations—day care providers, a ministerial alliance, an individual church group, county economic development committees, Jr. Chambers of Commerce, civic and service clubs.

Extension organizations actively involved in the FCL program included: Extension Homemakers, 4-H members and leaders, community PRIDE groups, and program development committees.

Health

The Health Project was established in 1917 as part of the development of KSAC President Anderson's long-time project for better living in farm homes, his plan to lighten women's labor, and make farm life pleasant and attractive as well as profitable.

Only four Extension Specialists had worked in the project up to 1965. They were:

Eula B. Butzerin, 1917-1918

Laura I. Winter, 1918-1919

W. Pearl Martin, 1919-1946

Martha Brill, 1946-1964

The Health Project was first designated as Home Nursing. In 1924, the name was changed to Home Health and Sanitation, and in 1953, to Health.

Health Teaching Methods

Methods for reaching people with the project used by the first Extension Specialists were to meet the farm women of a community in a centrally located home and spend the day discussing their most pressing needs in health.

As much teaching as time would permit was given to the subjects of disease, its cause, care of children in sickness, and first aid.

In 1917, Eula Butzerin followed the Kansas State Agricultural College Chautauqua program for seven weeks.

When the Chautauqua circuit was completed, she participated in Extension classes, institutes, fairs and other events where large numbers of people gathered. Health interest was high during World War I.

Laura Winter worked on a schedule of ten days in a county with lessons planned in a series of five. She also attended institutes and gave lessons in home nursing to a group of home economics seniors on the campus.

Owing to the extreme importance of thorough knowledge and absolute accuracy in dealing with medicines and with life and death situations, the use of local or district leaders was deferred until 1923.

Sanitation was added as a phase of the health project at that time. Parental education and child welfare was added in 1933.

Pre-School Health Conferences—1922

Pre-school Child Health Conferences were started in 1922. Doctors were working overtime on their own practices, and some doctors did not approve of free clinics. As a result medical aid was difficult to secure for the conferences.

However, cooperation with the State Board of Health and an occasional doctor made the County Pre-school Child Health Conferences possible.

For example, in Ness County, in 1922, the Extension Health Specialist had the cooperation of the nutrition specialist, Luella Sherman, and Dr. Mabelle True from the State Board of Health.

That group found it impossible to weigh, measure, and examine all children brought to the conference. It became necessary to limit examinations to children under five years of age.

By the end of the week in Ness County, ten conferences had been held, eleven communities had been visited, 858 persons had viewed the films "Out of the Shadows" and "The Four M's in Milk," 24 talks had been given, 149 children had been examined and conferences had been held with more than 100 parents.

The conferences revealed that few children had sufficient milk. Poor posture, protruding shoulder blades, unbrushed teeth, cavities in teeth, and enlarged tonsils were found.

Mothers lacked knowledge of how to properly clothe children and had no regular bedtime for them.

Girls' Health Clubs—1922

Health Clubs For Girls were initiated by W. Pearl Martin, Health Specialist, in 1922 in Walnut, Crawford County. Interest spread rapidly to other counties and seven other clubs were organized.

The objectives were for the girls to improve their health and food habits in a specified time.

Girls were given breathing exercises and exercises to improve their posture. Health charts were provided by the Extension Health Specialist on which the girls could record their improvement. Domestic Science teachers in high schools and school nurses helped with the program.

By the end of 1923, Girls Health Clubs had been organized in Crawford, Clay, Jefferson, Linn, and Wyandotte counties. The clubs were then transferred to the 4-H Club Department for direction and supervision.

Cleanup Campaigns—1922

Backyard Cleanup Campaigns began in Jefferson County in 1922. The purpose was eradication of filth in all forms—destroying the breeding places of flies, mosquitoes, rodents, and other vermin. Tin cans were taken away and outbuildings were put in order and purified. Landscaping of front and back yards resulted from the campaign. The effect of the cleanup campaigns carried through many years.

Mothers Vacation Camps—1925

About 1925, camps for mothers were started, with one in Rice County, but organized by the women in Reno County under the leadership of Maude Finley, Millinery Specialist, and Edith Holmberg, Extension Home Demonstration Agent

The three-day program consisted of tie-dying and making of handkerchiefs, book reviews, flag etiquette, singing, games, campfire periods, readings, story telling, posture, first aid, hikes, and music appreciation. The last day was "reception day" for the husbands and children.

The idea of Mothers' Camps spread. By 1937, 31 counties conducted the Mothers Camps with 486 women participating. One result was stimulation for farm families to take planned vacations when time and money were available.

Play Days For Women—1931

Play Day for rural women originated in Sedgwick County. In 1931, the Extension Health Specialist,

Pearl Martin, had finished a training meeting at the W. M. Reece farm home.

At the close of the meeting the Specialist remarked to Mrs. Reece, "This would be an ideal place for a play day on the first of May next year."

Mrs. Reece extended an invitation, and the following year, 1932, a county-wide meeting in Home Health, Sanitation, and Recreation, with leaders from six surrounding counties, was held at the Reece farm home.

Build Home Showers—1932

Home-made showers were one of the outstanding campaigns for sanitation in 1932. A bucket or barrel was mounted in a frame or tree and a small hose with spray nozzle attached.

At harvest time and during the summer months the men on the farm realized the value of this device. Many counties reported more than 100 showers made and used.

Youth Health Contests

Health Contests in 4-H Club Work were an outgrowth of the first health clubs organized by the Extension Health Specialist and later turned over to the 4-H Club Department.

Health contests were usually conducted on a county basis with the cooperation of doctors, school or county nurses, and the County Extension Agents.

Gladys Vander Stelt from Wakefield, Clay County, was the first member of a Health Club to be recognized as a state winner in the health contest.

The Extension Home Demonstration Agent in Clay County made the following statement in her annual report for 1924:

The Health Club organized at Wakefield is progressing nicely. The work has been extended to grade school pupils.

The children of the various grades are weighed and measured once each week. The leader gives the children talks on food and health habits.

Gladys Vander Stelt, a member of the Health Club won first place in the health contest held at the 4-H Roundup at Manhattan.

Gladys scored 99.2 percent. She will be given a trip to Chicago to the International Livestock Exposition and will represent Kansas in the national health contest at that time.

Health contests continued through the years and became an important factor in improved health among 4-H Club members particularly.

Health Programs for Youth—1930's

4-H Club Programs included health activities beginning in the early 1930's. Health talks by club members at club meetings provided training for other members, parents and leaders.

Health demonstrations provided training and instruction for the groups to whom the demonstrations were given. In 1949, 5,395 health talks and demonstrations were prepared and presented by 4-H Club members.

A State Health Camp, provided the Extension Health Specialist with an opportunity to train many young leaders for the health program.

In 1960, the program at the State Health Camp included:

- Careers in Health.
- First Aid.
- Good Grooming.
- Safety.
- Fire Prevention.
- Water Safety.
- Outdoor Cookery.

Mental health phases were added to the health program for 4-H Club members and leaders.

A 4-H Club health program was illustrated by the state winning program of the Up-And-Atom 4-H Club in Finney County in 1957. It was reported by the Extension Health Specialist in her 1958 annual report.

The program included:

- 1) Keep a Health Library:
 - a) For health talks and demonstrations
 - b) For radio programs
 - c) For other organizations to use
- 2) Where Material May be Found:
 - a) Extension office
 - b) Magazines and Newspapers
 - c) Red Cross and County Health Nurse
 - d) Kansas State Health Department
 - e) Insurance Company literature
- 3) Talks and Demonstrations:
 - a) Given at Club meetings and 4-H Days
 - b) Given at County and State Fairs
 - c) Given before civic groups
- 4) Health in the Home:
 - a) Medicine cabinet - destroy old medicines

- b) Keep poisons well marked and out of reach of children
- c) Keep first aid kit handy and filled
- d) Make health and safety checks and remove hazards

5) Assist Health Organizations:

- a) Tuberculosis Association to fold seals, assemble and mail letters; place posters in store windows; give radio programs; write newspaper stories; and keep mailing list up to date.
- b) Polio Committee to place posters in windows; give radio talks; write newspaper stories; sell blue crutches; conducted a wheel-chair race; raise funds by airplane rides; and help with polio census by telephone to determine who received polio shots.
- c) Tuberculosis x-ray program to provide baby sitters; provide transportation; urge people to have x-rays taken.
- d) County Health Council to assist with fund raising; help with arrangements for a County Health Workshop; and assist with the county health program and activities

6) A Health Notebook

- a) Keep a notebook with clippings, pictures, etc.
- b) Help the Health Committee check health sheets for younger members.

Health Specialist Veteran

In 1939, Pearl Martin made the following statement in her report:

Looking back over twenty years of health work in the Extension Service, the Specialist has conducted some phase of health work in 101 counties of Kansas.

She has witnessed the inception and growth of its various phases and is most impressed by the quality of the human element in this work.

The honest belief of farm men and women in American ideals and the persistent effort of those men and women to make life better in all possible ways for themselves, their children, and their neighbors, lead inevitably to an optimistic outlook for the future.

Perhaps the summing up of the situation may be best expressed by a remark of a farm man recently:

"It is not yet possible for you to know the extent of your teachings in health work."

"But like the fine penetrating dust of our dust storms of the west, the influence of your work goes on and on - sifting to places and communities - reaching individuals who need help - of which you little dreamed."

Pearl Martin retired in 1946 after serving the people of Kansas for 27 years as an Extension Specialist in an important health program.

Public Health Units—1946

One phase of the health program was the Public Health Units, stressed by Martha Brill when she became the Extension Health Specialist in 1946.

There was much misunderstanding, but gradually the idea was adopted as an important measure in a health program. By 1950, 14 full-time health units had been established.

One handicap was the shortage of trained personnel to be employed in that work. Gradually, however, most of the counties of Kansas adopted a health unit plan using authority granted under special laws passed by the state legislature.

Disease Prevention—1949

Prevention of disease became the objective of the Extension health program, including immunization for children as protection from such diseases as small pox, diphtheria and measles (1949).

Coupled with a program for children was the adult program in cancer control, tuberculosis tests, and brucellosis tests.

Infantile paralysis was one of the serious diseases until discovery of the Salk vaccine, which proved to be almost 100 percent protection against the dreaded infantile paralysis.

Coupled with these efforts was a program of instruction on how to meet common emergencies in the home, the use of new medicines and new treatments available.

Health Insurance

Health insurance was endorsed as soon as available through Blue Cross and Blue Shield. County Farm Bureaus took the lead in making the health insurance program available to members as a group and under group rates.

The program was well received and continued for many years as an important benefit to member of organizations that were sponsoring group memberships.

Improve Hospitals—1940's

Medical facilities were recognized as inadequate in surveys made in the late 1940's. The Federal

Hill-Burton Act, which provided funds as aid in the construction of hospitals, became an important factor in the stimulation of hospital construction in many counties.

A state law that provided for county or community hospitals also became an important factor in construction of needed medical facilities.

In 1951, 14 new hospitals were constructed in rural areas, 13 in urban areas and 16 additions were made to existing hospitals. Numerous communities built clinic facilities, some by subscription.

They were rented to doctors, often young doctors providing medical service not previously available without driving from 50 to 100 miles.

Home Care—1950's

Home care of the sick received much attention in the early years of the Extension health program. Later, however, (1950 and later) home care became more for those children with contagious diseases and adults with chronic illness.

Health insurance and increased hospital space permitted persons with other illnesses to receive care in hospitals.

Facts About Health—1950's-60's

Health surveys were initiated in the late 1950's. In Lyon County a health survey involved all medical groups, home demonstration unit members and 8,000 households which were interviewed by 400 Extension cooperators.

A survey in Linn county was completed in 1957, summarized, and the results presented to the people of the county in a series of community meetings. Actions as a result of the survey included:

- 1) The County Health Officer, Dr. Justus, screened 144 persons for diabetes at the county fair.
- 2) Dr. Justus gave 800 smallpox, 800 triple vaccine immunizations, and 3,200 polio shots. People also became interested in taking training for First Aid.

The Great Plains Council made a health survey in 1955 that proved very helpful in providing factual data to be used in county health program planning.

In 1960, the Great Plains Council Health Committee further studied the health situation in their area and considered procedures in these areas:

- 1) The aging population.
- 2) Mental health programs.

- 3) Civil Defense and radiological health.
- 4) Health screening.
- 5) Farm safety.
- 6) Water pollution.

A Cancer Survey was conducted in Dickinson County in 1960. The County Cancer Society served as hostess on days the examinations were to be made. Facilities were provided at Herington and Abilene.

After an extensive publicity program, 2,690 women took advantage of the testing program for cervical cancer.

Doctors from the county, the State Board of Health, and from University of Kansas Medical Center worked in the program and were assisted by nurses from the State Board of Health, county nurses, and student nurses from the Salina hospitals.

The expense of the clinic was borne by the State Board of Health. Only 90 cases were reported as suspicious. These were referred to the family doctor for further examination.

That program led to interest in a diabetes and glaucoma screening program for 1961. The Dickinson County Medical Association opposed the idea so a clinic was not conducted.

The doctors did favor a clinic for giving tetanus and polio shots. Shots for diphtheria and whooping cough were also included later.

The county health officer, the county health nurse, and a gray lady cooperated with two doctors from the State Board of Health in holding the clinics.

Similar work was done in various counties over the state as interest and cooperation became evident.

Community Health—1950's

Programs related to community health were implemented, in the 1950's and later, as a result of interest developed in the Extension Health Program.

The community health programs included organization of Health Councils which devoted their efforts to:

- 1) Having a supply of safe milk such as Grade A Milk.
- 2) Clean-up campaigns to eliminate filth and breeding places for flies and mosquitoes, removal of unsightly areas about towns and rural residences.

- 3) Safe water supplies; pre-school clinics for children, to discover unnoticed ailments.
- 4) First Aid schools to train leaders to meet emergencies. All such activities continued through the years.

Community health programs were supported by the Extension Home Demonstration Units in most counties with activities such as county-wide testing for undulant fever, rheumatic fever, tuberculosis, cancer, and heart ailments, Red Cross home nursing classes, showing of cancer and safety films, dental examinations for children, and placing of first aid kits in the schools.

In 1957, the Kansas Medical Society furnished 30,000 copies of "Your Family Health Record," a form for recording vaccinations, immunizations, types of blood, and other pertinent data of vital interest to each individual in a family.

Immunization Programs--1950's-60's

The major Extension health promotions of the late 50's and early 60's were centered around campaigns to get people immunized against polio and other communicable diseases.

Extension, as with many of the childhood immunization efforts, was there to help support public health immunization clinics.

Extension volunteers were always available to register people, serve refreshments, and provide support to those conducting the clinics.

The late 60's brought the era of health education to Extension. No longer were people dying from tuberculosis, diphtheria, small pox, typhoid fever, polio, influenza and pneumonia. Now it was time to focus on health problems brought on by poor health habits.

Extension had been participating for many years in health promotion activity but now the focus would move away from immunization and personal cleanliness to teaching people about lifestyle related health problems.

Drug Abuse Programs—1950's-70's

One early program was the "woman alcoholic." Extension cooperated with the Kansas Department of Health to call attention to alcohol problems among women.

Colorful publications and promotional material were printed and distributed by both county Extension offices and county health offices.

A second campaign followed with equal emphasis. This campaign was against drugs. The late

60's and early 70's were devoted to substance abuse.

The Extension Service formed a large planning committee to develop educational programs which would help combat the drug problem, which had been intensified in some communities by returning servicemen from Southeast Asia.

The program was organized similar to the woman alcoholic. Colorful resource materials were produced and distributed by the Extension education network.

Films on drug prevention education were available for check-out from the Extension film library.

Nursing Homes—1958

Nursing homes were first mentioned in the reports of the Extension Health Specialist in 1958. The place of a nursing home in the plans for health facilities was realized when hospital facilities were considered. Special state laws were enacted pertaining to licensing and supervision of nursing homes.

Many such homes were constructed during the ten-year period 1955-64. Extension leaders worked with nursing home operators to help the patients enjoy their time by supplying magazines, handicraft materials, and entertainment.

Health During Emergencies

Civil Defense activities were incorporated into the Health Program and first reported in 1958 by the Extension Health Specialist.

Instruction was given on how to feed, clothe, house and otherwise care for evacuated persons or those injured by floods, fire, tornado, or other disaster.

To some leaders this activity seemed quite remote but others devoted much attention to this means of preparedness for any disaster. In Barton County, for example, the following accomplishments were reported in 1958:

- 98 Families prepared a shelter for use in case of a natural or man-made disaster.
- 511 Learned where the Conelrad frequencies were on the radio dial.
- 147 Prepared an emergency evacuation kit of supplies needed.
- 484 Learned where to shut off gas, oil tanks, etc. which might cause fires.
- 459 Arranged for emergency lighting when electric power goes off.

- 166 Prepared a Civil Defense first aid kit.
- 214 Had a seven-day supply of water and food on hand for emergency use.
- 343 Had a battery radio ready for use when power goes off.
- 530 Families had cleaned the attic, basement, garage, closets, stairways, etc., of possible fire hazards.
- 151 Installed home fire fighting equipment.
- 331 Learned first aid and home nursing procedures for civil defense emergencies.
- 218 Learned how to rescue trapped persons.

The Civil Defense program in the Extension Service was centered in the departments of Extension Engineering and Continuing Education.

Health Specialists—1978

In January 1978, Martha Brill, who had served for 33 years as Extension Specialist, Health, retired. Martha had seen, in her tenure, many of the great advances in public health.

Most notable was a gradual raising of the general standard of living and improvement in sanitation and housing.

During her tenure, communities improved drinking water standards, and established adequate sewage disposal and control of garbage.

In July 1978, Michael Bradshaw began work as Extension Health Specialist.

School Immunization—1970's-80's

The health program continued to focus on disease prevention. The first Extension health program was an immunization program to increase immunization levels of Kansas preschool children.

Gail Imig, Extension Assistant Director, suggested that Extension homemakers should receive national recognition for their educational programs and community service.

Extension homemakers wrote up their immunization project and received second place in the National Homemaker Health Awards Program.

Colo-Rectal Cancer Education—1980's

Health programming the next year focused on colo-rectal cancer education. The Kansas Division of the American Cancer Society donated \$12,000 for cancer detection kits and literature for the campaign.

Several newspaper accounts recognized Extension with helping people detect cancer easily so they could be treated.

Extension homemakers again entered the National Awards Program. This time they won first place.

The Kansas Division of the American Cancer Society likewise received first place in their state education recognition program.

Prior to Kansas entering the three-year education rotation program the Extension health and safety program received nine separate citations for health and safety programs.

Child Safety Series—1980's

Home Economics safety was transferred from the Equipment Specialist to the Health Specialist in 1980.

Safety Belt Program—1980's

One of the first programs following that transfer was a child safety series to be used by Extension Agents to promote safety in the home.

The next year an Extension Safety program submitted a proposal to the Kansas Department of Transportation to promote the child safety law which had just been passed by the Kansas legislature.

A \$500,000 grant was patterned after traditional Extension programs. The only difference was the need to show Extension audiences the violent impact that occupants without seat belts experience in a car crash.

The Kansas Department of Transportation agreed to purchase video cassette recorders for all Extension offices and 30 TV monitors for some of the smaller counties.

In addition, the grant provided new equipment (\$37,000) for Extension's growing video production studio.

During the second year of the grant, additional

funds were provided and the grant was expanded to include all children and adults in the promotion of safety restraints.

Safety belt use rates increased from almost no use, 5-6 percent for adults and 2-3 percent for children, to almost 50 percent for adults and 40 percent for children. By 1988, the grant is in its eighth year.

The Extension Safety Belt Office operated child safety seat loaner programs in 105 counties and operated a safety belt convincer.

The Health and Safety Education program has provided a variety of programs for the 80'S. Some of the titles include:

Feeling Great: Exercise for All (1980).

The Cancer Nobody Talks About (1980).

A Personal Plan for Good Health (1981).

What You Should Know About Medicare (1982).

Feeling Great: Health in Later Years (1983).

Make It Click (1983).

Because We Care: Remove Drunk Drivers from Our Highways (1984).

Health Care Consumer (1985).

Treatment and Early Detection of Breast Cancer (1986).

Spring Health Update - AIDS, Menopause, PMS, etc. (1987).

Want to Lose Weight? Exercise! (1988).

Medicare Education—1981

Extension health programming moved in 1981 to a program to help older people better understand medicare.

Kansas Medicare provided support funds of \$5,000 to develop flip charts and slide programs to help people better understand Medicare.

Home Furnishings

Instruction in the field of home furnishings was given entirely in Farmers' Institutes and movable schools prior to 1919, as part of the program of home management.

In 1919, the home management project was organized and in 1920 homemakers began to be reached by community meetings.

In 1921, the first leader training meetings were held for home management.

The plans of work for the home management project included as one of the three subprojects, Home furnishings and decoration, including refinishing of wood and furniture.

The subproject was divided into three phases;

- 1) Color schemes.
- 2) Refinishing and remodeling furniture.
- 3) Floor coverings and draperies.

Meetings for the purpose of discussing the home furnishings phases of the project were held in homes. Women were asked to bring their problems for discussion.

At first, the topics discussed were almost exclusively about kitchen improvement but interest was stimulated to the point where the homemakers asked for help on the dining room, living room, and bedroom.

In her report for 1921, Frances Brown, State Leader, stated:

While splendid work has been accomplished that has been of lasting benefit to all the women concerned, it is for many reasons a difficult project to put across, but even the less tangible results are well worth the effort.

The problem of home decoration has been of a minor nature, only three counties reporting any time spent on that phase of the home, and in each case it was the decorating or the refitting of the room with new hangings.

From that point interest in the home furnishings project increased. Improvements in the kitchen stimulated interest in making changes in other rooms.

In 1925, home management was placed on a three-year basis; improvements for general efficiency the first year, home furnishings the second, and living room improvement the third year.

Home furnishings results were measured in:

- 1) Saving of time, money, labor, and old materials.
- 2) More attractive and livable homes.
- 3) Development of leadership.

The early project leaders were inefficient and somewhat uninterested but gradually better leaders developed in each county carrying the project.

Home Furnishings Specialists— 1929

By 1929, interest in the home management and home furnishings program had developed to the extent that two specialists were necessary.

Marguerite Harper and Alpha Latzke were serving as Extension Home Management Specialists in 1929.

Maude Deely, Millinery Specialist, assisted by giving instruction in color for the kitchen and also established demonstrations for bedrooms in five counties.

On December 1, 1930, Maude Deely was transferred to the position of Extension Home Furnishings

Specialist, as Home Furnishings had been approved as a separate project.

Interest in the project grew fairly rapidly. Maude Deely was assisted in special areas at times by the Extension Home Management Specialist and the Extension Architect.

On July 1, 1938, a second specialist was employed for Home Furnishings.

Home Furnishings Subprojects— 1938

The Home Furnishings Project was divided into five subprojects:

- 1) Living room improvement (changed to family room in 1934).
- 2) Living room improvement continued (changed to Interest Centers).
- 3) Bedroom improvement.
- 4) District training schools for Home Demonstration Agents.
- 5) 4-H Club home improvement.

In 1933 there was added:

- 6) Dining room improvement.
- 7) Laundry methods (dropped one year later).

In 1936, subproject revisions were to:

- 1) Furnishing the Livable Home.
- 2) Renovation of Furniture.
- 3) Consumer Education.
- 4) Handicraft.

In 1938, the subprojects 2 and 4 which contributed to furnishing the livable home, were transferred to subproject 1, leaving only 1 and 3 subprojects—Furnishing the Livable Home, and Consumer Education.

Project program planning was first done with the County Extension Home Demonstration Agents in the counties in which the work was conducted.

The instruction was divided into unit lessons which were given by the Extension Specialists in the counties requesting such assistance.

In the late 1930's, however, most of the planning was shifted to the leaders of county groups who discussed those factors they believed to be fundamental to satisfying and stimulating home life and how home furnishings could contribute to that program of home living.

Leaders became very effective. Two leaders were selected from each unit in each county to carry the project for the year. Many had perfect attendance at the training meetings.

Extension Home Demonstration Agents were also given special training by the Extension Specialist so that they would be fully informed of the objectives of the project and could assist leaders in case of illness or other emergency.

Demonstration homes were established and used effectively for teaching home furnishings to homemakers. In some cases only one room in a home was used for a demonstration.

The public was also reached with radio talks, newspaper publicity, and project exhibits at the county and state fairs.

A Better Homes Train was sponsored by the College and the Santa Fe Railroad in 1936. The Extension Specialists in Home Economics devoted considerable time preparing exhibits for the train. A total of 67,192 individuals were reached at the stops made.

Home Furnishings— 1940's

By 1949, after having been without an Extension Specialist since 1945, the home furnishings program created much interest again. The annual report for 1949 listed the following accomplishments:

- Subproject 1— Furnishing Livable Home
 - 4,058 Families assisted with arrangement of rooms.
 - 5,017 Families assisted with selection of backgrounds in the home.
 - 5,216 Families improved selection and construction of window treatments.
 - 6,312 Families assisted in applying principles of color and design in room improvement.

Subproject 5 —Selection of Furnishings

- 8,518 Families assisted in improving methods of repairing, remodeling, and refinishing furniture.
- 6,675 Pieces of furniture were refinished.
- 4,396 Pieces of furniture were upholstered.
- 3,040 Pieces of furniture were slip-covered.
- 8,203 Pieces of furniture were repaired by gluing, bracing, and simple upholstery.
- 8,125 Families were assisted with conservation of furnishings.
 - 887 Pieces of furniture were recaned.
- 1,882 Homemakers were assisted with selection of household linens.
 - 544 Families were assisted with selection of rugs.
 - 943 Families were assisted with selection of

furniture.

- 4,450 Homemakers were given information on buying furnishings.

Subproject 6—Crafts

- 10,244 Families used handicraft suggestion.
- 1,707 Rugs were made.

General Accomplishments:

- 16,942 Persons were reached outside the home demonstration units.
- 1,786 4-H Club members were enrolled in the Home Improvement project.

Furnishings Specialists Change—1952

In 1952, Winona Starkey was appointed as Extension Home Furnishings Specialist and served in that position without an assistant until July 1, 1956 when Donice Hawes was employed.

She was succeeded by Ruth Kubler who worked until August 9, 1963 when she resigned to be married. An assistant wasn't employed after Ruth Kubler's resignation.

Furnishings Programs—1950's & 60's

During the years following 1952 to 1970, Winona Starkey, and her assistant, when there was one, conducted an Extension Home Furnishings program that was developed with leaders in the counties. The program included educational and demonstrational work in:

- Room arrangement and use of accessories.
- Floor coverings and floor finishes.
- Home furnishing fabrics.
- Furniture arrangement.
- Selection of pictures.
- Conservation of furniture.
- Window treatment.
- Consumer information in home furnishings.
- Selection of wall finishes.
- 4-H Club room improvement.
- Upholstery schools for Home Agents.
- Slip cover schools for Home Agents.
- Color and art in the home.

The 1957 Annual Report, the last to include comparable information in Extension Home Furnishings, listed the following accomplishments:

- 45,710 Persons adopted improved practices.
- 13,478 Families improved arrangement of furniture.
- 16,492 Homemakers repaired, remodeled or refinished furniture.

- 4,536 Pieces of furniture were finished.
- 2,745 Pieces of furniture were upholstered.
- 2,129 Pieces of furniture were slipcovered.
- 1,421 Box cushions were repaired.
- 5,140 Pieces of furniture were repaired bracing, gluing, simple upholstery or repair.
- 7,831 Families received information on conservation of furniture.
- 6,731 Families improved window curtains and shades.
- 26,874 Families applied principles of color and design in room improvement.
- 521 Pieces of furniture were recaned.
- 11,176 Families improved selection of floor coverings.
- 7,935 Families improved selection of furniture.
- 4,428 Homemakers trained in selection of pictures.
- 45 Special interest lessons given by home economics agents.
- 4,837 Homemakers attended the special interest lessons.
- 2,580 Leaders trained by specialists in 83 counties.
- 178 Leader training meetings held by specialists.
- 5,068 Leaders attended the leader training meetings.
- 489 4-H Club room improvement leaders were trained.

During late 1951 and the first six months of 1952, assistance was given to families that lived in the lowlands of the Kansas River and other river valleys that were flooded in July and August of 1951.

They were helped to recondition furniture damaged by flood waters. In some cases furniture buying information was given to families with furniture too badly damaged to be reconditioned.

Several Emergency Assistant Extension Home Demonstration Agents were employed to assist with the flood recovery work.

The Extension Agents and Specialists visited 8,593 homes to give assistance on how to treat floors, wood-work, doors, walls and wall paper, furniture, fabrics, books and other papers that had been flooded and needed to be dried.

Workshops were conducted to help with furniture repair and refinishing, simple carpentry work, and making slipcovers for furniture.

Training schools were conducted for 4-H Club leaders in the room improvement project and for wood finishing over the years.

After World War II when the G. I. (Government Issue) training program was conducted, the Extension Home Furnishing Specialist gave the former servicemen and their wives help in general home improvement.

These sessions including emphasis on color selection, furniture refinishing, floor coverings, room arrangement, etc.

The requests for assistance of the Extension Home Furnishings Specialist greatly exceeded the time available.

To meet the requests as completely as possible, Extension Home Economics Agents were given training in all phases of home furnishings to prepare them to help provide assistance to homemakers, as time permitted.

Housing

Perhaps the first housing training schools for Extension Home Demonstration Agents was held in 1918, relating to the use of electricity in the homes.

The next mention of electricity in homes was in the 1924 Annual Report, when a meeting was held in Shawnee County where a salesman demonstrated the use of electric fireless cookers.

In 1937, after the establishment of the Rural Electrification Administration, a statewide program on the selection and care of electric equipment in the

home was organized, and over a number of years reached every county of the state.

Kitchen Improvement—1918

Major emphasis was given to kitchen improvement during the first quarter century of organized Extension work. In her report for 1939, the Extension Specialist, stated:

The birth of the kitchen improvement program was sometime between July of 1918 and July of 1919, as a result of the campaign started on fuel-saving devices.

The work which was done on kitchens until 1922 in the state was almost entirely personal assistance.

From 1923 on to the present time, one of the aims of the home management project has been to assist the homemakers in improving their kitchens.

Curiously enough, the method used was a kitchen contest. A meeting was scheduled in a home in each community where the women of the community could attend.

At that meeting the kitchen plan was discussed and changes were offered. The kitchen was then scored and the use of the score card was explained to the women.

The gain or improvement was to be based on original scoring and the scoring after the improvements were made.

Home Improvements—1920's

Out of that effort grew the adoption of practices in home plumbing, installation of water systems, kitchen planning, floor coverings, and home decoration.

Kitchen improvement was carried to the public first at Wichita when an exhibit, a model kitchen, was shown at the Road and Tractor Show which extended from February 22 to 25, 1927.

That demonstration was largely the result of the inspiration and effort of Laura I. Winter, then Extension Home Demonstration Agent in Sedgwick County.

With the cooperation of the Extension Architect, Walter Ward, a similar model kitchen exhibit was used until 1934.

In 1930, a model kitchen was exhibited on the Wheat Train which toured the Santa Fe and Rock Island railway systems in Kansas.

Changes in Housing—1930's-80's

Changes in housing were brought about by shifts in population, size and forms of families, changes in technology as electricity came to the rural areas in the 1940's and as rural water districts formed, starting in the 1950's.

Basically, the homes in Kansas in the 1980's still looked much as they had 50 years before.

Many families preferred to remodel or restore their homes rather than accept some of the newer, smaller, more efficient homes.

Some of the major structural changes in homes included passive solar and earth contact homes.

Extension Agents, as change agents providing

timely and correct information, increased the desire for change.

Housing was a program that provided information so women could learn the new concepts of housing and then serve as leaders to teach the concepts.

Homes throughout Kansas featured planned kitchens using K-State research on work flow, arrangement of equipment, and many other concepts.

It was not unusual for a family to talk about planning their kitchen and how much it improved the way tasks were performed.

Housing Programs—1930's

Some of the early Extension educational programs in housing included:

- 1) During dust bowl days homemakers were taught to use wet dishcloths placed in windows to keep dust out.
- 2) Hand dug wells were replaced by drilled wells.
- 3) A wooden storage area was built on one side of a well to hold butter and milk.
- 4) Hand pumps were placed near kitchen sinks when well water became available in homes.
- 5) Privies (outdoor toilets) were limed to keep down odors.

Housing Programs—1940's

Rural electrification made it possible to use home appliances and required information on their placement, including studies of traffic patterns.

Demonstrations were given on placing the refrigerator inside the kitchen rather than on the back porch, where the ice box had usually been kept.

Home ownership was made possible through the Farmers Home Administration (FmHA) and Federal Housing Authority (FHA).

Extension housing plans were developed to help families build homes. Extension Specialists made county visits to assist families with their plans.

Septic tanks and indoor plumbing made bathrooms possible and kitchens more modern.

Remodeling Homes, Churches, Other

Powerline electricity developed much interest in remodeling old houses to include modern kitchens and bathrooms, and in new house construction.

As a result of leader training in the housing area, many requests for personal assistance came to the Extension Home Demonstration Agents and the Extension Specialist in that field.

Churches and other institutions requested and were given assistance in planning kitchens, storage and other facilities in the architectural and home management field.

Community buildings without food preparation or dining facilities were remodeled in these respects by the groups of Extension leaders and others who used those buildings for their common meeting places.

By 1955, the annual report gave these accomplishments in this area:

- 1,199 Families built new homes.
- 5,041 Families remodeled homes.
- 7,385 Families improved their kitchens or laundry facilities.
- 11,442 Families improved their storage space.
- 2,913 Families installed a water and/or sewage system.
- 3,049 Families selected and installed heating and cooling equipment.
- 28,019 Families were assisted with fire prevention in the home.
- 45,316 Families were assisted with safety practices.

Housing Programs—1950's

Kansas State research on counter top heights, work flow, and kitchen arrangement helped families have more efficient work areas.

Air conditioning and central heat opened up the total home for family use.

Urban counties formed Extension units as families moved to cities and as city families found out about Extension Home Economics. A National Housing Conference was held at Kansas State University.

Agent/Leader Housing Training—1956

In 1956, the Extension Specialist and the Extension Architect began a series of training schools for Extension Home Demonstration Agents in the field of housing.

By such training the Home Agents were able to service many families that were impossible to reach by the Specialist because of the time.

A workshop was held in Wichita with a large special interest group dealing with the subject, "Build or Buy." The group was divided into two groups, those

interested in new houses and those interested in remodeling.

The participants were highly pleased with the help received from the Specialists. Storage was emphasized in all discussions of housing.

Leader training in the housing field was continued during the late 1950's. The trained leaders were able to give much assistance to their neighbors, especially those interested in remodeling.

The Specialists and Agents reached large numbers of people with their radio and television programs.

The accomplishments each year were similar to those just previously mentioned. In 1959, for example:

- 13,143 Families improved the storage space in their homes.
- 1,478 Families built new homes.
- 1,368 Families repaired homes.
- 4,003 Families installed water systems.
- 13,649 Families in 53 counties reported helping other families who had not taken advantage of the Extension housing program by direct participation.

"Housing For the Life Span" was the subject for study by a group of 37 leaders in Franklin County in 1963. The study included the variation in housing needs for a family with small children, teenagers, the couple only, and retirement.

Displaced families in the Tuttle Creek and Milford Reservoir areas were given assistance in remodeling and new house construction, and leaders were trained for giving further assistance to such families during 1963.

Housing Programs—1960's

Educational programs were presented on manufactured housing, then called mobile homes, to help families choose safe housing that was affordable as housing became more clustered in housing developments.

Site selection and land use programs were popular. Codes and zoning programs related to housing helped communities plan.

Housing Programs—1970's

Alternative housing programs for local housing authorities, builders, developers, and community leaders looked at the economic impact of housing and the types of housing that could meet economic and social needs of families.

The PRIDE community development program on housing included an evaluation form, so that HUD funds could be applied for after the community had assessed housing needs related to saving energy during the energy crisis.

Energy Extension organized a housing course for credit in Home Economics, Architecture, and Engineering.

Programs in the 1980's

Housing programs in the 1980's included programs on housing needs, living in smaller spaces, remodeling, and storage.

Interior design programs included home furnishings on a budget, energy conserving window treatments, and do-it-yourself skills with paint and wallpaper.

Recreation

The Recreation Project was created July 1, 1938, with Doris Compton as the first Extension Recreation Specialist.

Recreation programs, however, dated back to the work done by W. Pearl Martin, Extension Health Specialist, in 1934.

The annual report for 1934 states:

A special feature was introduced in the 1934 Farm and Home Week program known as Home Talent Night. The purpose of this feature was to encourage home talent entertainment.

The plan asked that all entries should have presented their numbers in their counties and have been judged by someone from the College before entering the festival.

The feature was planned as a contest, with prizes for musical numbers and other prizes for the drama productions. The activity was placed under the supervision of the new Extension Recreation Specialist in 1938.

Emphasis was then placed upon work in voice, diction, and music. Home Talent Night was expanded to two nights. Prizes were replaced with helpful criticisms of the various productions.

Participants were encouraged to perform their numbers in their home counties whenever they had an opportunity.

The Recreation Specialist gave instruction in play directing, and play writing, using historical material available in every county of the state.

Training in giving demonstrations was offered 4-H Club members. New music groups were organized and given instruction by volunteer directors from the schools, or other people in the county trained in music.

In 1939, the following subprojects were planned:

- 1) Dramatic Production.
- 2) Speech Education.
- 3) Music.

By 1944, two other subprojects had been added:

- 4) Games.
- 5) Handicrafts.

Handicrafts was dropped in 1945 because it overlapped with similar work in the home furnishings project. It was reinstated in the Recreation Project in 1952.

Family Recreation

World War II brought about a great sense of duty to one's work on the part of every family and recreational activities were curtailed to a large extent.

By 1944, however, a renewed interest had developed in recreation. Families had been dedicated to work for the war effort and realized the need for some relaxation.

In 1944, according to the annual report of the Extension Recreation Specialist, 145 plays were produced with 694 persons in the casts. This compared with 88 plays and 538 people involved in 1943.

Families were learning how to have fun at home as a family. Assistance was given in planning a family fun program to 11,040 families.

People became more interested in organized music groups. Thirty-nine Extension groups made 113 public appearances during 1944.

Training in how to lead games was given to leaders of 4-H Clubs and home demonstration units.

Such training was a factor in communities becoming interested in a recreation program, community recreation halls and the employment of recreation directors.

The handicrafts work in 1944 included the making of woodcuts, block prints, textile painting, weaving, and similar activities.

Recreation Program—1945

The scope of the recreation program was outlined in the 1945 report of the Extension Recreation Specialist as follows:

- 1) Dramatic Production
 - a) Producing a play; lighting, scenery, make-up.
 - b) Direction of a play; planning action, helping the actor, backstage organization.
 - c) Writing and staging original plays and pageants.
 - d) Marionette shows and shadow pictures.
 - e) Story telling and reading aloud.
 - f) Writing, producing radio programs.
- 2) Speech Education
 - a) Building a good speaking mechanism.
 - b) Personal expression.
 - c) Demonstrations and project talks.
 - d) Choral speaking groups.
 - e) Word sound and study.
 - f) Poetry reading.
 - g) Discussion practice.
 - h) Family recreation.
 - i) Understanding our neighbor.
- 3) Music
 - a) Women's chorus.
 - b) Mixed chorus.
 - c) Quartets and sextets.
 - d) Group singing.
 - e) Music festivals.
 - f) Fun in music.
- 4) Games
 - a) Games of the month.
 - b) Game leadership.
 - c) Community recreation.

State Recreation Workshop—1945

For years the Extension Recreation Specialist assisted with the State Recreation Workshop which was started in 1945, at the State 4-H Leaders Conference.

Ellen Batchelor, Home Crafts Specialists, conducted a radio program over KSAC Homemakers' Hour from March 2, 1945, until August 31, 1960.

On December 1, 1954, the Plan of Work for the

Recreation Project included these sub-projects:

- 1) Group and Community Programming.
- 2) Family and Home Recreation.
- 3) Handicraft and Home Skills.

In 1955 accomplishments in the Group and Community Programming subproject included:

- 1) Recreation programs in 37 communities.
- 2) 676 vocal groups.
- 3) 431 instrumental groups, instruction in folk dancing, informal dramatics.
- 4) 67 groups used plans from the loan library.
- 5) 700 attended the homemakers camps.
- 6) 344 softball teams participated in organized leagues.
- 7) 223 basketball teams in organized leagues.
- 8) 63 volleyball teams in organized leagues.

The Family and Home Recreation subproject, in 1955, included: four leader training lessons on family recreation, one on hobbies, and two on outdoor cookery.

The Home Talent Night program given at the Farm and Home Week Program started in 1934, and was continued until the Farm and Home Week Program was discontinued in 1957.

Recreation Program Revision—1949

The recreation specialist position was vacant from December 1, 1948, until November 1, 1949, at which time Virginia Lee Green became the Extension Recreation Specialist.

After a year of study and surveying, the Recreation Project was rewritten with the following subprojects:

- 1) Dramatics.
- 2) Music.
- 3) Games and Dances.
- 4) Handicrafts and Hobbies.
- 5) Nature and Outings.
- 6) Sports and Contests.

The Dramatics and Music programs continued much as previously mentioned. The Games and Dances program included a monthly publication, Whirl of Fun.

Square Dancing became popular. Authentic Folk Dances were included in the program for the development of an appreciation and perfection in rhythmic performance.

Handicrafts were developed for:

- 1) Use of leisure time.
- 2) Creative activity.
- 3) Activity for the aged.
- 4) Activity for 4-H Club and homemakers' camps.

Nature and Outings included instruction for people with responsibilities for camp leadership. Camp leaders were instructed in how to plan a well-balanced round-the-clock program.

Personal assistance was given each state camp for 4-H Club members and homemakers, and to as many county camps as time permitted.

Instruction in Sports and Contests was given in connection with camp leadership.

Recreation Specialists—1952

On November 3, 1952, Shirley Bessy was appointed Extension Recreation Specialist. On July 1, 1953, Ellen Batchelor was appointed Extension Specialist in Home Crafts and was responsible for the Handicrafts and Hobbies subproject of the recreation project.

Recreation Program--1953

In 59 counties during 1953, 3,699 adult leaders and an unknown number of 4-H leaders taught others in their communities how to tool and lace leather articles and how to bring leather items back to useful life.

Sight-Saving Lamp shades were another article made by leaders with instruction from the Extension Crafts Specialists and the cooperation of the Extension Home Furnishings Specialist who helped select colors. Satisfactory lamp shades were not on the market so the women made them.

Rugmaking began in 1953 as an activity for older women. Later a survey of those participating showed 46 percent of the women were under 30 years of age.

Rugmaking techniques, creation of designs, and selection of materials were included in the instruction. Emphasis was on the "joy of work," not speed.

Metal work also received attention in 1953. The work was limited to tooling 28-38 gauge copper, aluminum and brass. Wall plaques were not emphasized but many were made. Planter boxes and picture frames were most common.

Tooled copper was usually colored a little by heat. Occasionally a little green was added by chemicals.

No enamel, colored lacquer or paint was used to color the metals, although they were protected by

colorless metal lacquer.

Home Crafts—1956

Home Crafts work in 1956 included:

- 1) Making sight-saving lamps and shades.
- 2) Rug making.
- 3) Leather work.
- 4) Household accessories.
- 5) Craft days.
- 6) Crafts for mothers vacation camps.

Training was given to County Extension Home Demonstration Agents and leaders in these lines of work.

Drop Recreation Project--1957

On October 1, 1956, Shirley Bessy, Extension Recreation Specialist, took leave without pay due to illness. Upon her resignation June 30, 1957, the Recreation Project was discontinued.

The Plan of Work for the year beginning December 1, 1957 contained only Home Crafts work, with Ellen Batchelor as Extension Specialist.

Later, recreation work was centered in the 4-H Club Department.

Rug Making—1958

Rug making received major attention in the 1958 annual report prepared by Ellen Batchelor, with some attention given to lamp shades.

Mosaics—1959

Design as Applied to Mosaics was the title of a lesson requested by the Home Demonstration Agents in four counties for 1959.

Ellen Batchelor, with the assistance of Mrs. L. E. Call, former member of the Department of Art, and others organized lesson material on mosaic construction.

The Extension Home Demonstration Agents and two lay leaders from each of the four counties devoted three days to training in this field. Instruction included:

- 1) Problems involved in teaching crafts.
- 2) History of mosaics.
- 3) Designing mosaics.
- 4) Techniques of using different materials in mosaics.

Bits of crockery, glass, vinyl, plastic, unglazed floor tile, marbles, ceramic tile, and some Italian colored glass were used in demonstration work.

Each trainee left the school with two or more

articles to which mosaic pieces had been applied.

The Agents and leaders followed up by assisting homemakers in their counties who were interest in mosaic art work.

Stained Glass—1959-60

The work in mosaics created more interest in stained glass. The home agent in Graham County requested training for leaders in the area of stained glass. Miss Batchelor planned a lesson for them. The leaders visited churches with outstanding Gothic stained glass windows and compared them with American art-glass.

Two exhibits on this subject were shown at the Graham County fair. The leaders taught 250 other homemakers their understanding of stained glass. (1959 and 1960)

The State Recreation Workshop and Craft Camp in North-Central counties (conducted by 16 home agents) were given assistance in 1959 and 1960 by the crafts specialists. Instruction was given in:

- 1) Tin work.
- 2) Textile painting.
- 3) Shell craft.
- 4) Wood fiber flowers.
- 5) Rug making.
- 6) Mosaic tile trivets.
- 7) Gift wrapping.
- 8) Weaving with yucca leaves and cattails.
- 9) Basket making.

Radio Tribute—1960

"Our Family Circle," a radio program presented

by Ellen Batchelor over station KSAC from March 4, 1944, to August 31, 1960, was one of the most popular of all radio programs among the homemakers of Kansas.

Batchelor drew from her broad experience while working with the homemakers of Kansas from the time of her first employment as County Extension Home Demonstration Agent in Wyandotte County in 1917.

In an August KSAC Radio Program was this statement:

Ellen Concludes Broadcasting

Ellen Batchelor can best be described as 'a woman you would like to know better' and KSAC listeners have come to know her intimately through her weekly broadcasts over OUR FAMILY CIRCLE, Wednesday and Friday morning from 10:15 to 10:30.

With a quick, philosophical and understanding mind, Ellen explores everyday happenings. Her humane discussions have endeared her to many listeners hearts. With a sincere interest in people and a desire to help her fellow man, Ellen exemplifies the type of individual you would like to have living next door.

And, for that very reason, Station KSAC listeners have counted her among their friends for more than sixteen years.

Broadcasting continuously since March 4, 1944, Ellen now retires from the air to direct her entire time to compiling the Kansas Extension Service history.

The final broadcast of OUR FAMILY CIRCLE will be in recognition of Ellen's devoted service to KSAC and her listeners.

Recent Extension Home Economics Programs

A major program effort called FOCUS was launched under the leadership of Shirley White, State Leader of Extension Home Economics in November 1967.

The FOCUS effort was developed to expand and reach new audiences and to expand the content, depth, and breadth of subject matter offered.

New audiences targeted included: farm families, rural non-farm families, and urban families. Disadvantaged or low-income groups and young homemakers became more involved with Extension. The major components emphasized in FOCUS were utilized for approximately 10 years.

Issue Programming—1970's

Extension Home Economics adopted a problem-solving approach to program planning and delivery, in the mid 1970's under the direction of Gail Imig, Assistant Director, Extension Home Economics.

Quality of Living programs centered on six broad areas: human nutrition, consumer concerns, children and families, family housing, family health and safety, community development and leadership development.

The program evolved into a smaller staff because of State and Federal budget cuts affecting Extension.

College of Home Ec Merger—1985

In 1983, President of Kansas State University, Duane Acker, asked for the merging of Extension Home Economics with the College of Home Economics. It was hoped that two primary benefits would be achieved with the merger:

- 1) By working closely with research and teaching personnel, Extension Specialists would be able to deliver the best possible programs to Extension Home Economics clientele.
- 2) Closer collaboration among Extension, teaching and research faculty would enhance the professional growth, development and output of faculty in all three program areas.

A task force was appointed to make recommendations for the merger. In the summer of 1985, Extension Home Economics Specialists moved out of Umberger Hall to Justin Hall, from under the College of Agriculture administration, to the College of Home Economics administration.

The Extension Home Economics Specialists continued to be housed together, this time in a suite of offices in Justin Hall. The Specialists became administratively responsible to department heads, and programmatically responsible to the Assistant Director for Extension Home Economics programs.

Increased support for Extension by teaching and research faculty, and collaboration on Extension projects and programs, began to evolve.

Several teaching and research faculty in the college of Home Economics worked on newsletters, answered questions, and became involved in project development.

A complete list of personnel involved in Extension Home Economics programs is included in Volume II, Chapter 6, Extension Personnel, pp. 63-72.

Budget Freezes—1988

As a result of retirements, resignations, and budget freezes, the Extension Home Economics staff in 1988 was reduced to an all-time low of seven full-time Extension Specialists, compared to 20 full-time Specialist positions in 1965.

Five to eight Extension Assistants were hired to work part-time on special projects to help meet the critical need for staff.

Home Ec Programs Trends

Specialist and Agent programs have become more interdisciplinary with program themes revolving around "Healthy Lifestyles" and "Living Resourcefully."

Educational programs in Extension Home Economics found more on issues and problems of people than on a single discipline or topic.

The Kansas Cooperative Extension Service identified six issues to receive priority when programming. These Home Economics programs could address:

- 1) Human Health and Well-Being.
- 2) Developing Human Resources.
- 3) Economic Revitalization.
- 4) Water Quality, Agricultural Profitability and Competitiveness.
- 5) Conservation of Natural Resources.

Contributing Author. The primary contributing author to this summary on the Cooperative Extension Service educational programs and activities in Home Economics, from 1965 through 1988, was Marilyn B. Corbin, Assistant Director, Extension Home Economics.)